



# KARL'S KOMMENTS

www.cysanorth.org

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Francis of Assisi by José de Ribera

**If** Saint Francis of Assisi had been a soccer coach he would have said something like (and here I take great poetic license), *“teach the game at all times, and if necessary, use words.”* What this transliteration of one of the great quotations of the ages means to me is *create an environment where learning can take place.*

Good coaches plan well, have an imagination, and say less than we probably do. A well thought out training session should have:

- ◆ A theme running throughout its entirety,
- ◆ An environment where the desired aspect of the game (technical/tactical) is constantly repeated,
- ◆ Demands on the players that are challenging yet attainable,
- ◆ And an atmosphere where ‘the player’ is prime; where they are nurtured and instructed.

As a CYSA North license instructor, I have heard some grumbling concerning the utility of the ‘module’ and the 9-step routine.

We should attempt to see the module as a blank canvas that awaits the painter’s creativity. Without good tools an artist’s work will suffer, and his efforts remain unfulfilled. The module begs for the teacher in each of us to bend it to our will, and help the players learn. The module can be twisted and turned every which way, just as a great dribbler can turn a defender. Alter its angle, alter its size, or alter the distance between the goals. *Sky’s the limit* if the coach has the right mentality.

The 9-step routine, on the other hand, is just a neat stroke of brilliance. Those 9 steps, if we are honest with ourselves, represent nothing more than every great session schematic in the world.

Does the rest of the football world do the following?

1. Start practice
2. Warm-up
3. Progress w/ instruction
4. Progress w/ competition
5. Hydrate and rest
6. Play small games
7. Scrimmage
8. Warm-down
9. Summarize and end practice

I think it is safe to say that those things are happening worldwide. I often state at license courses, *“don’t get megged by terminology.”* We must allow the design of our training session to do most of the talking for us. “Less talk – more stock”, as is often heard in the grocery business. Our 9-step routine is thematic session work that progresses simple-to-complex, so that the players are not lost in its intricacies. Our 9-step routine is the framework that enables us to create the environment where our talking is mostly done within the context of our preparation. As the great educator **Siegfried Engleman** once so eloquently wrote, *“ . . . if the student didn’t learn, the teacher didn’t teach”*. TEACH THE GAME AT ALL TIMES, AND IF NECESSARY USE WORDS.

Coach Chris



## Experienced Coaches Can be Knot-Heads

(or...Be Patient with the 9-Step Routine)

by

Alan Tucker

Coaching Director, Yellowstone Soccer Association  
Coach, U12 Girls, Magic City Soccer Club



Koach Karl,

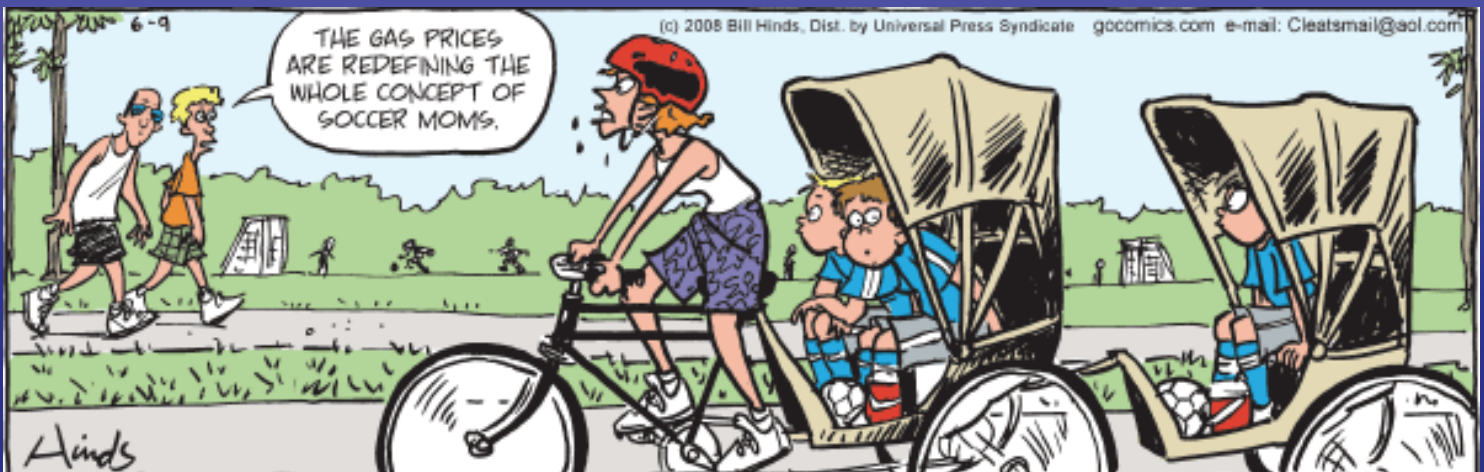
I wanted to thank you again for coming to the soccer wastes of Montana imparting some of your knowledge to us. Even those of us who are "seasoned" coaches need to be continually updating our store of soccer knowledge learning new techniques. In that vein, I would like to say a little about my experiences with "system" of practice that I have had over the last couple of years. Hopefully others can see something of themselves in me and glean something from it. You first came to our state a couple of years ago and showed us your flow chart including the 1+1 and 1vs1. I attended your clinic and was impressed with you and your approach to the game.

I had recently received my National Diploma from the NSCAA and my soccer brain was filled with all the wonderful things I was going to teach my players the next season. I incorporated the 1vs1 in my practices (with U13 girls) that season and had good success with it. All of the players by the end of the season had the confidence to take on an opponent 1v1 in our games and most of the time had success. We represented our state at regional's that year in Albuquerque, NM. You came again and taught us more about your system and coaching in general. I learned more, understood more but still had some hesitation about using the serve in the 1+1 segment of practice.

I used the figure 8 warm ups and we went through the serve in our 1vs1 games. But, being the brilliant coach that I am, I didn't feel that going through the serve every time was going to get my players enough repetitions in skills such as receiving the ball in the air, etc. I worked with U11 girls in this season and wanted them to learn as much technique as possible. The team was once again very successful on the field, due in large part the 1vs1 work and better small sided games (such as 4v0) that I incorporated in practice. They played very well in spite of a diversity of skill level and won three out of the four tournaments that they played. I was very happy with their progress.

Now, after going through your instruction for a third time, I realize the value of the serve in the 1+1 portion of the practice. Yes, more experienced coaches can be knot-heads and set in our ways, but we learn eventually. I see now that the repetitions that I was getting in my partner work were okay, but maybe not very "good" repetitions. In other words, it was not very soccer-like. People will I'm sure argue, as I that dribbling through cones isn't very soccer-like either, but they are missing the point. The movement itself IS soccer-like, and incorporating the idea that the back cone of the pattern is an opponent is an important aspect. Not to mention the defensive footwork and subconscious "check" that occurs on the receiving end of the pattern.

Thank you Karl for having patience with me in learning and accepting the new ideas that you are bringing to our game. In addition, I would like to let other coaches who are experimenting with the system to be patient with it and tell their players to be patient with it. It will give them better results.



# Komments from the Kandidates

I feel I need to tell you about one of your instructors. His name is **Les Baptista**. I have taken a couple of courses from his and I am so impressed with him. He is like no other instructor or coach that I have been around. He has the ability to break this game of soccer down to an art and he will not stop until you get it. A one of the clinics he put on he brought about eight soccer players so we could try and coach them. And then he would show us some more ways how to do the same thing. He says that you have to be reactive never be satisfied with just one way. Be open minded to see what works with every kid. I'm sure you know all that stuff. I also thought I would let you know something else. His son also took the class that I was in. We did not know that because his son did not get special treatment for the two days. It wasn't until the last day we were putting all of the soccer stuff away when I saw **Les** limp away to his truck. I said to this young man, "I wonder what happened to **Les**?" The young man said to me, "He has a bad injury and shouldn't be out here running and kicking balls around. But, this is how my Dad relaxes and he loves doing this and we can't stop him." I just thought you should know that you have a great instructor on your staff. I hope that he will do more classes soon! *A Turlock Coach*

**Manish Doshi** has a comfortable easy manner. He encourages any questions. His background makes him accessible to non-soccer dues like myself and lifers' as we had in our group.

I found the running of the '9-Step' program convincing when I did it myself...Just looking at "x's and o's", in the past, was just confusing. I had been teaching defending wrong for many years... this really helped me. *Coach M.P.*

**Tim Gbedema** was great. He was very inspirational and clearly knew a lot about the game. Have him, or people like him, attend/teach as many coaching classes as possible. One other comment – ensure extra emphasis on 'touches' and how stamina & fitness can be gained. I've played soccer for 29 years, most of them in England, since that is where I'm from and I can honestly say that I've "converted" my style of coaching soccer to follow the '9-Step' method. **Coach J.D.**

Excellent Course! I wish I had taken it years ago. The Instructor (**Lenny Lun**) was very well versed on the '9-Step Routine, had a very good delivery style and his enthusiasm for the Coaching Philosophy was contagious. I traveled about 200 miles from the Fresno area to Walnut Creek with another coach thinking; if we're going to burn a whole weekend on this, we might as well find a cooler climate. The weather was great but **Lenny's** class was the highlight of the trip. *Coach/GVYSL President J.V.P.*

## Staff Accomplishment...

Hi all,

Alameda Contra Costa Youth Soccer League's (ACCYSL) TOPSoccer program was awarded one of US Youth Soccer and Adidas Soccer 2008 Grants for TOPSoccer in the US in the amount of \$2400.00.

This is the second year in a row that ACCYSL TOPSoccer program has been awarded this grant. **Manish Doshi**, El Cerrito Soccer Club-President and CYSA Staff instructor wrote the following, "We are small and trying hard to grow - we want to thank you all for your help & support. **Manish** would like to thank Carol Mansinne-Shafer and Jane Breyer with – keeping the program running as coach and extraordinary grant writer.

"Cheers all and **WELL DONE!**" He also asks others to, "Please continue to spread the word about ACCYSL TOPSoccer program because we cannot grow without you!"



What a Site: www.fundamentalsoccer.com



## Prayers needed...

The following came from John deGraef ...

I am still in rehab from my shoulder surgery. I almost died three and a half weeks ago. We did not want to publicize it, but I got an infection, Shauna got me to the hospital where the emergency room doctor told her if it were two to four hours

later I would have been dead. My kidneys shut down and my liver was shutting down as well. The doctor said it was a One in a Million infection and does not know how I got it. I was in the hospital for 8 days, and had a Pick line in my arm (IV line inserted in my bicep which goes in a vein straight to my heart). I had IV antibiotics for another 3 weeks. I just got the line out last Saturday. I have lost 30+ pounds and was in bed for 3+ weeks.



John deGraef

# Gone Fishing



Joe Cambra

**Joe Cambra**, CYSA Instructor who joined the staff in 1996. Yes, Joe not only retired from the fire department but also from being a CYSA Instructor. Joe taught over 50+ courses and received thousands of extremely positive course evaluations. Joe also served in the capacity of District III Coaching Coordinator and set new standards for number of courses taught in District III.

**Joe Cambra** became an integral part of the CYSA Instructional Staff. He had valuable input to the curriculum which has become internationally reknown. He made ever effort to make himself available to teach as many courses as possible and his students benefited from his efforts.

Joe the CYSA Coaching School Program will miss you dearly and we all hope that you catch as many fish as you captured coaches into your coaching philosophy ... Putting the children first..!





**The Best in the West  
US YOUTH SOCCER  
GIRLS ODP CAMP  
June 30-July 25, 2008**

**CYSA Coaches:**

All CYSA coaches are welcome to observe The Best in the West being trained and evaluated. Player rosters will be available for purchase at the University. The camp office will be in the John Ballantyne Dorm with posted hours, or you will be able to purchase at one of the field sites.

**Maps:**

Campus map, field map and driving directions will be posted on the Region IV website. Please note that parking is free, except in the "A" posted lots.

**Game Schedules:**

A generic game schedule has been posted on the website. To get specific team information and field location, please visit the camp office. Schedules can change frequently at ODP Camp, so always check in advance.

**Web postings about camp:**

They will do their best to keep you posted about all the happening at ODP camp. However, do be patient if they lag a little, some days they will actually run out of time. No game scores will be posted because the camp is not run in a tournament format.

Please log on to [www.regioniv.com](http://www.regioniv.com) to watch for updates or schedule changes.

What a Site: www.fundamentalsoccer.com



US YOUTH SOCCER  
REGION IV GIRLS ODP CAMP  
SCHEDULE  
6/30/08

*Below you will find the 2008 Region IV Girls ODP Camp Schedule. Please note that this schedule could be changed or modified at any time and we highly recommend that you check it often. Travel days will not change. Please note the date on the schedule to be sure you have the most current schedule. Games will be played on any one or all 5 fields. You can get that specific information when you arrive at the UOP campus. Rosters will be available for sale at the UOP campus. The Region IV Camp Office will be in the John Ballantyne Dorm.*

30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
<b>Travel Day</b> 93 and 94	Games 8:00-9:30 Games 9:30-11:00	Games 8:00-9:30 Games 9:30-11:00	Games 8:00-9:30 Games 9:30-11:00	Games 8:00-9:30 Games 9:30-11:00	<b>Travel Day</b> 93 and 94
State Teams Arrive	Games 11:00-12:30 Training 11:00-12:30 Training 3:00-5:30 Training 6:30-8:00	Games 11:00-12:30 Training 11:00-12:30 Training 3:00-5:30 Training 6:30-8:00	Games 11:00-12:30 Training 11:00-12:30 Training 3:00-5:30 Training 6:30-8:00	Games 11:00-12:30 Training 11:00-12:30 Training 3:00-5:30 7 V 7 Tourney 7:00 Pool Announcement 8:30	State Teams Depart  93 and 94 Regional Pools stay
<b>NO FIELD PLAY</b>	Invite Games 93 7:00pm Invite Games 94 7:00pm	Invite Games 93 7:00pm Invite Games 94 7:00pm	Invite Games 93 7:00pm Invite Games 94 7:00pm		<b>NO FIELD PLAY</b>
6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
<b>Travel Day</b> 92 State Teams Arrive	Games 8:00-9:30 Games 9:30-11:00 93 Pool Trains 8:00 94 Pool Trains 9:30 Games 3:00-4:15 Games 4:15-5:30 93 Invite Game 6:00 94 Invite Game 7:30	Games 8:00-9:30 Games 9:30-11:00 93 Pool Trains 8:00 94 Pool Trains 9:30 Games 3:00-4:15 Games 4:15-5:30 93 Invite Game 6:00 94 Invite Game 7:30	Games 8:00-9:30 Games 9:30-11:00 93 Pool Trains 8:00 94 Pool Trains 9:30 Games 3:00-4:15 Games 4:15-5:30 93 Invite Game 6:00 94 Invite Game 7:30	<b>Travel Day</b> 93 and 94 Regional Pool Departs  92 Games 8:00-9:30 92 Games 9:30-11:00 7 V 7 Tourney 7:00 Pool Announcement 8:30	<b>Travel Day</b> 92 State Teams Departs  92 Regional Pool Stay
<b>NO FIELD PLAY</b>	92 Invite Game 7:30	92 Invite Game 7:30	92 Invite Game 7:30		<b>NO FIELD PLAY</b>
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
<b>Travel Day</b> 91 Invitational Players Arrive	Games 8:30 Games 10:30 92 Trains 10:00 91 Trains 3:00 92 Trains 3:00	Games 8:30 Games 10:30 92 Trains 10:00 91 Trains 3:00 92 Trains 3:00	<b>Travel Day</b> 92 Regional Pool Departs Games 8:30 Games 10:30 91 Invite Game 7:00 Pool Announcement 8:30	<b>Travel Day</b> 91 Invitational pool Departs 95 State Teams Arrive	Games 8:30 Games 10:30 95 Training 3:00 95 Invite Game 3:00 95 Invite Game 7:00
	92 Invite Game 7:00 91 Invite Game 7:00	92 Invite Game 7:00 91 Invite Game 7:00	91 Invite Game 7:00	<b>NO FIELD PLAY</b>	
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
Games 8:30 Games 10:30	Games 8:30 Games 10:30	Games 8:30 Games 10:30	<b>Travel Day</b> 95 State Teams Depart	95 Training 8:30 95 Training 4:15	95 Training 8:30 Training 1:00 (Active Recovery)
95 Training 3:00 95 Invite Game 3:00	95 Training 3:00 95 Invite Game 3:00	95 Invite Game 3:00			
95 Invite Game 7:00	95 Invite Game 7:00	95 7 v 7	<b>NO FIELD PLAY</b>	95 Pool Game 7:00	95 Pool Game 7:00
					<b>NO FIELD PLAY</b>
24-Jul	25-Jul				
95 Training 8:30	<b>Travel Day</b> Camp Closes				
Training 1:00 (Soccer Tennis)	95 Regional Pool Departs				
95 Pool Game 7:00	<b>NO FIELD PLAY</b>				