



# KARL'S KOMMENTS

www.cysanorth.org



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# New Year's Resolution

**CYSA Staff Instructors lets resolve to continue our movement to protect our most precious natural resource – Our Children.**

**CYSA Staff Instructors lets continue to identify the technical/ tactical problems our developing players face and more importantly give our coaches the tools to help these learners.**

**CYSA Staff Instructors lets renew our mantra that, “The outcome of our children is infinitely more important than the outcome of any game they will ever play!”**

**CYSA Staff Instructors lets guide our coaches in 2009 to refocus their player development paradigm...**





## Refocusing the Player Development Model

By Brad Partridge

Having been involved in soccer in the USA since 1967, I have had the pleasure of seeing it grow beyond anyone's expectations. The sheer number of players is staggering to say the least. FIFA stats indicate that the USA now leads the world in registered youth players.

So why haven't we been able to develop more technically elite field players? The answer to this question lies in the developmental paradigms that have emerged in the USA.

Instead of focusing on the development of individual players, we have focused on team development. We are measuring our success based on team results rather than on individual results. For our youth players the structured game has become the developmental paradigm. Many youth teams, U-14 and under, are playing more than 50 structured games per year while some players play 75 to 100 games.

Structured games are games played in leagues and tournaments with results and or standing acknowledged. With this being the norm our youth players now engage in practice activities that are geared toward game preparation and results instead of individual player development.

The environment of these structured games has counteracted the original intended purpose of having the game be the best teacher and helping young players develop. Players are not getting adequate touches on the ball and players at an early age are being pigeon-holed in specific positions.

In addition, undue pressure to win is being created because of published standings and results. Finally, we are seeing players at a very early age becoming disenchanted and burned out because they do not have the technical skills to adequately compete at the highest levels. When players do survive these conditions, we quite frequently see that their technical skills, creativity and decision-making techniques are underdeveloped.

The style of play at this point is most commonly seen as very direct vertical soccer. So we find our youth development programs stuck in a results-centered process that produces technically deficient players.

It is now necessary to refocus our training procedures. The U.S. Soccer Federation quite clearly states, "The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. This should be a priority in training and games, especially in the early years.

As this skill is mastered, the rest of the game becomes easier -- both to teach and learn. Practices should be built around facilitating the development of the skills necessary to move and control the ball well."

This message is clear and concise, that is, youth players should be encouraged, motivated and coached to develop individual ball skills. Refocusing the paradigm requires a new emphasis on individual skills. We know that effective skills development comes from constant repetitive activities and that it take years of deliberate practice to develop an elite athlete. **Continue to Page 3.**





# Refocusing the Player Development Model

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We also know that athletes respond to and are more motivated by immediate objective feedback and measurable goals than any other form of coaching.

But when player development isn't judged by game results, how does a coach ensure that the players (and their parents, who constantly seek reassurance that their children are progressing) receive the feedback that inspires them to improve their game? The answer is to use technology.

Our society's use of advanced communication technology offers some very valuable tools to help coaches refocus on a player's development. Coaches can now use the Internet and specialized programs that will give coaches and players immediate objective feedback on soccer skills and techniques.

These programs focus on objective activities for individual players. The results are captured in the program and can be reproduced and distributed immediately to the players. Thus, giving players a clear picture of their basic strengths and weaknesses. Now, as coaches help players become more technically sound through activities that focus on individual skills the results can be easily tracked and measured.



Coaches can also use objective activities such as dribbling courses, shooting and passing contests, and juggling contests to help players develop technical competency. The results of these objective activities also allow players to quickly set and measure objective goals. These objective goals help motivate players to work on developing advanced skills on their own.

By refocusing our player development paradigm we will start to see our players become more comfortable and creative with the ball. This will lead to more self-confidence and give our players the opportunity to become world-class elite players.

*(Brad Partridge is the Director of Coaching for Palm Beach United FC in West Palm Beach, Fla. He is also the head coach of the Women's Premier Soccer League's Palm Beach United and the creator and owner of the CAPS -- Comprehensive Assessment Program for Soccer . Partridge has a USSF National Youth License and has the NSCAA Premier certification. He can be contacted at [Partpro@aol.com](mailto:Partpro@aol.com) or 561.745.3009.)*





# Prayers requested...

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Tim Nixon, District II Coaching Coordinator and CYSA Staff Instructor has been diagnosed with cancer. Tim has started a 9 week chemo and radiation treatment and will have surgery after that. He recently said,

“All way to much fun... Having been told you have cancer really puts things into perspective!”

Our prayers go out to Time and his family for a speedy recovery.



Andrew Donnery,  
CYSA Staff Instructor  
Executive Director, FC Fremont

I have been involved in soccer for over 25 years at school, club, college and professional level, and my background in psychology enables me to view training from a child-centered, developmental perspective. In my new role, as a staff instructor for the CYSA Coaching School, I plan to add my ideas, collection of training session plans and add to the already established '9 Step' methodology My input will consist of proven research to support and enhance our players. Over the coming months, I will share with you some of the resources and ideas I have used over the years.

Of the 17 million soccer players in the USA, 80% are aged between 6 and 11 years, with 60% of children aged between 5 and 9 years naming soccer as their first sport. By age 14, however, an alarming 70% of players have dropped out of the game (source: fifa.com). While there are many reasons for this decline, I believe that coaching style is a key factor.

For a significant number of coaches, winning takes priority over player development, and this attitude can lead to dissatisfaction among many players on the field. In countless games, I have watched the coach place the biggest player at the back and the fastest player in attack, then tell the kid at the back to kick the ball as far as possible for the attacker to chase. Launching the ball downfield, the player receives positive reinforcement from parents at the sideline, and believes this is the way to play soccer. The coach may well achieve a win using this method, but how successful and fulfilled has the whole team been?

Firstly, we have to question how many times the other players have touched the ball? There is no fun in a game in which you run up and down the field, never making contact with the ball. Furthermore, in many instances where another player touches the ball but makes a mistake or doesn't contribute to a goal-scoring opportunity, parents can be heard making negative comments that will often be repeated by the player's own teammates. Discouraged and embarrassed, players may well be tempted to quit the game.

Secondly, players are given set plays from the sideline, and encouragement to rigidly adhere to them. The game of soccer changes from second to second and requires awareness and adaptability to react to these developments. In order to excel, players need to be coached to deal with these demands.

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From  
Other  
Starts



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# From Our Staff

Continued from Page 4.

It is not enough to cultivate a team that wins because two forwards score goals and receive all the praise; we need to engage and develop each and every player.

In a grassroots soccer study (source: skysports.com), a U8 player's contribution was analyzed across two 30 minute games, one 5 v 5 and one 11 v 11. Figure 1 demonstrates a significant difference between the two games; by introducing age-appropriate sized practices, the player's involvement and therefore enjoyment and opportunity for development increases substantially.

Figure 1: Player Analysis (small-sided versus full-sized game scenario)

Measures	5 v 5 Game	11 v 11 Game
Touches on ball	152	41
Passes made	32	7
Shots taken	4	0
Goals scored	1	0



Knowledgeable coaches will teach teamwork, leadership, patience, commitment and respect, enabling every player on the team to contribute, experiment, and figure out for themselves what does and doesn't work. The result will be a skilful and successful teams, whose players understand and enjoy the sport.

The **CYSA '9-Step Practice Routine'** has been created to encourage players to think, process information and find solutions. In practices, players touch the ball as much as possible and play games to develop skills which can be employed in match situations.

As coaches, we need to constantly evaluate what we do and how we do it. The **CYSA** Coaching School philosophy is to introduce you to a new way of thinking, and provide resources and ideas to help create an age and ability appropriate environment that players will respond to and learn from. As a member of the **CYSA** instructional staff I hope to give you plans, tips and helpful tools.

### Let the kids think for themselves and most of all let them have fun and play.

Andrew has had extensive soccer experience, as a player and directing coaching activities both in England and the United States. He has acted as a Coach Educator and Instructor for the United States Soccer Federation and worked with the North Carolina Youth Soccer Association as a member of their Olympic Development Staff. He holds a BA (Honors) in Applied Psychology from John Moores University, England. He also holds the following coaching qualifications UEFA "A" License, UEFA International Coaching License, UEFA 12-16 Youth License, UEFA 17-21 Youth License, NSCAA Premier & the USSF National Youth License. He also authored a book called "Let the Kids Play". Over the years Andrew has placed players into Division 1 College Programs, State ODP, Region ODP and the U.S National Team.





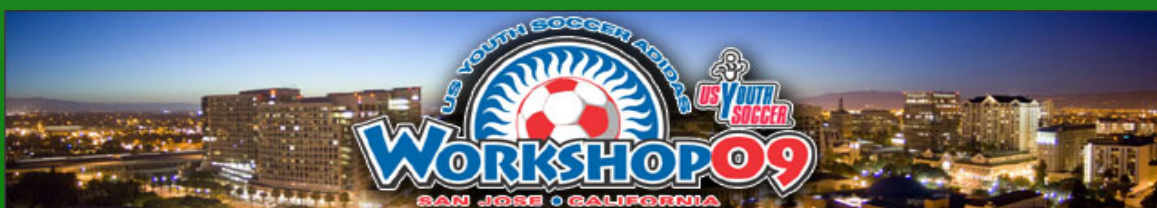
# HAPPENINGS

## February 2009

What a Site: www.fundamentalsoccer.com

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  <i>Washington</i>	23	24	25 <b>Ash Wednesday</b>	26	27	28

- 1st—State Cup U11-U13 Boys and Girls Preliminary Games
- 7th-8th—State Cup U11-U13 Boys and Girls 2nd Round and Round of 16 Games
- 14th-15th—Tournament Weekend
- 14th—State Cup U11-U13 Boys and Girls Quarter Final Games
- 15th—State Cup U11-U13 Boys and Girls Semi Final Games
- 15th—League Affiliation Agreements due to District Commissioners
- 21st—State Cup U11-U13 Boys and Girls Championship Games
- 21st-22nd—Founders' Cup U16-U19 Boys and Girls Preliminary Games
- 21st-22nd—Tournament Weekend
- 22nd—State Board Meeting
- 28th—Founders' Cup U16-U19 Boys and Girls Quarter Final and Semi Final Games

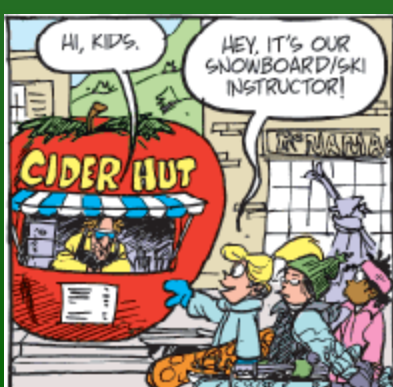


On March 5th - 7th, 2009 CYSA will partner with US Youth Soccer for our Annual CYSA Soccer Expo in San Jose, California



# Cheats Comics

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# CLEATS COMICS

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**CLEATS** **BY BILL HINDS**

COOL! LOOK AT THAT DUDE GRINDING THE RAIL!

LET'S YOU AND ME DO THAT JACK!

THERE GOES ANOTHER GUY.

OH MAN! TOASTED!

**SPLAT!**

YOU MEAN YOU CAN GET ALRGT? MAYBE WE SHOULD WAIT 'TIL WE GET A LITTLE BETTER.

YOU GET INTO TROUBLE IF YOU OVERTHINK IT, DUDE. FOLLOW ME.

**THUNK! THUNK! SPLAT!**

HE OVERTHINK IT.

*Hinds*

**CLEATS** **BY BILL HINDS**

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*Hinds*

WE NEED A SMALLER POND OR MORE PUCKS.

comment at gocomics.com 1-18



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