

KARL'S KOMMENTS

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CYSA at the Forefront of Setting Precedents!

Articles such as this one written by Jim White inundating the English press for the last few years and many said that nothing will come of it. Here is his Article and an Update!

Concentrate on grassroots

By *Jim White*

Take a stroll down to your local park today, and you will immediately see what is wrong with English football. In the games being played there, you will see why an Italian is managing the England national team, why fewer than 30 per cent of the players starting in Premier League games this weekend are English, why Goal of the Month is dominated by Portuguese, Spaniards and Brazilians.

What you will see is lots of adults standing on the touchline of a small football pitch shouting at their eight-year-old children. One of the adults may be dressed in a tracksuit, with initials embroidered on his chest. He will be shouting the loudest, most often the instruction "get stuck in" occasionally varied with "just clear it".

Have fun: Trevor Brooking wants under-eights to enjoy the game. At some point there may be a confrontation between several of the parents, following a disputed goal. If, for instance, you are watching a game in Devon things might conclude, as they recently did, with one of the watching fathers becoming so irate that he marched off, only to return at the wheel of his 4x4 - which he proceeded to park in the middle of the pitch, refusing to move until the referee changed his decision. What you are unlikely to see is any of the small children concerned having much in the way of fun.

You may wonder why a bunch of youngsters being shouted at as they kick a ball around has anything to do with, for instance, England's failure to qualify for Euro 2008. Sir Trevor Brooking, the Football Association's technical director, is convinced the two are inextricably linked. "There is no question if the grassroots are not generating the enthusiasts, the fans, the referees, the administrators and above all the players, then the top end is going to suffer," he says. "And for me, it all begins in that crucial five-to-11 age band."

Brooking believes the country's skills deficit is largely a function of how we coach small children. The prevailing conditions are amateurish,

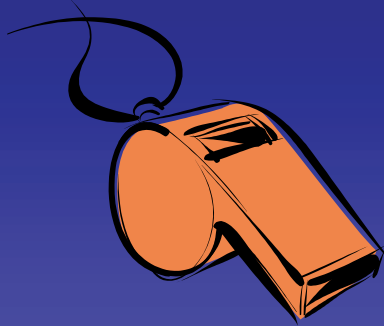
haphazard and ill-qualified, and everything is conducted in an atmosphere that is overwrought and suffocating. That, he says, must change. "From our research, it is clear that the pressure from the sideline is the number one problem, followed by the lack of respect for referees, it was taking the fun out of it. "Just saying: 'look you've got to behave better on the touchline' isn't going to work. We have to find a way to embarrass the individuals who are jeopardizing our game.

"We have to invest some money into pushing the message out there. We have to give the right-minded people in kids' football the back-up that when there is a loud-mouth, they have our support to challenge them." To that end, a pilot scheme is being rolled out this weekend in five regions which will involve the roping off of playing pitches (to keep parents at least two yards back from the touchline) and a system borrowed from rugby, whereby only the captain is allowed to talk to a referee. If the scheme works, these two initiatives will be enforced from next season. But, more fundamentally, Brooking knows it is a matter of education. Particularly for coaches.

"You could say the FA were at fault here, because in years gone by we have just qualified people to coach everyone, from 10-year-olds or 40-year-olds," he admits. "But the sensitivity to youngsters is different. We are going to offer courses which are age-specific, so if you as a dad are running your lad's under-eights, you can come along and learn how to do that. The principal thing is, it must be enjoyable. We're calling the program "the **FUNDamentals**." We have never concentrated resources on the entry level of the game. This, Brooking believes, is partly a structural issue. "The professional clubs don't get involved until kids reach nine," he says. "So if you are a good coach, and you want a job, you're not going to be working at that level. The trouble is, resources in the professional game are directed exclusively at the short-term. It's hard to say to a club board, 'look, give us the money for a grassroots coach for five-year-olds' when they might be relegated this year. So we realized we just had to fill that gap."

The first move was to recruit 66 coaches, working in 12 regions, whose job is simply to engage

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Staff Instructors

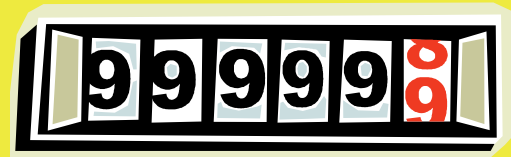
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CYSA at the Forefront of Setting Precedents! <Page 1 continued...>

with junior players. Brooking would like to see coaches like these available across the country. Perhaps they could be based in the new specialist sports academies, maybe attached to professional clubs. The idea is they would offer coaching and support to grassroots organizations, constantly preaching the mantra of enjoyment. The message is: stop shouting, and let the children have fun.

"If you can take a lad at six who is not very good and, through coaching, enable him by the time he is 11 to be OK, he will stay in the game," Brooking says. "At the moment, we're losing too many because we're battering them, teaching them the wrong way between five and 11."

The right way, he believes, is the one espoused at the Manchester United Academy. This involves lots of ball-work and small-sided games, with emphasis on skills development not short-term league position. "The Man United philosophy is let them discover it for themselves," he says. "The old vision of the coach shouting do this, do that, has gone there. Kids don't do informal kick-arounds any more. Parents prefer their children to be in a structured environment. The trouble is, as long as you have a structure in place, the adult feels they have to get involved to justify their presence. What they have realized at United is that the best coaching for youngsters is about standing back."

For Brooking, what goes on in your local park and what happens at United's academy should be joined at the hip. "You have to start it at the grassroots, if you get better coaches at the start, then the academies will be taking on better-prepared youngsters, who will become better trainees, get into the first team on merit and then on to England. I'd like to see the professional clubs recognize this and become far more involved in their community, coaching."

Besides, he says, getting it right at the start has much wider implications than simply creating a production line of talent. "The sad fact is, physical co-ordination levels in this country are falling all the time. Over half of youngsters emerging from primary school at 11 are physically illiterate. They are struggling to enjoy any physical activity. It is that serious. We have a huge responsibility here."

UP-DATE...The year 2008

BBC News, Friday 27 June, 2008 12:00 UK carried the following headline, "**Football leagues ban for under 8's**" the article went on to say...

The Football Association has banned competitive leagues and cups for boys and girls in the under-8 age group. The move, which will take effect from next season, means no league tables or results will be published. The FA said there was too much emphasis on winning leagues, when the need was to improve youngsters' skills.

FA director of football development Sir Trevor Brooking stressed that the under-8s would still be allowed to play competitive matches against each other. Sir Trevor said: "It's widely accepted that we need to improve the skills and technique of players in this country. Every game played is competitive, but undoubtedly having league tables at this age is not helping their development

Sir Trevor Brooking, "At the moment we are not at the same level as other countries. In the youngest age groups there's too much emphasis on winning leagues, often to satisfy parents and coaches. That's what we're looking to change. We need better, more skilful players coming through." He added: "Of course, we are not banning children from competing against each other in football. "Every game played is competitive, but undoubtedly having league tables at this age is not helping their development. It is the league tables being stopped rather than matches."

FA director of communications Adrian Bevington told BBC Radio 5 Live that a failure to produce skilful players was a problem in England. "Kids at a very young age are being encouraged and pressured by coaches and parents just to kick the ball long, lump it forward to try and win a game, to get a result to win a league," he said. "We're not trying to take the competitiveness out of football matches, but we're trying to ensure that skill and development can be encouraged and harnessed, to move forward."

Children at under-8 level play Mini-Soccer, which has rules similar to football but with smaller pitches and fewer players on each team. The *Scottish Football Association* said it encouraged "trophy-free" football for that age group but did not ban competitions. The *Football Association of Wales* and the *Irish Football Association* - which governs the game in Northern Ireland - do not have any official competitive football that young.

KD - England has been credited for creating the rules to serve the Basis of Modern World Wide Soccer. Is it possible that this ruling will set another World Wide Trend for Youth Soccer? If, yes, then CYSA can be considered a trend setter for this movement...

The year 2001...

America's No.1 Soccer Magazine, "Soccer America" March 19, 2001, Page 20 carried Dan Woogs' article entitled, "**CYSA-North bans tournaments**" he went on to say...

"On Feb. 3, 2001 at the California Youth Soccer Association's -Annual General Meeting in Oakland, Ca. An overwhelming vote was cast to eliminate results oriented events (tournaments) and replace them with participation events (jamborees). The 'new' state policy reads: JAMBOREE

"CYSA teams Under-10 and younger are not permitted to participate in tournaments. This restriction includes all tournaments within the jurisdiction of the CYSA as well as those outside of CYSA's jurisdiction. Jamborees may not keep standings, distribute awards, nor charge an entry fee, although teams may be asked to contribute a nominal amount to defray field costs only."

KD- Send me your thoughts on this theme!

Another Precedent Is Sent In CALIFORNIA

Lodi Law: Volunteer coaches must pass background checks

By **Lela Bohm**

News-Sentinel Staff Writer

If you decide to begin coaching children at a Lodi game without going through proper background checks, you could be arrested, under an ordinance approved Wednesday by the City Council.

All volunteer coaches must be fingerprinted, a way to perform background checks, but every once in a while parents or spectators try to bypass that process.

One time, a man had several violent felonies on his record, meaning that he could not coach, but he ignored city parks employees' requests to leave the field, Deputy City Attorney Janice Magdich told the City Council at their Wednesday night meeting. Since parks are public, that meant the man wasn't trespassing.

The council voted 4-0, with Councilwoman Susan Hitchcock absent, to pass the ordinance.

The coaching issue only came up with that one man, but sometimes parents get worked up and also try to start issuing orders on the field, Interim Parks and Recreation Director Steve Dutra said before Wednesday's meeting.

"We are a recreational operation, not a competitive operation. The children are out there to have a good time," he said, noting that children can also learn about teamwork and discipline along the way.

The ordinance gives police the authority to arrest or cite anyone who refuses to leave the field during an organized sporting event. Under the new law, only youth team members and approved volunteers will be allowed within 10 feet of the field of play.

Approved volunteers get an application through the Parks and Recreation Department and then get fingerprinted at either the parks office or the police station. The fingerprints are sent to California's Department of Justice, which checks the applicant's background. Results go to the city's Human Resources Department and are kept confidential, Dutra noted.

Ultimately, Dutra said, the goal is to keep youth games entertaining, and a bit educational.

"When you go and watch your children, your grandchildren or your neighbor's children, you go there with the expectation of having an enjoyable experience."



What a Site: www.fundamentalsoccer.com



A Course Evaluation & A Fresh Perspective

Featuring **Rod Gilchrist**, CYSA Staff Instructor

The Evaluation...

Hi Rod,

First off I want to thank you for a great coaching course. I really learned a lot and have been successfully using many aspects of the '9-Step Practice Routine' that I was not successful with last year, including "the Serve". Your fresh perspective on it helped me to take another look and give it another try, and I think I am already seeing results from all of the extra touches the girls are getting.

Again, thanks for all of your help.

Coach Dan S.

The Fresh Perspective...

The e-mail above reflects an issue a lot of candidates expressed at my last "E" course, where they struggled to get the kids to "buy in" to the serve. (I've sensed this was an issue for quite some time, but this was the first time that candidates had articulated it to me.) What challenged them as coaches was to get the kids to do a "perfect" serve right from the beginning.

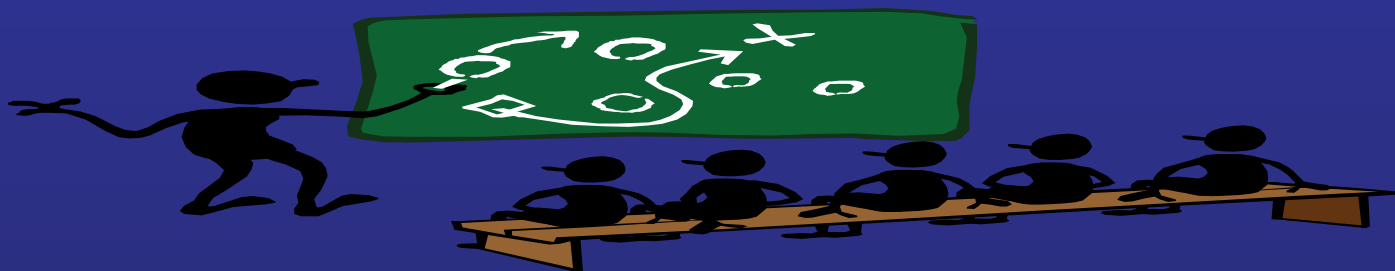
As a solution, my approach has been to cover all the potential technical aspects that can be put into the serve, and emphasize that they build these incrementally into the kids' routine as their technique develops over time.

There's too much to think about (humans have a finite amount of "working memory") in the beginning to expect a "perfect" serve. With repetition we internalize the components we practice, then free up more memory to add an additional task to the repertoire.

I emphasize to my candidates that in the beginning to just get the kids running in some kind of server/receiver routine and quickly get to what kids want: Playing 1v1. I also suggest that when introducing the serve/1+1/1v1, that the first time around, skip the 1+1. Go straight to competition so the kids are having fun, working to solve their own problems, and giving the coach the opportunity to OBSERVE and see what each player's strengths and weaknesses are.

Then at next practice, we can logically introduce 1+1 for the kids to work on a technical/tactical aspect, and the kids know that the fun (1v1) is just a few minutes away.

KD – At our staff orientations we figured out that the 1st Attacker is working on a minimum of 10 Attacking techniques while the partner is working on a minimum of 6 Defending techniques when going through 'the Serve' properly. **PRICELESS!!!**



An Observation

By Kulwant Singh



An observation that I have made while I am at games is that many CYSA teams have unusually long warm ups. I have seen teams as young as U11's warm up for as long as one hour. I have observed older teams also warming up for 50-70 minutes. Also, I think coaches need to understand the difference between doing a bunch of "drills" as part of their warm up vs. warming the players in preparation for a match.

I personally believe a warm up should be about 25-30 minutes: jogging/ stretching, ball touches, then some form of keep-away. Keepers warm up separate (maybe with subs). Possibly some crossing and finishing at the end if time permits.

Ahmad Tousi, CYSA Staff Instructor had the following to offer on this subject.

Warm-up is one of the most important elements of an exercise program. It is particularly important to prevent injury:

Warm-up is low level activity, such as a brisk walk or a slow jog, which should be completed prior to stretching and more strenuous exercise. The objective of the warm-up is to raise total body temperature and muscle temperature to prepare the entire body for vigorous activity. The warm-up period prepares the cardiovascular system, respiratory system, nervous system and the musculoskeletal system by gradually increasing the demand on those systems so that they are able to accommodate the demands of more strenuous activity.

Passive Warm-up: The main goal of passive warm-up is to increase body temperature, either total body temperature or local body temperature, without physical activity. In passive warm-up the body temperature is usually increased by some external means, such as wearing heavy apparel, like a sweatshirt, and/or a massage with a topical exercise rub, such as Ben-Gay. One of the advantages of using a passive means of warm-up is that energy is not expended in the warm-up activity. However, for best results it's recommended that passive warm-up be used in combination with active warm-up

Active warm-up: Is composed of two types: general and sports specific warm-up. The general or non-specific warm-up utilizes low intensity movements such as walking or slow jogging general warm-up, involving low level activity, is usually more effective than passive warm-up in increasing deep muscle temperature. Specific warm-up exercises actually involve the body parts that will be used in the subsequent competitive event. An example would be swinging a tennis racket in a practice stroke. The advantage of the specific warm-up is that the temperature is more effectively increased in the specific body parts that are to be used.

THE PURPOSE OF WARM-UP: PREVENT INJURY – ENHANCE PERFORMANCE

Experts agree that the main purpose of warm-up is to increase the blood circulation in order to raise both the general body and the deep muscle temperatures, which in turn help to heat up the muscles, ligaments and tendons in preparation for more vigorous activity. A proper warm-up provide many benefits due to elevated temperatures associated with it. The likelihood of injury is reduced. Athletic performance can be improved. The warm-up increases muscle efficiency, reduces potential for muscle pulls, improves reaction time and improves the speed of movement of muscled and ligaments.

Proper warm-up can also help reduce the severity of post-exercise muscle soreness. The higher temperatures and increased blood flow resulting from warm-up are important for delivery of oxygen to the muscles and for prevention of build-up of unwanted waste products which can lead to muscle soreness.

INTENSITY and DURATION of WARM-UP

It is difficult to recommend specific intensity and duration of warm-up for every person, but most research in this area suggests an increase in body and muscle temperature of approximately one to two degrees Fahrenheit to be adequate. A brisk 5-8 minute walk or a slow jog will generally produce sufficient warm-up to prepare the body for more strenuous exercise.

The duration and intensity of warm-up should be adjusted according to the environmental temperature and the amount of clothing worn. The higher the environmental temperature and the greater the amount of clothing, the sooner the desired body temperature is attained. It is also important to begin a major activity while still warmed-up. Ideally, the rest period should be more than a few minutes. In any case, no more than fifteen minutes should elapse. When the beneficial effect of warm-up has dissipated, the muscle temperature will have returned to pre-warm-up levels.

THE DIFFERENCE BETWEEN WARM-UP and STRETCHING: WARM-UP THEN STRETCH

There is an important difference between warm-up and stretching. Many people stretch and call it warm-up. This is incorrect. It is important to warm-up before stretching. If one stretches the muscles without prior warm-up, the muscles are cold and are more prone to injury, such as muscle tear or strain. Before exercising, begin with a warm-up period to raise the body temperature. You want to get the heart pumping and increase blood flow to the muscles before stretching. Slow running in place, a slow aerobic dance, or a walk-jog (all with ball), and the application of an external exercise rub, is an ideal warm-up regimen to help prepare the muscles for stretching.

KD – Send me your experiences/suggestion on pre-game warm-up!

Staff Happenings



Ahmad Tousi

CYSA Staff Instructor and Veteran Fresno-area soccer coach Ahmad Tousi has been named head coach of the men's team at Cal State-Stanislaus

Tousi previously coached Fresno-area club teams, the Bullard and Buchanan high boys teams, was assistant at Fresno State, coached the Iranian national team and just finished stint with several Iranian pro clubs.

Tousi coached the Iranian national team in 1983 and coached in the Iranian Football Federation from 1978-86. His Federation teams competed in the Olympics, World Cup and International tournaments.

Tousi was the assistant head coach at Fresno State from 1989-91 and helped the Bulldogs to a Big West conference championship in 1991.

AUGUST 2008

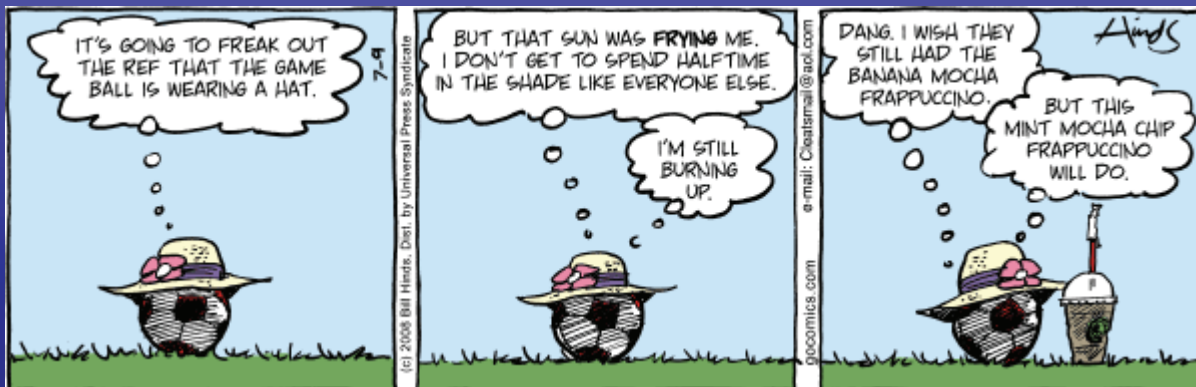
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Tournament Weekend
3 Tournament Weekend	4	5	6	7	8	9 Tournament Weekend
10 Tournament Weekend	11	12	13	14	15	16 Tournament Weekend
17 State BOD Mtg Tournament Weekend	18	19	20	21	22	23 Tournament Weekend
24 Tournament Weekend	25	26	27	28	29 Tournament Weekend	30 Tournament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

2-3 Tournament Weekend	9-10 Tournament Weekend
16-17 Tournament Weekend	17 State Board of Directors Meeting
23-24 Tournament Weekend	29-31 Tournament Weekend

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