



G4S SOCCER PITCH

Provided by G4S Soccer Training & Player Development

May 2014

Parents - Sideline Etiquette

Players need their parents to cheer them on, but when does cheering turn to jeering?



Parents get more involved in a match than their players sometimes and when they do, emotions run wild. Parents need to remember why they got their children involved in soccer in the first place. To have FUN, Stay Fit & Healthy, to play with their friends, etc, etc.

Somewhere along the line, some parents think that their child's match has suddenly become a world cup match. They start yelling at the ref, players and even start yelling at their own child to play better, shoot, pass and then interrogate them after the match if they lost,

and why couldn't they do better.

While enthusiasm and cheering can be inspiring, and it is natural to get caught up in the emotion of the game, soccer parents should take care to follow proper sideline etiquette.

1. Cheer for good plays, hustle, shots, saves & tackles by both teams
2. Cheer for all deserving players on the field, not just your player
3. Acknowledge a great play by the opposing team. It adds to the spirit of the match & speaks volumes about your knowledge & sportsmanship
4. Be there for positive support & reinforcement, Your player will perform better under these conditions and the coach will be able to do a better job
5. Relax & enjoy the match. It is only a match NOT the world cup. Matches should be FUN and Enjoyable.
6. Soccer is a "Fantastic Game" Enjoy

Next Month Read a letter from a Soccer Player who is also a referee

I now use a phrase with my players and their parents, that I once heard from another coach:

"Coaches Coach, Players Play, Parents Cheer"

"Coaches Don't Play, Players Don't Coach, Parents Cheer"

*"At a youth soccer game you'll probably hear parents and coaches on the sidelines yelling, 'Pass the ball! Pass the ball!' ... When we continually tell our young players to pass the ball, we're **not** allowing them to develop their full potential, especially those who have the ability to take their opponents on and beat them one-on-one. As a result, we run the risk of diminishing a player's artistry and potential."*

~ Tony DiCicco

In This Issue

- *Parents - Sideline Etiquette*
- *Players: How do You become a Better Player*
- *Fitness - Basic Individual Pre-Season Fitness Tests*
- *Foods for Hydration*
- *Nutritional Smoothie of the Month*
- *"Ref - The Ball was Still In!!!"*
- *Coaches Sideline*
 - *Small Sided Games*
 - *Practice Plan "Dribbling for Possession"*
- *World Cup Updates*
- *G4S Summer Cup*
- *Topics for June*



Players: How do You become a Better Player

As with anything, if You Want to be the BEST, YOU Need to Work at Becoming the Best. How many times have you as a player heard from your coach or your parents

“Practice Makes Perfect, so PRACTICE, PRACTICE, PRACTICE!!!”

Many players want to play better, but are not willing to do what it takes to become a better player. It takes Time, Repetition, Perseverance, Dedication, and the Acceptance of Sometimes Failing. Most players take failure as a fault, but should think of it as an opportunity. The opportunity to learn what you did wrong and the wiliness to try again and correct it; with Practice.

Like anything in life; if you want to become the best, you should practice with every free moment you have. If you don't have a friend to practice with, practice your foot skills, or by kicking the ball against a wall and responding to its rebound. You can also practice your juggling skills and speed of touch with the ball under control. However; some of the biggest things that will help any player is conditioning, being able to dribble a soccer ball at speed, and to have the technical ability to change direction at speed and win the 1v1's. A maneuver I did as a child was to kick the ball from different distances and at

different speeds up against the kerb on the street, so that I could take the ball off my thigh, chest, or head. I would also throw the ball as high as I could and then collect the ball with my foot under control.

If you look at some of the best ranked players in the world you will hear names like Pele, Best, Maradona, Beckenbauer, Charlton, Beckham, Ronaldo, Messi, Ibrahimovic, Bale, Rooney, Persie, Hamm, Marta, Wambach, Lilly to name just a few.

None of these players suddenly became good players; they had to work very hard for many, many years. Most of them didn't spend all day watching TV or playing Video games. They played the real games in the street, called “STREET SOCCER”. No Grass, No Goals, No one telling them what to do, they figured everything out for themselves and if they were lucky, they would have an opportunity to see their soccer hero's live at a professional match or on TV.

If you want to become the BEST PLAYER in the USA or even the Next Best Player in the World...

PRACTICE, PRACTICE, PRACTICE!!!



Pre-Season Fitness Testing

Fitness training at this point in the season used to consist of running around a pitch continuously until you couldn't keep going.

This has changed.

Pre-season fitness work should be more specific to soccer; that is why we recommend using both SAQ (Speed, Agility, Quickness) training as well as interval sessions. This helps replicate the type of movements and fitness you will need for the season.

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. "

~ Pele

Upcoming Issues:

- **Higher Intensity Fitness Sessions - Session 1**
- **Higher Intensity Fitness Sessions - Session 2**
- **Higher Intensity Fitness Sessions - Session 3**
- **Testing Fitness & the Fitness Test**



Fitness - Basic Individual Pre-Season Fitness Tests

The Technical Stuff : Why We Need Aerobic Endurance for Soccer

Aerobic fitness is your body's ability to use oxygen from the atmosphere via the lungs to absorb into the blood. The oxygen is then pumped via the heart and circulatory system to various muscles and undergoes the process of oxidization (the break down fat and carbohydrates to produce energy). Soccer is usually played for 90 minutes and during this time your body will constantly need oxygen for your muscles to work.

A lack of oxygen causes anaerobic respiration of the muscle tissue. This is illustrated by working the legs very hard, such as working low when shadowing a player, changing direction at speed and dribbling. This produces lactic acid and causes the burning sensation in the muscles and the resulting 'heavy legged' feeling.

A lot of the running in soccer is constant, with a series of short sprints followed by a recover jog/walk. If played properly, you're probably jogging most of the time. This uses the aerobic system, so you need a good level of aerobic fitness. However as soccer often involves periods of hard muscle work, you need aerobic endurance and anaerobic fitness as well.

As you start to regularly engage in fitness a bit more as the season starts, you should find you can last a lot longer. Now, here are a few examples of pre-season training programs that will suit those ranging from the totally unfit to those who have kept up a bit of fitness throughout the summer through to the Duracell bunnies of the team.

Simple Training Program - Session 1

A 4 to 6 mile run at a steady pace, but don't forget to start off with a good warm up as this will make the run itself easier.

Simple Training Program - Session 2

Circuit training with a Soccer component - try incorporating fitness with some Soccer skills. This should be fun as well as increasing fitness. For example, set up five stations as a circuit as follows (groups of 4):

- Passing in pairs over a short distance (approx. 5 yds, depending on ability levels). See how many you can do in specified time;
- Sprinting between 25 yard line and backline;
- Slalom dribble through cones;
- Lofted passing in pairs over a medium distance;
- Angled running between cones (set up in a zig zag formation) with and without a ball;
- Attacking heading to a partner's hands from a throw in (5 each then swap)

You want each station to be set up relatively far apart (approx. 30 yds or more) so that you can use this length as an extra fitness component within your circuit. Each station should last for approximately 30 - 60 seconds, depending on what you want to achieve with your team. You can complete the circuit once and have a rest after each completed circuit or you can use the circuits as sets and have a rest after 3 sets. If you're very sadistic you can have your team running for the entire session. It's good to have people pair off so they have a small element of competition or encouragement.

Provided by Sportplan®



Nutrition & Hydration

Foods for Hydration

As players, parents & coaches know, the typical way that we tell players to stay hydrated is by drinking water or a non-carbonated drinks. Both are important and each have their place, however; there are other ways to hydrate the body with foods that contain the liquids we need.

So you're probably thinking that I'm going to say eat more oranges as they are full of fluids and players love them. Well, they are a good half time relief with fluids and taste, but they are also very messy and sticky and do not have as much water as other fruits. Watermelon on the other hand has an additional 11.5% more water and is not as sticky.

The following foods are great in Nutritional value and also contain approx. 80% or more water. These are not a substitute for the water, just an additional method of hydration with foods.

Oranges (80%), Cucumbers (96.7%), Lettuce (95.6%), Celery (95.4%), Radishes (95.3%), Tomatoes (64.5%), Peppers (93.9%), Cauliflower (92.1%), Watermelon (91.5%), Spinach (91.4%), Strawberries (91%), Broccoli (90.7%), Grapefruit (90.5%), Baby Carrots (90.4%), Cantaloupe (90.2%).

Eating some of the above foods are good all by themselves and can also be used to create various meals that can be eaten the night before, or prior to a match (3-4 hours prior) or even after a match to re-hydrate.

Example: Cold Cucumber Soup

Ingredients:

1 medium Vidalia onion, diced
1 clove garlic, minced
1 tablespoon olive oil
3 cucumbers, peeled & diced
2 1/2 cups vegetable broth
2 tablespoons lime juice
1 teaspoon sugar
1 cup yogurt
1 teaspoon dill, minced salt & pepper to taste

Garnish scallion, sliced finely

Directions

1. Sauté onion in hot oil 5 minutes over medium heat
2. Add garlic and cucumber and cook 3 minutes more
3. Add broth, lime juice, and sugar
4. Boil
5. Reduce heat and cover and cook for 20 minutes
6. Cool for a few minutes
7. Puree in a blender
8. Add yogurt, dill, salt and pepper to taste
9. Blend again
10. Chill and serve in icy cold bowls
11. Garnish with scallions

Nutritional Smoothie of the Month

BANANA ORANGE TWIST

- 3 ounces frozen orange juice concentrate
- 1/4 teaspoons vanilla
- 1/2 cups milk
- 1/2 cups water
- 1/2 small banana, sliced
- 5 ice cubes

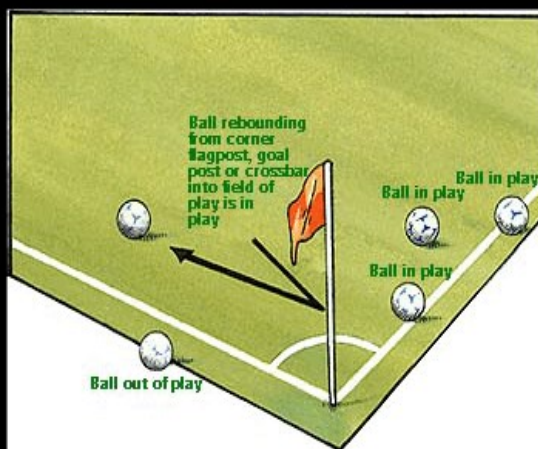
Combine everything except ice and blend for 15 seconds. Add ice and blend for 2 minutes.



“Eating smart will not only make you smart, it’s the smart thing to do.”



Referee Shirts



“Ref - The Ball was Still In!!!”

Referee's: How many times have you heard that call?

It may sound easy;

1. If the ball is completely over the line and out of bounds; it is out.
2. If the ball has completely passed over the goal line; it is a goal.

Simple... Right!!! You wish it were that easy. The truth is that you have one coach or one set of sideline fans yelling **“Its In!!!”**; and the opposing team coach and sideline fans yelling **“Its Out!!!”**.

Sometimes it is very clear and sometimes it isn't. Unfortunately you don't have instant replay and you don't have time to watch a video that someone is taking on the sidelines...lol

Even though in training, referee's are shown pictures very similar to the ones above; when the ball is traveling fast, the players are close to the ball, and your angle is blocked, it is sometimes difficult to see whether the whole ball went over the line.

Another issue that the assistant referee's face, is that as much as you tell the coaches, players and fans to stay clear of the sideline; they always creep back, blocking your view. However; it is your prerogative to tell them to stay clear of your line of view down the sideline. Remind them politely that if you can see the line you can make a better call. Hopefully the club you are reffing for has painted a Fan Line and Coaches Boxes to help in keeping your vision of the line clear. If there are coaches boxes you may need to remind the coaches what they are for, as some like to travel all the way to the goal box at times.

There are often occasions when the center ref and the assistant ref did not have a good view.

So what happens now?



For the most part the players involved in the play always know who's ball it is, however; some coaches teach their players to quickly get to the ball and pick it up for the throw-in even if they knew it should have been the other teams ball. This is where you as a ref need to pay attention to the match as it is being played, to notice if this is happening.

The figure to the left shows the placement of the one ball that is miscalled the most, by some referee's and coaches.

In the end; it is the Center Referee's call, so do your best and be confident in your call.

[Channel Park Goals](#)[Channel Clip Net Fasteners](#)[Flat Faced Training Goals](#)

COACHES SIDELINE - SMALL SIDED GAMES

How many times have you heard “If its not 11v11, its Not Soccer?”

I will usually hear this from players, parents & coaches that only remember playing or seeing 11v11 soccer matches. However; if I ask those same players about how they played during their practice sessions you will find that they always played some form of small sided games. In fact; watch the professional players warm up before a match and you will see lots of small sided games going on.

The younger the age group the smaller the teams should be. If you were to have an age group of 8 year old players or below with 22 players (11 per team) on a field, you would have multiple players that NEVER touch the ball. If the weaker players never touch the ball, they obviously cannot improve their skills. Therefore; playing small sided games help those players that normally quit because they never touch the ball and are bored.

The younger the age group the more bee hive effect of soccer play you will see, so by putting less players on the field there is a bigger opportunity for success in players touching the ball and dribbling by other players.

So; why do coaches make their teams practice in small groups, but have a problem with playing small sided games of 4v4, 5v5, 6v6, 7v7, 8v8 in a match?

Lets Talk about Practices First

Most coaches will start off with individual skills, which lead up to some 1v1, 2v2 or 3v3, then maybe some uneven activities of 2v1, 3v2, 4v3 etc.. I'm sure you'll all agree that the main reason coaches do this, is to challenge every player individually and in small groups with their offensive and defensive skills. If your like me you will also agree that the more touches the players gets on the ball, the better they become (in most cases...lol).

The Match

The coaches then expect that their players will take what they learnt in practice and apply it to the match. Let's face it, whether a team is playing 6v6, 8v8 or 11v11 there are always lots of small sided games of 1v1, 3v2, 1v2, and so on, within the bigger game.

Therefore; if you teach players at an early age to improve their individual skills and not be afraid to take on and beat players. When they are older & get to the bigger fields with more players and space they are better prepared.

If you think about a U6 match playing 3v3 or 4v4 on a field 25yds x 30yds versus a 11v11 on a field 60 - 75yds x 110 - 120yds the relativeness of player ratio versus field ratio is pretty much the same.

In Summary

After reading this I hope you agree that small sided games have their place and will eventually lead to better individual & team play in the 11v11 matches at a later age.


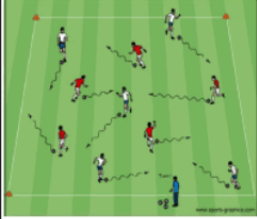
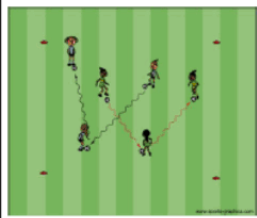
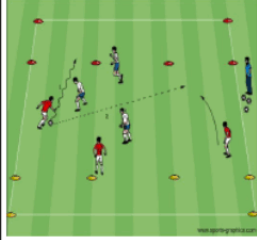
Feel free to send your comments to Steve@G4S SoccerTraining.com

Dribbling for Possession

In this month's practice plan we focus on "Dribbling For Possession" for the U10 and above age groups. Players work very hard to win the ball from their opponent while trying not to lose possession and give it right back.

Dribbling into open areas of the field to gaining additional time and space will help players maintain the ball for longer periods of time. Players should use different surfaces of the feet to change direction, speed and use deception to avoid the opponent.

Click on the practice plan to see the animation/video of each activity to make sure you completely understand them.

 (U10) -- Week 1		
Topic: Dribbling for Possession		
Focus Move Of The Week: Scissors		
Technical Warm up 	Organization Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.	Coaching Pts. <ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ◦ Inside/outside ◦ Sole ◦ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new Time: 15 minutes
Small Sided Game 	Organization Dribble/Pass by Numbers: Divide the team into two groups & give each group different color pinnies. Each player in the group gets a different number(1,2,3) #1 in each group begins dribbling and on the coaches command dribbles the ball to player #2 in their group and leaves the ball for that player. Keep exchanging the ball in sequence on the coaches command. Coach Progress to have them pass to each other	Coaching Pts. <ul style="list-style-type: none"> • Communicate with your group • Head up to avoid other players and find your players • Change speeds • Use different parts of the foot to dribble Time: 15 minutes
Exp. Small Sided Game 	Organization 3v3 End-zone Game: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent's end-zone under control. Coach: Encourage players to recognize opportunities to burst into space under control.	Coaching Pts. <ul style="list-style-type: none"> • Identification of visual cues <ul style="list-style-type: none"> ◦ 1v1 no defender behind ◦ Free space in front of dribbler ◦ Near the attacking area • Identification of verbal cues <ul style="list-style-type: none"> ◦ "take space", "time", "take him on" • Correct shape and balance of team • Deception and disguise • Attack at pace and set up the defender Time: 20 minutes
Game 6v6 Scrimmage Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	Organization	Coaching Pts. <ul style="list-style-type: none"> • All of the above
COOL DOWN Activities to reduce heart rate, static stretching & review session – Time 10 min.		

The plan also includes a move of the week and a fun fitness activity with the soccer ball.

You can save yourself a ton of time and aggravation by doing some simple planning and a little work prior to the start of the season. Practices run better when you come prepared and the players will know if you are prepared!

You can preview the Advanced Coaching Platform [HERE](#) basic users are always FREE

Less than 1 Month to the World Cup Kickoff!



Less than 30 days to go before the official start of the World Cup in Brazil. Not only are they getting ready with all the last minute details with the stadium venues, but Brazil is also putting some last minute touches together with the Team; moving from 6th to 4th in the FIFA World Cup Rankings. Spain is staying strong in 1st (1460 points) Germany in a strong 2nd position (1350 points), Portugal is presently ranked 3rd (1245 points), with Brazil in 4th and creeping up very quickly (1210 points). The USA however; lost a position and is presently ranked 14th (1015 points).

Group D: Germany, Portugal, Ghana, & USA

The bad news is that Germany and Portugal have continued to play strong recently as you have seen by the above rankings. Germany & Portugal have always been tough for any team to beat and it is not going to be an easy task for Team USA. The Good News is that Ghana is ranked #38, so if you go by the rankings, Team USA should win this match up.

Team USA

The Good news is that Klinsmann has experience of coaching in the World Cup, as he guided the German team to the semi-finals of the 2006 World Cup. With his knowledge of the game and experience in coaching at the World Cup level the expectations are high. However; as we all know it is all up to the Players on the field and how they perform on the days of each match.

Klinsmann has selected his top 30 players in anticipation of the World Cup and will need to get his selection down to the final 23 man squad by June 2nd.

To help his decision making for the final squad Team USA will play three warm-up friendly matches taking on Azerbaijan on May 27th at Candlestick Park in San Francisco, and Turkey on June 1st in Harrison, New Jersey. After choosing the Final Squad they will then go onto play Nigeria in Jacksonville, Florida, on June 7th prior to leaving for Brazil.

USA Squad (Preliminary team of 30)



Goalkeepers: Brad Guzan (Aston Villa/ENG), Tim Howard (Everton/ENG), Nick Rimando (Real Salt Lake)

Defenders: DaMarcus Beasley (Puebla/MEX), Matt Besler (Sporting Kansas City), John Brooks (Hertha Berlin/GER), Geoff Cameron (Stoke City/ENG), Timmy Chandler (Nurnberg/GER), Brad Evans (Seattle Sounders FC), Omar Gonzalez (LA Galaxy), Clarence Goodson (San Jose Earthquakes), Fabian Johnson (Hoffenheim/GER), Michael Parkhurst (Columbus Crew), DeAndre Yedlin (Seattle Sounders FC)

Midfielders: Kyle Beckerman (Real Salt Lake), Alejandro Bedoya (Nantes/FRA), Michael Bradley (Toronto FC), Joe Corona (Club Tijuana/MEX), Brad Davis (Houston Dynamo), Mix Diskerud (Rosenborg/NOR), Maurice Edu (Philadelphia Union), Julian Green (Bayern Munich/GER), Jermaine Jones (Besiktas/TUR), Graham Zusi (Sporting Kansas City)

Forwards: Jozy Altidore (Sunderland/ENG), Terrence Boyd (Rapid Vienna/AUT), Clint Dempsey (Seattle Sounders FC), Landon Donovan (LA Galaxy), Aron Johannsson (AZ Alkmaar/NED), Chris Wondolowski (San Jose Earthquakes)

Who would you Choose for the Final Squad?

GO TEAM USA!!!

G4S Soccer Training & Player Development



G4S is proud to announce that Nick Colaluca former Coventry Soccer Association player is joining the G4S Soccer Training & Player Development Staff,

Nick Colaluca Bio

Started off his soccer career in the Coventry Soccer Association as a young lad and went onto play at LaSalle High School in which he Lettered four times and was a top recruit out of high school.

Nick was named as:

- The NSCAA/adidas National High School Player of the Year in 2004
- Named a four-time NSCAA/adidas All-American
- Selected a First Team All-State choice three times
- Named a two-time Gatorade Player of the Year
- Rhode Island State Player of the Year selection as a junior and senior
- Selected to compete in the McDonald's All-American High School Soccer Games
- Led LaSalle to four state titles which it had never won before
- Attended the [IMG Academy](#) as a member of U.S. Soccer's Residency Program
- Member of the U.S. Under-14, 15, 16, 17, 18, 20 and 23 National Teams
- Has played on every U.S. Youth National Team
- Attended number 1 ranked University of Virginia
- At Virginia was Named to Soccer America's 2004 Freshman All-American Team
- Named to the 2004 ACC All-Tournament Team
- Selected to the 2004 ACC All-Freshman Team
- One of eight players to be a Generation Adidas Member in 2007
- Drafted sixth overall in the Major League Soccer Draft to the Colorado Rapids in 2007
- Traded to New England Revolution of Major League Soccer in 2009
- Signed a contract in Sweden with Norrby in 2011
- Returned back to USA and signed with Atlanta Silverbacks in 2012



G4S Summer Camps

Join Nick and the Rest of the G4S Staff at our Beginner, Intermediate & Advanced Summer Camps in July

[For More Information or to Register please click here to go to our Summer Camp Page](#)

Parents, Players, Referee's & Coaches

Is there a Subject in Soccer You would like to know more about?

Send us an email and maybe it will be discussed in one of our future issues of the G4S Soccer Pitch.

Email Info@G4SSoccerTraining.com



[Click Here or on the picture to view a video of the Skills King](#)

Goals 4 Sports Skills King Club

Goals 4 Sports offers the Skills King Club. For years Europe's top trainers have used pendulum training for heading and volley technique training. Now pendulum training comes to the USA with the World's most versatile pendulum training device.

A great tool for practicing with a team or by yourself. Improve your heading, volleying, touch, vision and timing with the Skills King™!

The Skills King Club can be used for: Heading Skills, Volley Skills, Ball Control Skills, Kicking Technique Skills

Incorporate into your: Fitness Training, Speed and Agility Training, Finishing Training, Team Warm-Up, Team Cool Down, Rehabilitation Training, Specialty Skill Training, Plyometric Training

Guaranteed to improve player ball control, volley and heading skills. (when used a minimum of once per week for 30-45 minutes.) (Used as specified in the complimentary Training Guide)

[Click here to view our Pricing at Goals 4 Sports](#)

Subscribe to the G4S Soccer Pitch Newsletter by [clicking here](#)

Contact Us

Give us a call if you have any questions or comments about our Newsletter.

G4S Soccer Training & Player Development

Contact: Steve Marmas
Coventry, RI 02816
(401) 244-5951

Info@G4SSoccerTraining.com

Visit us on the web at
www.G4SSoccerTraining.com

Topics for the June Issue

- Parents
 - Should You Coach
- Players
 - Summer is Coming
What do you do now
- Fitness Training for Soccer
- Nutrition
 - Summer Meal Recipes
 - Smoothie of the Month
- Referee's Whistle
- Coaches Sideline
 - When Should I Stop Coaching
 - Practice Plan
- World Cup Updates