



KARL'S KOMMENTS

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Renowned International Resource Available to CYSA

Ton de Hoop, professor at CIOS (Central Institute of Educating Sport coaches), instructor at KNVB (Royal Dutch Football Union), UEFA (and Director of Winning Mood has offered to assist the CYSA Coaching School and other CYSA Programs.



Ton de Hoop

Coach de Hoop has been at CIOS since 1979 and is the author of football/soccer curriculum coach license II and I at CIOS, Arnhem. He was the license coordinator between CIOSA and the KNVB in Zeist. He was a major contributor in the development of curriculum for license I and II at KNVB. He also instructs at the Zeist complex as well as doing (UEFA A license) courses.

His graduates at CIOS include: John van de Brom: Technical Director(TD) Ajax, Edward Sturing , (TD) PSV and Peter Bosz, (TD) at Feyenoord, Rene Meulensteen Assistant coach Manchester United.

His KNVB and UEFA graduates include: Danny Blind, Erwin Koeman, Ruud Krol, Johan Neeskens and many/many more.

Coach de Hoop is the author of Syllabus 2000, a book about the build up in training starting with the young and ending with top players. He also wrote the foreword in the book written by Wiel Coerver.

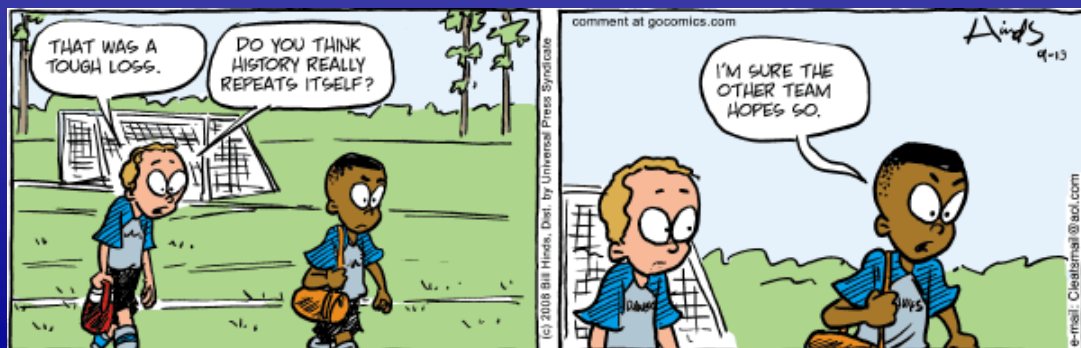
He is a specialist in technique schooling based on chapter 2 in the Syllabus that deals with the 4 groups of moves and the Wining Nine Steps. This method teaches a player a move/technique from 0% resistance till full resistance.

As a CYSA consultant he would like to add some Dutch flavor to our program. His philosophy begins with the introduction and changes in discipline. He likes to work on building in technical, tactical, physical and mental training based on his Dutch experiences.

Coach de Hoop says, "I would like, someday, to be able to help the CYSA Instructional and ODP staff by doing demonstrations, analyzing courses and games. Improve course presentations and help develop training sessions out of game analyzes. Teach your staff to teach other youth coaches how to develop training sessions resembling the game as close as possible."

KD - In the meantime, Coach de Hoop has offered to answer your questions or fulfill your request. So, send me questions or suggestions as how we can best utilize Coach Ton de Hoop..!

You can reach me at: cysakarl@comcast.net



Brain Study and Learning Technique

Paul Reccer, Associated Press Writer

It takes the brain about six hours to store in memory a new physical skill, such as riding a bike (FUNDamental dribbling fake/feints) and this memory can be wiped out if the mind's storage process is interrupted by trying to learn another new skill researchers have found.

"We've shown that time itself is a very powerful component of learning," said Dr. Henry Holcomb, a psychiatrist who heads a Johns Hopkins University group that studies how people remember. "It is not enough to simply practice something. You have to allow time to pass for the brain to encode the new skill."

"By measuring the blood flow patterns in the brain, the scientists determined that it takes five to six hours for the memory of a new skill to move from temporary storage site in the front of the brain to permanent storage at the back.

During those six hours there is a window of vulnerability when memory of the new skill can be easily eroded if the person attempts to learn a second new skill.

If you were performing a piano piece for the first time and then immediately started practicing something else, then, that will cause problems in retention of the initial piece that you practiced", said Holcomb.

It would be better, he said, if the first practice session was followed by five to six hours of routine activity that required no new learning.



In the Hopkins study, the researchers used a positron emission tomography device, or **PET**, to individually measure blood flow in the brains of 16 test subjects while they learned a new motor skill.

The people were placed into the **PET** and then taught to manipulate an object on a computer screen by using a motorized robe arm. The test required unusually precise and rapid hand movements that could be learned only through practice.

During the learning process, the **PET** image showed that blood flow was most active in the prefrontal cerebral cortex of the brain.

After the learning session, the test subjects were allowed to do unrelated routine things for five to six hours and were then rested.

When operating the robot arm this time the blood flow was most active in the posterior parietal and cerebella areas, said Holcomb.

"This shift in the brain is necessary to render the memory invulnerable and permanent," he said. "What we see is the consolidation of the memory."

It is such a consolidation, said Holcomb, that allows a person never to forget some skills, such as riding a bike or swimming (FUNDamental dribbling fake/feints) that were learned as a child.

KD – There you have it –Scientific proof that our methodology works 😊

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from a candidate



I'm not interested in what exercises are run by youth programs in other countries. It is quite easy to pick up a book full of exercises and drills. The book may promote itself as training secrets of Brazilian football, or Top Drills of the FA. But I have learned something in my years of coaching, and the CYSA coaching education has helped the thoughts make sense.

The thing I have learned is this:
It is not so much the actual exercises you run, but how you structure the practices.

For example, all would agree that teaching 2 v 1 attacking themes is important. Things like the Give and Go, Wall pass or Takeover, where 2 attackers combine to beat a single defender. And there are many different books that will give examples.

But what I have learned through the CYSA coaching program, is it is important *how* you build up and support this theme in practice. It is important how you make the progression from teaching, to Small Sided Games, to a full scrimmage.

What a Site: www.fundamentalsoccer.com

from another candidate

Without question the biggest difference maker for my practices since working with the '9-Step Routine' is the 1+1 and 1v1. Every season I'm astonished about how much it improves players.

The curriculum mentions a great comment about everyone playing one another and the benefits of doing that, and you're absolutely right. I just wish your staff would have emphasized the importance of this even further than they do.

I believe that most beginning coaches don't understand how important 1v1 is. I've had countless parents all tell me what a great teaching tool it is, and how the kids go and play it at home. Once a coach sees it and tries it, they're hooked. And even though the instructors do a great job of showing it, I was dying to chime in with my two cents to tell everyone what a great practice tool it is.

Don't get me wrong, the rest of the routine is important, too. But if I only had to pick one element, there is no question that it would be 1v1. No question that's my bias, but I've seen it in action as a beginning coach and it works!



from the staff



Don Williams, submitted the following...

An article in "World Class Coaching" is from the Manchester United Symposium. which sounds like the CYSA curriculum!

Did you know that Man U thinks 1 v 1 is the foundation of the game? (says I sarcastically)

The 2 great quotes from the article are: " Allow them to play kid's games with kid's rules and kid's results. The coach just sets up the environment, and shuts up"

And

"The whole game revolves around the 1 versus 1 situation. Good players are adept at beating opponents. Good teams contain more players adept at 1 v 1 than their opponents."

I am probably writing this in vain as I am sure the instructional staff probably already saw and know this, but just in case..... 😊

Course Evaluations of the Month



My personal goal is to be the best coach I can be for the kids who play the beautiful game! Not winning but bringing out the best of each player. I want each child to experience the love of the game like I have now for the last 40 years.

On our instructor – Coach **Andres Orejuela**

I feel lucky to have received training and coaching from **Andres**. He has people skills I wish I had. I know I am just an average player and coach with many flaws. Andres made me feel good about all my effort, even when I missed the mark. I closed my eyes a couple of times to try and see being a U10 or U12 player and what it might be like to be coached by someone of Andres qualities. I think all of us in the session felt the same way.

Andres has given me the “opportunity” to be a better person, player and coach for the kids. As much as I want to excel to the next level in coaching “D”, I can see clearly I lack the experience to be effective at that level at this time. Andres gave me some clear direction on how to improve so that in time I can bring the quality of my coaching to that standard.

Overall feedback... I feel strongly that we need to expose coaches to sportsmanship and respect. I think you need to add a module in training beginning at the F level to include for players, coaches and the referee's.

KD – Send me your suggestions on this ‘overall feedback’ request.

I would like to express my excitement about the course but mainly the instructor, **Coach Don Williams**. From Day 1, **Coach Don** challenged me like no other instructor. At first, I really wasn't excited about how the course was going the first few hours. Once I started to understand what **Coach Don** was doing, I was able to approach the course in a different view. That's when I really started to learn.

I'm the head coach for a U11B team starting this Fall. I started coaching in U6 with my son. The team started in Recreation and I was the volunteer dad that said, yes I'll coach. Then we moved into the Competitive U8 and haven't looked back. What I learned over the past two weekends, was an eye opener. Once the class was done each day, I would call my assistant coaches and tell them what I learned that day. Last night, I was on the phone and my coaches couldn't wait to hear what I had to say.

Prior to this "D" course, I took my "E/D" from **Coach Chris Fitzpatrick** who was also an excellent coach / instructor and really got me prepared for this "D" course.

If I may say CYSA, you have put together some excellent instructors and it's been a great experience for me to improve my coaching skills. Should you have any questions, I would be more than happy to discuss anything with you. Keep up the good work with these instructors,

Coach David Natwick
Sasc Knights 97

KD – You can find some of Don's philosophy in the ‘From the Staff’ section of this issue J

Larry Rouen is GREAT! I will say that for U-10 girls I have tried the complete ‘9-Step’ program. The girls had a hard time getting the pattern and it seems a little advanced for them. I have revised the program and used parts of it. Warm-up; One + One; One vs. One; Stages of Play; etc. It's a very good program...

THANK YOU!

And I think all coaches should be **required** to take this course. I know that may be difficult to do but our players deserve our best.

KD – Start sending me your suggestions on how we can let coaches, attending our courses, know that we strongly encourage their ‘revising’ the ‘9-Steps’ to fulfill their teams’ needs. It seems like (from many evaluations) that we are coming across with a ‘this is all you need and should do’ program. That, as we all agreed, is not even close to our intent ... Our goal, as we discussed during staff orientation, is to give CYSA coaches a foundation that can easily be revised to strengthen their players technical or tactical weaknesses.

McClure was Hall of Fame Soccer MOM!



Claudine McClure, a Sacramento soccer mom who created opportunities for every child to play the sport as a leader in the California Youth Soccer Association, died Friday August 8th, at age 64.

The cause was complications of myeloma, diabetes and heart problems, said her daughter, Nikki Gunter.

Mrs. McClure was a single mother of two young children when she volunteered as her daughter's soccer team manager in 1979. She spent two years as manager of the Tahoe Park Soccer Club and became active in league issues as she moved up the ranks of youth soccer in Northern California.

She served as president of the Sacramento Youth Soccer League from 1983 to 1989 and oversaw the District Cup and Class III Metro Program for District VI of the California Youth Soccer Association. She was elected District Commissioner in 1989 and chaired **CYSA** Board committees on Audits, Registration, Rules & Revisions and Protest and Discipline.

Mrs. McClure spent eight years leading youth soccer in District VI, which covers 12 counties. She negotiated a deal with Sacramento County for the District to lease and operate the 10 playing fields at the Cherry Island Soccer Complex in Elverta for tournaments.

In 2001, she was inducted into the **CYSA** Hall of Fame. She earned the group's top honor for her longtime efforts to open the sport to boys and girls of all ages and athletic abilities, her family and colleagues said.

"She wanted to provide a place for every single child to play, no matter what their skill level," said District VI Assistant Commissioner Michele Steiner said. "She was the voice for people who love the sport on its own merits and also love children."

Joyce Claudine Price was born in 1943 in Oklahoma City and moved as a toddler with her mother to Sacramento. She graduated from Norte Del Rio High School in 1961, married Dennis Ray Desimone in 1964 and gave birth to a daughter and son. The marriage ended in divorce in 1977.

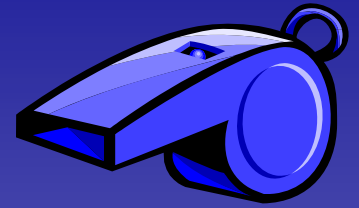
She worked 37 years in state government and retired as a manager in the Department of Housing and Community Development. Her son, Michael Desimone, died in 2003. She married Lee McClure in 2004.

Mrs. McClure remained active in youth soccer long after her children were grown, and served on the District VI Board of Directors until her death.

Although she never played the sport, she was a forceful advocate for it. She was a strong, direct woman who stood up to mostly male coaches and enforced discipline for unsportsmanlike conduct.

"She never had a problem saying, 'This is wrong,' or 'You cannot do this here,' " Nikki Gunter said. "She was tough, but she was fair. It was all about what was best for the children."

FELLOW COACHES,



Last weekend (August 16th) one of my players, Cassy Rowe, broke her neck during a tournament. Since last Saturday at around 5pm, her life has been turned upside down. She has endured hours of surgery and it will be months before a definitive long term prognosis will be feasible. She currently only has use of her arms, but we are all praying that with hard work and some luck she will fully recover. She will be transferred to an inpatient rehabilitation facility once she recovers from surgery.

Much of the recovery Cassy will experience is up to how much rehabilitation she is able to endure. Keeping her spirits high is hugely important. Her family has set up a web page www.caringbridge.org/visit/cassyrowe where friends, family and well wishes can sign her guest book. In the long hours between rehab sessions she reads these messages and we know how much it means to her. She has months of rehab ahead.

I would like to ask you to contact your team and pass along Cassy's story and ask them to visit her web page and give her some encouragement.

We are not just coaches, we're Dads too. A terrible accident like this hits way too close to home.

Please do what you can to cheer up Cassy, she is a very special person.

Thank you,
Dick Gordon
Sierra Xtreme



Please visit: www.caringbridge.org/visit/cassyrowe

HAPPENINGS

October 2008

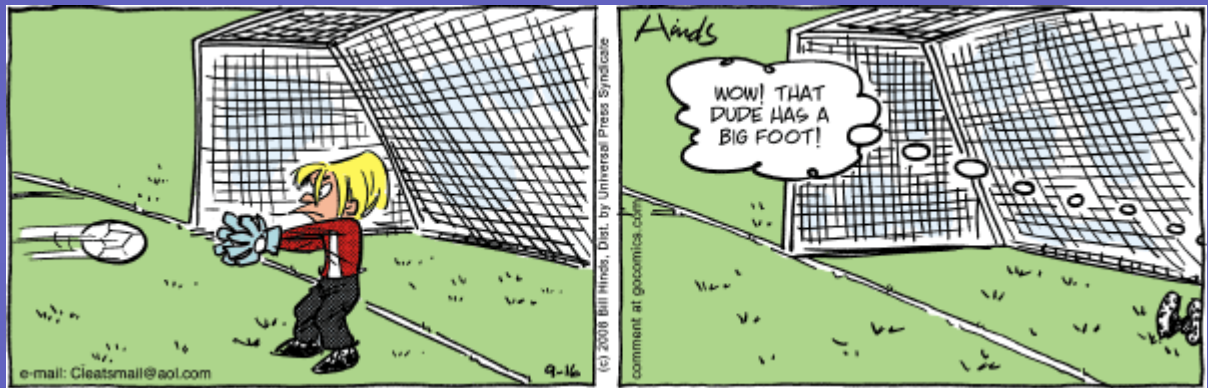
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Accepting COY Nominations HOF Nominations Due Rule Change Proposals Due 1	2	3	4
State Board of Directors Meeting 5	6	7	8	9	10	11
ODP Playdate GIRLS ONLY 12	13	14	15	16	Region IV Workshop Salt Lake City, UT 17	Region IV Workshop Salt Lake City, UT 18
ODP Playdate BOYS ONLY Region IV Workshop Salt Lake City, UT 19	20	21	22	23	24	TOURNAMENT WEEKEND 25
TOURNAMENT WEEKEND 26	27	28	29	30	31	

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1st Begin accepting Coach of the Year Nominations
1st Hall of Fame Nominations due to CYSA Office
1st Rule Change Proposals due to CYSA Office
5th CYSA State Board of Directors Meeting
12th ODP Playdate—GIRLS ONLY
19th ODP Playdate—BOYS ONLY
17th—19th Region IV Planning Workshop—Salt Lake City, UT
25th—26th Tournament Weekend

Cleats Comics

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