



KARL'S KOMMENTS

www.cysanorth.org



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Dear **CYSA** Instructional Staff,

Do you remember those exhilarating childhood fantasies? I do. They are a part of that wonderful voyage of growing up. They provide the thrill of imagined experiences and almost always the rewards of success and victory.

It occurred to me that among the glows and warmth of the holiday season are the fantasies with which we associate these days. Children (our players) take to them particularly. Whether it is the tree trimming, the heralding of the coming of Santa Claus with new soccer shoes, or the glow of the candles, it all spells the gathering of families to celebrate love and being together. This is no fantasy.



I hope this year, as the fantasies dance all about your home, that not only will you enjoy them with your families, but that you will gain the real reward of experiencing their love.

I also hope that next year, as fantasies dance all about our soccer fields, that not only will the children be allowed to love play our game, but that we gain the real reward of our instructions by coaches role modeling great sportsmanship.

A Joyous Holiday Season and ...
A Healthful, Happy New Year...
To You and Yours,

Karl

Koach Karl



A WONDERFUL IDEA!! When doing your Christmas cards this year, take one card and send it to this address:



A Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue NW
Washington, D.C. 20307-5001

Staff News...



Mark Starr, has stepped down as the head coach for the women's team at Simpson University. This move will help him focus more of his attention to running the Redding Soccer Park. It will also free up some more time for him to do **CYSA** coaching courses which of course is great news for District IX.

Mark's new email address is: mark@reddingsoccerpark.com.



The email...

Guess What?! The women's soccer team I coach at WJU just won the Cal Pac Conference with a record of 10-1-1! We are scheduled to play in the first round of the National Tournament on November 22nd, 2008.

William Jessup University Women's Soccer takes Cal Pac Title!!!

Rocklin, CA. William Jessup University women's soccer won the Cal Pac Title for the first time in the program's history. With a record of 10-1-1 in conference play, the Lady Warriors will advance to the National Tournament. "I am extremely proud of this group of girls. They have worked hard and believed in each other all season long. This group has so much character that it makes practice fun," said **Coach Jamie Howard**. Howard has also been a CYSA Staff Instructor for the past 4 years.

The Cal Pac is a competitive conference comprised of Dominican University, Holy Names University, Menlo College, Simpson University, Bethany College, and Mills College.

The defense is anchored by junior goalkeeper Dixie Blackwell who transferred from Cascade College in Oregon this past semester. Blackwell has been tremendous in goal for WJU recording 1.46 GAA. The Lady Warriors have a lethal backline with freshman Nancy Pena of Placentia, CA,



Coach Jamie Howard

"I am extremely proud of this group of girls. They have worked hard and believed in each other all season long. This group has so much character that it makes practice fun."

KC Ziebarth of Applegate, CA, Katelyn Willson of Penryn, CA, and Melissa Plinski of Santa Rosa, CA. Senior Alexandria Wilborn was a defensive standout but was sidelined when she broke her foot in conference play.

The Warriors attack is the top in the Cal Pac Conference starting from leading goal scorer Sandy Hanania (also a transfer from Cascade College but native to Folsom, CA) with 13 goals, Lunden Desmond of Yuba City, Lily Chavez from San Jose, Allison Hahn of Campbell, CA, Rachel Constantini of Santa Rosa, CA, Lindsey Cesena of El Dorado Hills, CA, Alyssa Alvarado from Vacaville, CA and Jacque Cassell from San Ramon.

3 Lady Warriors have also received Player of the Week recognition in the Cal Pac Conference: Lily Chavez, Jacque Cassell and Dixie Blackwell.

"This team has come extremely far over the past 2 years. Not only on the field but off the field as well. They are a classy group of girls and am proud to be their coach"





FROM the CANDIDATES

Good morning Coach **Glenn**,

I wanted to thank you **Everett** for the clinic this past weekend. It challenged me to reflect upon what it means to be a coach and made me realize that it's much more than just "showing up". I also enjoyed the anecdotes.

Thank you.
Scott



Everett Glenn



Steve Hoxie

Just wanted to let you know how much I enjoyed the coaching course, I told my kids it was soccer camp for adults. **Steve Hoxie** is an excellent instructor.

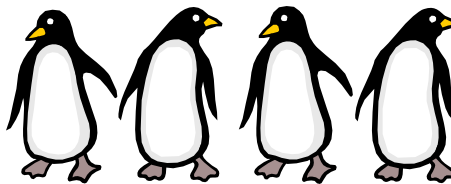
Thanks, J. T.

This program is FANTASTIC. I was very pleased that **Andrew Ransome** was teaching it. I do not know much soccer, so this course was terrific at building my toolset & coaching skills. I feel empowered and confident I will be able to help the children. **Andrew** is positive, encouraging, thorough & effective at building better coaches!

Thanks, B. L.



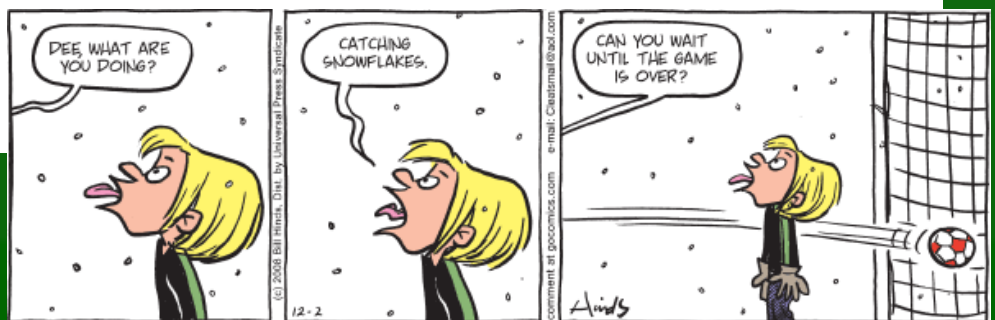
Andrew Ransome



Bill Caspers

Just having a Coaching School is great. No other children's league that I have been associated with even has coaches training. **Bill Caspers** did an excellent job covering your '9-Step Practice Routine' and he was also very entertaining.

Thanks L.Y.S.



What a Site: www.fundamentalsoccer.com





Youth Soccer

"What Needs to be Taught"

By **Ton de Hopp**

Thousand of coaches are working world wide with youth players, young and old, talented and not so talented, boys and girls. I have taken the time to observe many of them in many countries first, in my own country Holland, and especially at the Sports College where new coaches were eager to begin their careers coaching at the youth level. Other places for my observations included Asia, Australia, African (even in a refugee camp in Kenya), and of course the United States of America.

During my observations one major concern arose, "Why is there not a simple method that 'every one' could use to train, different ages, different levels, where to start and where to end?"

My search ended when I found Dr. Paul Dietrich's model which has become one of my corner stones in my coaching philosophy. Dr. Dietrich's model, incidentally, is also used as a starting point in developing the Dutch philosophy in Youth Training and Coaching.

So, I would like to begin my contribution to the CYSA Coaching School Program by introducing you to Dr. Paul Dietrich's model called the "**Three Phase Structure**". The "Structure": is ideal in determining which technique or tactics to teach and at what age taking your team, your club and your league into consideration!

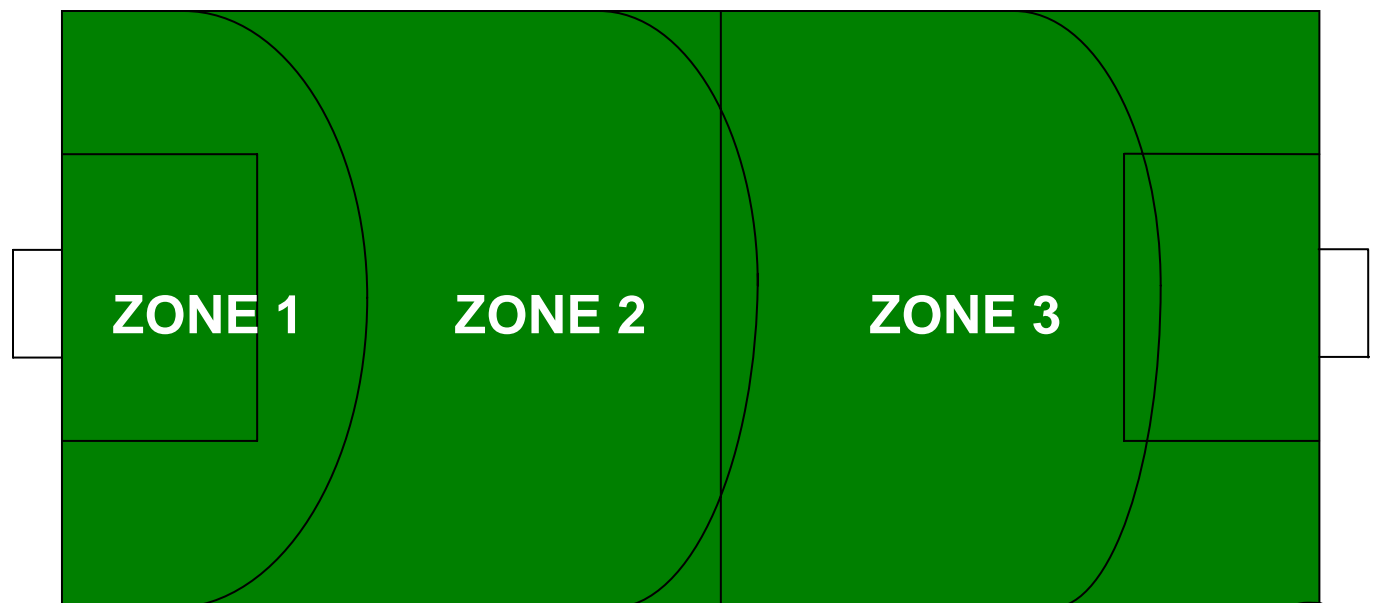
There are 3 Main Moments in the game:

Moment 1. We have possession of the ball

Moment 2. The opponent has possession of the ball

Moment 3. Transition - Team either loses or gains possession of the ball

The Field is Divided into 3 Zones

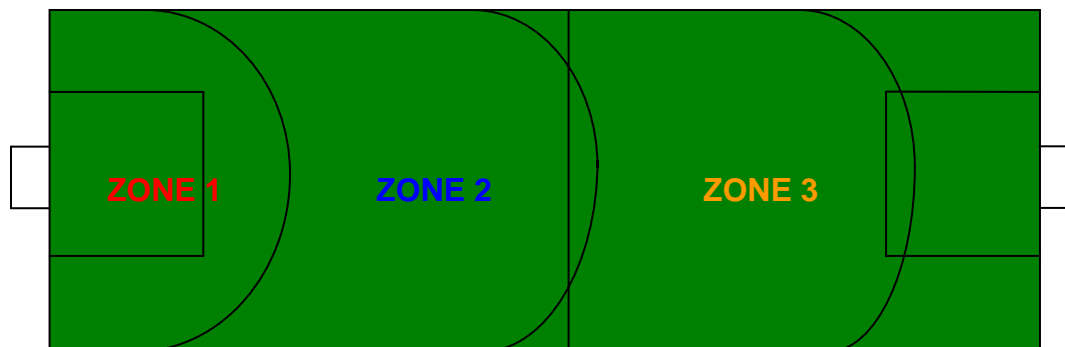


Youth Soccer



"What Needs to be Taught"

The Field is Divided into 3 Zones



Zone 1: Scoring goals – Preventing goals

For the team that has the ball:

This is the area where we create chances to shoot on goal from any angle and use all body parts (excluding the use of the hands) to score. Go for Goal and Score!!!!

For the team that does not have the ball:

This is the area where field players and goalie must be prepared to intercept the ball, delay progress toward the goal, steal the ball. Prevent the shot on goal!!!

Zone 2: Creating chances – Blocking the goal

For the team that has the ball:

This is the area where you have to out play the opposing player(s).

There are only 3 ways to do this:

1. 1 vs. 1 Individual action to outplay the opponent
2. Using 1-2 combinations (wall pass) to outplay the opponent
3. Using (positional play) to outplay the opponent



For the team that does not have the ball:

This is the area where the players need to organize themselves so that the other team cannot get into Zone 1 quickly. Defending as a group, in this area, is crucial.

Zone 3: Build up- Break down

For the team that has the ball:

This is the area where they can/should build up the attack. Here accurate passing must take place to get the ball into Zone 2. The ultimate aim, of course, is getting into zone 1 and having a teammate in a scoring position.

For the team that does not have the ball:

This is the area where Forwards must help the team by becoming aggressive defenders. Everyone must work together to keep the other team from going into Zone 2 quickly.

What does this all say for your soccer practice?

What does it tell you on how to train your players?

Can you see it already?

If you see the logic let me know:

In my next contribution I will explain and show you why the "Three Phase Structure" should be one of your cornerstones for coaches, clubs, leagues in preparing their coaches for training and coaching their players.

HAPPENINGS

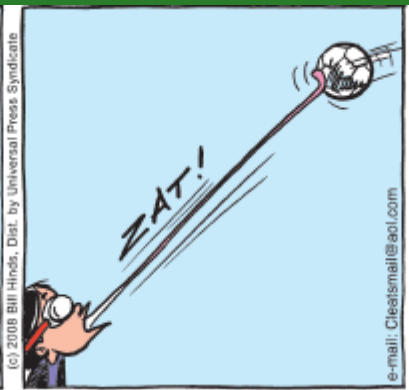
January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 	20	21	22	23	24
25	26	27	28	29	30	31

2nd—Founders' Cup U16-U19
 Applications Due to CYSA State Office
 3rd-4th— Founders' Cup U12-U14 B & G
 Alternate
 3rd-4th— Tournament Weekend
 10th-11th— Association Cup U11-U14
 B & G Preliminary Games
 10th-11th— Tournament Weekend
 10th— Founders' Cup Draw U16-U19
 11th— State Cup Draw U14-U19
 11th— State Board of Directors meeting
 14th-18th— NSCAA—Saint Louis, MO

15th-16th— Region IV Coaching
 Symposium
 16-19th— Region IV ODP Championships
 17th— Association Cup U11-U14 B & G 2nd
 Round & Round of 16
 18th— Association Cup U11-U14 B & G
 Quarter Finals
 24th— Association Cup U11-U14 B & G
 Semi Finals
 25th— Association Cup U11-U14 B & G
 Championships
 24-25th— State Cup U11-U13 B & Girls
 Preliminary Games

Cleats Comics



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