



G4S SOCCER PITCH

Provided by G4S Soccer Training & Player Development

February 2014

Naming of the Newsletter

We held a competition to name this newsletter and received many submissions. In order to keep the name of the newsletter relevant, we combined two of the submitted names.

As the name comes from the combination of two submissions, we will be offering a **"Free Training Session"** to: **Lauren Harrington & Maddy Almeida.**
Congratulations Ladies!!!

Thank you to everyone that submitted a name in the contest.

How do you Choose the Right Trainer for Your Child

The first step is to make sure that both you and your child are in agreement that your child needs and wants additional training. Once you have agreed; you need to do your research.

- Step 1: Ask other players parents if their children are attending private training and what has been their experience.
- Step 2: Meet with various trainers to discuss their philosophies, how they would train your child, how much time is each session and what their costs are.
- Step 3: Ask for Testimonials and References so that you can see what success the particular training group / trainer / instructor has had.

Ask Questions of references such as;

1. What was the skill level of their player when they started with the trainer / training & what type / level of team were they playing on.
2. Were they getting much playing time, and were they a starter on the team.
3. Has anything changed and if so; how?
4. Has their regular team coach commented on their progress

My recommendation is that you meet with a trainer to discuss why your child would like to attend training, as well as what your short term and long term goals are for the player. Request a trial session to see if you and your child would be comfortable with the instructor (ask if this would be free or at a discounted price). Once you have agreed that your player wants to continue the training. You should ask for progress reports with an agreed upon time period (i.e. weekly, bi-weekly, monthly).

"The rules of soccer are very simple, basically it is this:

If it moves, kick it.

If it doesn't move,

Kick it until it does."

~ Phillip Abraham "Phil" Woosnam
(1932-2013: Welsh former Association football inside-right and manager)

In This Issue

- *How do you choose the right trainer for your child*
- *How to choose the right team for your child*
- *Speed Training*
- *Nutrition - Energy & Recovery*
- *Preparing for Winter Training*
- *Coaches Sideline*
 - *Foot Control & Techniques*
 - *U8 Training Session*
- *World Cup Updates*
- *Specials*
- *Topics for March*



How do you Choose the Right Team for Your Child

Firstly let's level set the title of this article. If your child is playing on a town recreational team; parents and players do not have a say in choosing which team they want to play on. This article is geared more towards those players that are playing on premier teams or travel teams that accept players for a higher level of play.

How do you choose a team for your child? Choosing a Team can be very stressful as there are many things to think about and many questions you and your child need to ask yourselves.

However; after thinking more about the original title, the REAL question is:

Do You Choose a Team, or Does a Team Choose You?

You and your child have come to the decision that it is time for them to challenge themselves further.

Have you as a parent, looked at the position your child normally plays? Have you honestly thought how your child would fit onto a team and how they would complement the surrounding players and how the surrounding players would complement them.

In order for any player to be on the right team the decision MUST be a combination of both you choosing the team and the team choosing you.

So how do you pick a team: As a parent you need to work with your child and ask some of the following questions of clubs you may be trying out for:

- How many teams does a club have at each age level
- How do the coaches select their players
- What is the player & team development philosophy
- What are the player fees for the season & tournaments (does that include a uniform)
- When does the team practice and play their matches
- What happens if players miss practices or matches
- Where does the team travel to for matches and tournaments
- Always ask *"Is there anything else I should know?"*

How does a team pick your child: In business, a good leader surrounds themselves with people that have the talent that they may lack or they can mentor. A coach and their staff look at each position on the field and who they feel will be the best players for each of those positions both from a skill level and how a players chemistry fits the team. Although a coach may like a player, there may not be a position available that the coach feels would best complement the player and the team.

In order for a player to make a team they need to earn their position. This is not always an easy task, so when a player is at a try-out they need to be at their very best. Once on a team, a starting position on that team is also not given, it is earned. Therefore; every practice and every match is a tryout for the next match.

Pele said it best:

"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."

Once you have thought about the previous paragraphs have your child try-out for several clubs and teams to see how your child can be challenged as a player, how they can best complement themselves and the team.

So going back to my second title:

Do You Choose a Team, or Does a Team Choose You?

My Answer:

It Should be Both!

Types of Speed Training

There are four components of speed training:

- 1) Starting Speed
- 2) Acceleration Speed
- 3) Speed Efficiency
- 4) Speed Endurance



[Click here](#) to see Cristiano Ronaldo Tested to the Limit against a Sprinter

Speed Training for Soccer

If a soccer player is going to be effective in a match they need to understand, practice, and master the four main components of speed training (Starting speed, acceleration speed, speed efficiency, & speed endurance). Now don't get me wrong; this does not mean that you should have your players run laps for a whole practice (as I have seen some coaches do). In order for an athlete to increase their speed they also need to focus on strength, agility and controlling their breathing. Speed training for soccer players should be focused on the types of runs needed during a soccer match.

Unlike a Sprinter who runs in straight lines, a soccer player is usually running in zig zag directions of varying distances. Although speed training for these two athletes would have the same components they may be conducted differently. However; coaches do not always have the time to work with players on these aspects of the game. Thus a player may need to seek help from a professional trainer.

Coaches are constantly talking to their players about being ready and always being on the balls of their feet. This is especially important for a player's starting speed. If two players are stood beside each other; one of them flat footed and one of them in the ready position and on the balls of their feet. The player who is on the balls of their feet, will have the advantage in starting the run to the ball or into space. The technique of their run will assist in the next step called acceleration. The length of their strides based upon distance to a ball or space, the changes in direction and their arrival speed will help in controlling the efficiency of their runs. The last component is knowing when to walk, jog, run, & sprint in order to maintain their endurance of their speed, throughout the match.

Speed Counts: Every second or millisecond a player shaves off their personal speed will help them beat another player to the ball or to the goal.

Coaches use many training tools such as; [Speed Rings](#), [Ladders](#), [Hurdles](#), [Speed Chutes](#), [Training Sleds](#), [Resistance Belts](#), and many more tools in order to practice the four components of speed training.



Nutritional Foods for Energy & Recovery

Recovery is Essential

It is important that a soccer player receives the nutrients needed to recover within 30 minutes of the final whistle of a strenuous match or practice.

Scientific research suggests that low-fat chocolate milk may help refuel and restore the exhausted muscles in a player's body because it naturally contains what their research suggests is the ideal 3:1 ratio of carbohydrates (25g) to protein (8g).

Whereas;



The leading hydrating sports drink contains 14g of carbohydrates & 0g of protein



The leading juice drink for kids contains 23g of carbohydrates & 0g of protein.

"Recovery is a really important part of your training plan. If you give it your all on the field, then it is critical to refuel your muscles properly after your game or practice. Chocolate milk is my preferred recovery drink."

~ Sydney Leroux.
US Women's National Team
Player

Nutrition - Helping a Player's Energy & Recovery

If a player wants to perform at their best they must have a nutritional strategy as well as a match strategy. There are several things that assist a player in their total success; from practicing their skills, building teamwork, and watching what & when they eat. Proper nutrition is not only important for good health, but also so that a player can reach their peak performance on game day. Eating and drinking healthy and correctly will help a player with their speed, agility, strength, & endurance.

Following are some good choices for match day and post practice to improve energy & recovery.

3- 5 hours Prior to the Match - Carbohydrate-rich snack or meal that includes some protein and is low in fat and fiber for optimal digestion¹

- Peanut Butter and Banana Sandwich, apple slices and low-fat milk
- Fruit & Greek Yogurt smoothie with low fat granola
- Lean Hamburger on a bun with lettuce and tomato and yogurt with fruit
- Turkey wrap with cheese, fruit and fat free yogurt

30-60 minutes prior to start of match

- Water
- Piece of fruit or fruit jam sandwich

During a Match (half-time) - Fluids - Water, drinks with carbohydrates and electrolytes and carbohydrate rich foods

- Banana
- Bread or roll with Jam or Honey
- Low-fat granola or sports bar

After the Match or Practice - Carbohydrate, protein, fruit/vegetable, fluids

Within 30 Minutes

- 8fl. Oz of Low-fat Chocolate Milk

2-Hours After²

- Whole wheat pita bread with lean meat, veggies, pretzels, and low-fat milk
- Stir fry with lean protein, veggies and brown rice, Ice tea/water

¹ Nutritional fact sheet, Issue 3 April 2009 Sports, Cardiovascular & Wellness Practice Group [nashville.org](#)

² Timing Your Nutrition, C. Mohr Dec 2012 and (Academy of Nutrition & Dietetics), [nashville.org](#)

Sprains vs Strains¹

Sprains and strains are used interchangeably to describe everything from a twisted ankle to a pulled hamstring, but they are two specific injuries.

- A **sprain** is a stretch or tear in a ligament (the bands of fibrous tissue that connect our bones at the joints).
- A **strain** is also a stretch or tear, this time affecting the muscle itself or a tendon (the tissue that connect the muscles to the bones).

How Does a Sprain or Strain Occur?

Sprains usually happen when a person falls, twists, or is hit in a way that forces the body out of its normal position. The most common type of sprain is a sprained ankle; about 25,000 people sprain an ankle every day. Think of a runner who goes over a curb and catches her foot, twisting the ankle; or a baseball player who slides into home plate and twists his knee.

Strains happen when a person twists or pulls a muscle or a tendon. Athletes in contact sports, like football, hockey, and boxing, are at particularly high risk for strains. Frequent repetitive motions, like those used in tennis, rowing, and golf, can lead to strains of the hand and forearm.

How are sprains and strains treated?

R.I.C.E. - Rest, Ice, Compression, and Elevation usually will help minimize the damage. It is important in all but mild cases for a medical doctor to evaluate the injury and establish a treatment and rehabilitation plan. A severe sprain or strain may require surgery or immobilization followed by months of therapy. Mild sprains and strains may require rehabilitation exercises and activity modification during recovery.

¹ Sprains vs Strains Information taken from [WebMD](#)



Photo Caption

Preparing a Soccer Player during the Winter Months

I was going to write an article on heat illnesses this month and decided against it, as we have been having such a cold spell throughout the US. Instead I thought I would write about preparing soccer players of all ages for a practice or match in the winter months.

Lately we have had temperatures well below zero. I constantly see coaches bring their players into a practice session or match without warming them up correctly. While training coaches during various coaching clinics, I stress in great detail the risks that a coach is taking when they are not warming up their players correctly. Especially during the winter with sub-zero temperatures.

As an example I use the following analogy:

If you were to take an elastic band and place it outside in the sub zero temperatures that we are witnessing and leave it there for about 5 minutes. Then return, stretch it, and watch what happens. You will probably witness that it will snap very easily.

If we translate this to the parts of the body in each player on our team we are talking about sprains and strains (See Sprains vs Strains in the left column).

Be Proactive - Not Reactive

Although you may not be able to totally stop a injury such as a Sprain or Strain you can certainly help prevent such an injury from happening with the correct warm-up routines. Being Proactive and creating a warm-up routine for your soccer players will help you and the parents of the player from being reactive after the fact. A warm-up routine should be dynamic not static. If you need help you can go to YouTube and type in "[dynamic warm up exercises for soccer](#)", to which you will see plenty of examples.

After you have completed your practice and/or match you should then have your players do a cool-down routine to help their bodies recovery after the strenuous activities.



February's Soccer Tip

The more you involve the players in some of the following decision making, the sooner they will progress together as a team.

Start by allowing:

- Your players to make mistakes and learn from them.
- Them to be creative and to solve their own problems.
- Them to come up with more than one option for containing an oncoming player, or to progress the ball down the pitch.
- Your players to ask questions, but tell them they also need to figure some things out. You cannot give them all the answers.

COACHES SIDELINE

Foot Control & Techniques

Do your players know how many parts of the foot they can use on the ball, as well as when & why to use them?

OK! Before you read on, can you answer the same question.

Another question may be, when do you as a coach start teaching players all the various parts of the foot to use on the ball. The answer is probably going to vary depending on the group or individual players you have, but U8 players are usually a good place to start at the team level. However; the sooner you can start teaching this; the better.

So do you know the answer? Six (6) and they are as follows: 1) Inside, 2) Outside, 3) Instep (commonly known as the laces), 4) Sole, 5) Heel, 6) Toe (yes the toe, but this should be a last resort)

When you ask the players to name the parts of the foot, you should also ask them when and why they would use that particular part of the foot.

Most common examples are:

- 1) Inside - Dribbling, Changing Direction, Passing, Shooting
- 2) Outside - Same as the Inside
- 3) Instep - Shooting, Dribbling on a Sprint, Changing Direction
- 4) Sole - Rollovers, Back Passes, Faints, Pullbacks, Changing Direction
- 5) Heel - Back Passes, Reverse Shooting
- 6) Toe - When you have no other choice (not commonly taught by coaches because a player lacks control of direction and pace of the ball)

*“Coaching Soccer is a Privilege...
NOT an Expectation”*

A Typical U8 Lesson Plan



This month we are helping the coaches that are working with the U8 player. A question which could actually be asked of coach is:

As a coach how do you decide what to work on at your next practice session?

The easiest answer is that you should be taking mental notes from your last match and working on the areas of the match that did not go as well as you had expected. However; what if you had a really bad match. The

throw-ins were bad, your players weren't aggressive to the ball, they were dribbling into pressure and losing the ball, not shooting on goal. Wow! Where do you start? The first thing is to choose one area, try to fix everything in one practice.

For every practice session you should create a theme for your practice that goes from simple to complex. Whether the theme is based on dribbling, passing, balance & control, throw-ins, shooting etc,. Each theme should be focused, building on each activity and have a purpose.

- 1) Start with a warm-up that is going to prepare the players for the activities you are going to be working on. Make sure that the warm-up activities are using dynamic stretches. (Simple)
- 2) Your next activity should focus on individual play (Simple)
- 3) Incorporate a second player or more with little pressure (Moderate)
- 4) Increase the amount of defensive pressure (Increased Complexity)
- 5) Work the activities into a scrimmage with small sided to full match - 3v3, 4v4, 6v6 (complex)
- 6) After each scrimmage build in a cool-down to reduce heart rate and body temp slowly (Simple with Low to No Intensity)

For this session the theme will be dribbling. To view the practice session click onto the plan below.

G4S Team Practice Plan	
Training Session Lesson Plan	
Date: _____	Age & Division: U8
Theme: Dribbling (Simple to Complex)	Equipment: Cones, Balls, Penials
Field Layout: Indoor Gym	
Warm-Up Activity (10-15 minutes) Dynamic Dribbling and warm-up Walk around without ball touchy ground with figure 8s (forward, left, right, back). Change movement from walking to jog to run, 1 for 1 for both, add ball and repeat. Add jumping or any other type of dynamic activity.	Coaching Points: Changing the work for warm-up challenges the players to think more.
Technical Activity (30-45 minutes) Dribbling (Set of 2 cones, Challenge 1 - 10 minutes) Start with players dribbling with the inside of their foot (3 times then outside) Transition to inside (1), foot, then inside (2), then inside (3), then inside (4), then inside (5), then inside (6), then inside (7), then inside (8), then inside (9), then inside (10). Have them move between cones at different speeds.	Coaching Points: Have them look for players to pass to. Have them look for the ball to get away from them. Ask them what they can do with the ball. Ask the players what part of the ball they can use.
Technical Activity (30-45 minutes) Blind Dribbling (Challenge 2 - 10 minutes) Have players dribble around the field and constantly change direction using the movement of the feet (not using the eyes). Have them move between cones at different speeds. Have them move between cones at different speeds.	Coaching Points: Look for controlled dribbling and how the players are changing direction. What part of the foot are they using to dribble? Are they using both feet?
Technical Activity (30-45 minutes) Blind Dribbling (Challenge 3 - 10 minutes) Have players dribble by a defender (defender adds this pressure without using the ball). Have them move between cones at different speeds. Have them move between cones at different speeds.	Coaching Points: Is the player dribbling using various parts of the foot to dribble by the defender? Is the player dribbling using the inside of the foot to dribble by the defender? Is the player dribbling using the outside of the foot to dribble by the defender?
Technical Activity (30-45 minutes) Small Sided Game (4v4, 5v5, 6v6 - 10-15 minutes) Small sided game with quick changes of teams focusing on each player using various parts of the foot to dribble by players. Have them move between cones at different speeds. Have them move between cones at different speeds.	Coaching Points: Coaching points should be done with individuals as well as teams as appropriate. Focus on dribbling techniques.
Technical Activity (30-45 minutes) Cool Down with Dribbling Each player gets their own ball and the players move the ball in between and around small legs and cones (their hands without using the ball) looking for ways to dribble by a player, or make a pass. Have them move between cones at different speeds. Have them move between cones at different speeds.	Coaching Points: Coaches should remind the players about the importance of the cool-down and ask questions about the previous technical ball work players are completing the dribbling. Ask them how the practice will help in the next game.

G4S Soccer Training & Player Development is establishing Key Partnerships to provide our viewers with a better experience. Therefore; Our next Issue we will be partnering with YouthSoccer101 for future lesson Plans

Will the USA make it through the first round of the 2014 World Cup in Brazil?

Well if the USA Men's soccer team were ever to be tested in a world cup, this is the year. USA will be facing Germany, Portugal, & Ghana in group G, which is probably the toughest group they could be placed in. Germany is presently ranked #2, Portugal is ranked #4, USA is ranked #13 and Ghana is ranked # 37 in the world. Now you may think that Ghana having such a low ranking would be a breeze for the USA team. The probability of the USA team beating Ghana versus Germany or Portugal are definitely much better. However; Ghana eliminated the USA team in 2006 & 2010 from progressing in the world cup, so the USA team must stay focused.

Now having said all that; How many of you thought that Arsenal would get beat by Liverpool 5-1 (ok that was just a poke at my son because he is an Arsenal fan...lol).

How many times have you heard "On any given day, any team can win!" We hear it all the time and we see upsets in all different sports all the time. So don't give up on the USA team before the matches start, they may just surprise us all. The players on the team will have their work cut out for them, but if there is anyone that can get them ready; Jurgen Klinsmann should be the one.

June 16th will be the first test when the USA team plays Ghana and if they can win that match, it will most definitely give them a boost to play their next match against Portugal on June 22nd. The best and strongest team "Germany" just happens to be their final match. Team USA will need to play for the wins and should not play for any tie matches. If they can win 2 of the 3 matches they will progress to the next round of 16.

I know I'm getting a little ahead of myself now, but please allow me to be a pessimist. If they make in to the round of 16, they should have a much easier time in which they would play whoever makes it through group H. Teams in Group H are Belgium, Algeria, Russia or Korea Republic.



Do you want lesson plans that include Animation & Video of each activity so that you clearly understand them?

YouthSoccer101 is offering our readers a free spring preview of age appropriate practice plans. They will be delivered directly to your inbox on a weekly basis for 10 weeks.

In addition, you can have access to over 500 advanced activities (travel level) where you can create customized plans, share them with your coaches and save them to use in the future.

Take advantage of the FREE offer and get your first plan in minutes [HERE](#)

<div>(U8) -- Week 2</div> <div>youthSoccer 101.com</div> <div>Practice with a plan</div>		
Activity 1	Shadow Dribble: Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader. Coach: Call the change from leader to shadow Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.	Coaching Considerations <ul style="list-style-type: none"> • Keep ball close • Changing directions • Dribbling using different surfaces of the foot Time: 8 minutes
Activity 2	Snake: All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. Coach: Encourage the snake players to hiss.	Coaching Considerations <ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Look for open space • Keep ball close Time: 8 minutes
Activity 3	Gate Dribbling: In a 20x25 yard grid set up as many gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point. Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.	Coaching Considerations <ul style="list-style-type: none"> • Keep ball close • Changing direction • Acceleration after going through a gate • Decision making Time: 8 minutes
Activity 4	Busy Street: In a 10x25 yard line up the balls on the outside of the area. Players start behind the line on one end and try to run to the other end without getting hit with a ball. Coaches try to pass the ball at the players feet. If a player gets hit they join the coaches as the passers. Coach: Reset the balls after the players run from one end to the other. Have the players that got hit, join you and set up the balls. Last player standing wins	Coaching Considerations <ul style="list-style-type: none"> • Keep your head up • Changing direction • Jump over balls • Pass below the knees Time: 8 minutes
Scrimmage	Activity Description	Time

Contact Us

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

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Topics for the March Issue

- When Should I get my Child Involved in Soccer
- Goalkeepers - Expected to Make Saves with Little Training
- Fitness Training and/or Soccer Training - How do you balance them
- Nutrition & Sleep
 - How do they effect a players performance
- Types of Heat Illnesses
- Coaches Sideline
 - Should coaches continue with education for themselves
- Training Session for U10's
- World Cup Updates

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