



NEWSLETTER NAME—TBD

Provided by G4S Soccer Training & Player Development

January 2014

Purpose of our Newsletter

The purpose of our newsletter is to provide information to players, parents and coaches based around soccer activities, soccer fitness & nutrition as well as some important soccer updates throughout the year.

Naming of the Newsletter

We held a competition to name this newsletter and received many submissions. We have narrowed it down to a select few names and would like your help to choose the winner.

Each person may have one vote for the name they like the best. You can click on your favorite to send your choice via email.

The top three selections are as follows:

1. [Steve's Pitch](#)
2. [G4S Soccer Hub](#)
3. [G4S Spin on Soccer](#)

“Due to the exceptional one on one training, my daughter is playing smarter and at a higher level than before.”

~ Sally Smith - Parent

Satisfaction Rating



Players from our Intermediate Summer Camp

In This Issue

- [When & Why to Start Personalized Training](#)
- [How many touches should I have on the ball each week](#)
- [Nutrition for soccer players](#)
- [Fitness for Soccer Players](#)
- [What does it take to become a Soccer Coach](#)
- [Where is the World Cup being held](#)
- [Who has qualified for the World Cup](#)
- [Specials](#)
- [Topics for February](#)



Photo Caption

When should a Player take Private Training

Depending on who you ask. A player can start playing as soon as they can walk. However; as much as professional players are getting younger, there are still no professional players in kindergarten.

You can ask ten different professional coaches and get ten different answers as to if and when a player should attend private training.

In reality it is up to the parents as to when they believe their child is ready!

Why Should a Player Attend Soccer Training

Whether you are signing up for Soccer Training (1-on-1 or small group training), Fitness Training, a Gym Membership, or any other type of self improvement. The Key is knowing "WHY" you want to attend.

Attending either 1-on-1 or small group training allows a professional coach to work with players and give them specialized training in which every player attending is there to improve specific skills rather than to socialize with their friends.

A player MUST UNDERSTAND that when they attend any training their parents are paying for, it is different then the parents taking them to a normal soccer team practice. They need to be committed both physically & mentally. A player that improves; is one that continues to practice outside of any practices, organized matches, or organized training.

When I ask a player "WHY" they want to attend training? The most popular answer I hear is "Because I Want to Get Better!" The Player and the parents of the player need to understand that just by attending training, that alone will not necessarily make a player any better.

Depending on a players age, our G4S Staff coach will discuss a players strengths and weaknesses with both the player and parents. Our G4S Coaching Staff then works with each player to help them understand and acknowledge both. A Partnership between the player, parents and coach then work on improving the players Technical, Physical, Social, Mental and Leadership skills both on and off the ball.

If a player is serious about improving as a soccer player, they will do whatever it takes to get to the next level. Our job is to make sure that a player focuses on Technique and works on the right things and at the right pace.

*"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

Freestyle Football

Freestyle football, also known as freestyle soccer in North America, is the art of expressing yourself with a football, while performing various tricks with any part of the body.

Freestyle football has existed since the early 1900s, but it has seen a surge in popularity as a result of global advertising campaigns and digital media sharing.

[Click here for more information](#)



Freestyler, John Farnworth performing in Singapore in 2011, where he broke two records.

How Many Touches Should a Player Have on the Ball Each Week

The best way to improve is to get as many touches on a soccer ball as possible. Whether a player is stationary or moving with the ball, the more touches the better. A player should focus not just on the touches, but on the technique of touches on a ball.

[Juggling](#) is a perfect way to not just get touches on the ball, but also to understand how hard or soft to touch the ball and its also about finding the sweet spot on the ball. Juggling takes a lot of practice and makes a player become competitive with themselves and others. Juggling can involve many parts of the body such as the feet, knees, shoulders, chest, head which are all used to control and play the ball during a match.

[The technique in juggling a soccer ball](#) is to hit the ball with the top of your laces and make the ball spin back towards your body. It is important to keep your body over the ball and control the ball. Do not let the ball control you!

There are many ways to practice touching the ball with various parts of the foot to dribble, pass, shoot, and make many fairs to beat players. This is were players need to take things slow, to master each move before speeding things up. This takes a lot of patience and practice; there will be much success and many failures before a player can master each skill, so be patient.



Nutritional Foods

Guidelines for Eating Prior to a Match

Here are guidelines on when and how much to eat prior to competition. Don't eat the listed calories at 3-5 hours and also 2-3 hours and then 1-2 and also .5 to 1 hours prior to competition. That would be too much. These guidelines suggest that if you eat 3-5 hours prior to competition then eat 300-500 and if you eat 1-2 hours prior to competition then have liquid meal of 100-200 kcals and so on and so forth. These can be adjusted down if the athlete is smaller. Many restaurants or fast food places have a nutritional guide to help you select your meals.

- 3-5 hours prior to game:
large meal 300-500 kcal
- 2-3 hours prior to game:
small meal 200-300 kcal
- 1-2 hours prior to game:
liquid meal 100-200 kcal
- .5 to 1 hours prior to game:
snack 50-100 kcal

How Does Nutrition Effect Our Play?

The following is a list of variables that contribute to a team winning a match (although not all are inclusive).

1. Individual Technical Skills with the Ball
2. Individual Strength, Speed and Conditioning
3. Teamwork (Cohesiveness)
4. Team Tactics
5. Psychology
6. Eating Right
7. Correct Hydration

The above list "together" can help any team win a match, however; they are not equal in value. For example if a player does not eat right or receive correct hydration they can run out of energy quickly.

Have you ever seen a team with good speed look sluggish and slow because they did not hydrate enough or eat right the day before a game? Or because of fatigue for the same reasons athletes don't make the runs they normally make, thus killing tactics and cohesiveness? What could happen to the Psychology of an athlete when they are dehydrated?

With correct soccer nutrition you will be able to run longer, feel better, have increased energy and have less fatigue. One source said that 30% of all goals come towards the end of the game. If you can improve all seven of the performance areas and the others that were not listed you will win more games. In this Soccer Nutritional Series you will discover a few tips and tricks that are vital to the success of your soccer players.

"Players who ate lots of carbohydrates ran the most and only walked about 25% of the total distance. Players who ate a "normal" meal covered about 25% less distance and covered most of it at a walk."

Preparing for Soccer

When we prepare for a match, there are many areas that we have to focus on for *performance training* such as:

Movement Training

- Speed Training
- Agility Training
- Fitness Training
- Plyometrics Training

Fundamentals

- Strength & Power
- Core Training
- Stretching & Flexibility
- Program Design
- Balance Training
- Nutrition

Prevention & Care

- Injury Prevention
- Soccer Psychology
- Rest & Recovery
- Warm-Up



Photo Caption

Fitness for Soccer Players

A player that works on their fitness on a daily basis as well as their foot skills will be better prepared to not only take on opposing players, but have better endurance than a player that just shows up to practices and matches. In the coming months we will cover fitness in various forms to assist players & coaches and to be better prepared.

Most players and many coaches believe that in order for a player to get fit they need to run, run, and keep running. There are different levels of movement a player will make during each match such as walking, jogging, running & sprinting. Walking and Jogging do not use a great deal of energy, however; once a player starts a run or a sprint, they need to know how to recover so that they can pace themselves during a match.

Before we get into any of the fitness programs during the upcoming months I would like everyone to understand the differences between, walking, jogging, running & Sprinting.

Definitions:

- **Walk:** Up to approx. 10% of a players full speed used for walking & general movement around the pitch
- **Jog:** A Jog should be between 10% - 40% of a players full speed when moving into space with or without the ball.
- **Run:** When a player is running they should be using up to 70% of their full speed. The reason for running is usually to make a move to beat a player both on and off the ball.
- **Sprint:** A player will make many short sprints and some long sprints during any match. A Sprint should be everything they have (100%) to beat a player to a ball or to make a break-away with the ball and go to goal.



January's Soccer Tip

Deliver coaching points to your players using the **PIP** method.

Positive -- "I loved your run down the flank."

Information -- "Don't forget to lock your ankle and get your hips square when shooting."

Positive -- "Keep up the good work."

Try to never "over coach," meaning, don't stop play too often and strive to always have a theme and flow to training.

"Talking too much is a big danger for a coach. The words get lost in the wind."

~ Sir Alex Ferguson

What does it take to become a Soccer Coach?

When anyone steps up to coach soccer either as a volunteer coach in Recreational/Developmental soccer or a paid/unpaid coach in Competitive Soccer Programs, there are many attributes each must have to be successful. The following are some important attributes which are in no particular order:

- Patience
- Management and Leadership Skills
- Knowledge of the Game
- Humility
- Motivate Players
- Respect: Learn to Give and Earn
- Ethics
- The ability to learn from other coaches and sometimes even the players
- The ability to progress the team in stages
- Evaluate each player and know how to challenge them and raise them to their next level

You may think that because you have played soccer it will make you a great coach. Unfortunately that is not always true. Playing the game and having the ability to demonstrate is a great attribute, but alas teaching is an art all of its own and not all players make good coaches.

I have known some great coaches that have never played soccer in their lives, but understand and have the ability to transfer knowledge and motivate in a way that players understand. Whether it is teaching basic foot skills, kicking a ball, or teaching the tactics of play in a 4-4-2 or 4-3-3 formation, teaching the game of soccer is Key.

Everyone wants to win games, but let's face it; we need to learn from our wins and our losses. As a coach you will need to be patient. No matter how good you may think you are as a coach, you just may not have the talent on your team to win.

If you have patience, there is a great chance that your team will grow. Be strict, but do it in a way that you earn the respect from your players. Don't teach with fear.

"Coaching Soccer is not always easy, but it can be very rewarding."

World Cup

The **FIFA World Cup**, often simply the **World Cup**, is an international *association football* competition contested by the senior *men's national teams* of the members of *Fédération Internationale de Football Association* (FIFA), the sport's global governing body. The championship has been awarded every four years since the *inaugural tournament in 1930*, except in 1942 and 1946 when it was not held because of the *Second World War*. The current champions are *Spain*, who won the *2010 tournament* in *South Africa*.



2014 World Cup Trophy & Official Soccer Ball

Where is the 2014 World Cup being held?

The 2014 World Cup is being held at 12 Stadiums throughout Brazil. Brazil has won more World Cups than any other Country for a total of five times. Brazil also has one of the best known players of all time "[PELE](#)".



[Estadio Mineirao](#) | [Estadio Nacional](#) | [Arena Pantanal](#) | [Arena Da Baixada](#)

[Estadio Castelao](#) | [Arena Amazonia](#) | [Estadio Das Dunas](#)

[Estadio Beira-Rio](#) | [Arena Pernambuco](#) | [Estadio Do Maracana](#)

[Arena Fonte Nova](#) | [Arena De Sao Paulo](#)

Who has Qualified for the 2014 World Cup?

There were originally over 200 teams that entered the qualification process for the 2014 World Cup. The Final 32 teams that qualified will have the chance to prove themselves starting in June of 2014. The top two teams from each grouping will go onto the Final 16 to which it is then a single illumination the final two for the 2014 World Cup Final which will be played on July 13th, 2014.

Looking at all of the groups; USA is probably in the toughest grouping with Germany, Portugal and Ghana. This will be a real test for the USA Team and if they can make it through the first round it will show that they are a real contender for the world cup. Jurgen Klinsmann (USA Team Manager) a German National . You can select any of the teams below and go their World Cup Informational Page.

Groups

Group A	Group B	Group C	Group D
Brazil	Spain	Colombia	Uruguay
Croatia	Netherlands	Greece	Costa Rica
Mexico	Chile	Côte d'Ivoire	England
Cameroon	Australia	Japan	Italy

Group E	Group F	Group G	Group H
Switzerland	Argentina	Germany	Belgium
Ecuador	Bosnia-Herzegovina	Portugal	Algeria
France	Iran	Ghana	Russia
Honduras	Nigeria	USA	Korea Republic

Training Specials

New Year's Special

During the month of January any new customers signing up for a small group training class will receive a \$15 discount on their first class

Gift Certificates

Purchase Gift Certificates by going to the [G4S Soccer Training Website](#)

Topics for the February Issue

- How do you choose the right trainer for your child
- What is the right team for my child
- Speed Training
- Nutrition
 - Types of foods to eat and stay away from for Energy & Recovery
- Types of Heat Illnesses
- Coaches Sideline
 - Should coaches continue with education for themselves
 - Training Session for U8's
- World Cup Updates

Contact Us

Give us a call for more information about our G4S Soccer Training & Player Development Training services or if you have any questions or comments about our Newsletter

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