



1993

Utah Youth Soccer Association

State Office: 4476 South Century Dr., Suite A / Salt Lake City, Utah 84123 / (801) 268-3365 / FAX: (801) 268-3415

***NOTICE OF BOARD MEETING
THURSDAY, OCTOBER 21, 8:00 p.m.
UTAH YOUTH SOCCER ASSOCIATION***

TO: MEMBERS OF THE BOARD OF DIRECTORS

***FROM: ELLNA HUNTING
UYSA COMMISSIONER***

Outlined below is an agenda for the meeting. If you cannot attend this meeting, please send a representative or notify the State Office, at 268-3365.

AGENDA

8:00 Roll Call

8:05 Approval of Minutes

8:15 New Business

- A. INSURANCE - Portable Goals***
- B. UYSA Appointed Positions***

9:00 Old Business

- A. National Workshops***
- B. UPDATE - Youth Referee Status***

9:30 Reports - Written or 2-3 minute oral reports will be accepted.

9:45 Good of the Game

9:55 Adjournment

LAW OFFICES

SNOW, CHRISTENSEN & MARTINEAU

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THURMAN & SUTHERLAND 1886
THURMAN, SUTHERLAND & KING 1888
THURMAN, WEDGWOOD & IRVINE 1906
IRVINE, SKEEN & THURMAN 1923
SKEEN, THURMAN, WORSLEY & SNOW 1952
WORSLEY, SNOW & CHRISTENSEN 1987

REED L. MARTINEAU
STUART L. POELMAN
RAYMOND M. BERRY
H. JAMES CLEGG
DAVID W. SLAGLE
A. DENNIS NORTON
ALLAN L. LARSON
JOHN E. GATES
R. BRENT STEPHENS
KIM R. WILSON
MICHAEL R. CARLSTON
DAVID G. WILLIAMS
REX E. MADSEN
MAX D. WHEELER
PAUL J. GRAF
MICHAEL D. BLACKBURN
ROBERT H. HENDERSON
STEPHEN J. HILL
HENRY K. CHAI II
BRYCE D. PANZER
STANLEY K. STOLL
DAVID J. CASTLETON
DAVID W. SLAUGHTER
STANLEY J. PRESTON
JOY L. CLEGG
SHAWN E. DRANEY
JERRY D. FENN
JOHN R. LUND
RYAN E. TIBBITTS
ANNE SWENSEN
RODNEY R. PARKER
RICHARD A. VAN WAGONER
DAVID W. STEFFENSEN
ROBERT C. KELLER
ANDREW M. MORSE
MARC T. WANGSGARD
CAMILLE N. JOHNSON
TERENCE L. ROONEY
DENNIS V. DAHLE
PAUL S. EVANS
JEFFREY H. HAGEN

JOHN H. SNOW 1917-1980

OF COUNSEL
HAROLD G. CHRISTENSEN
MERLIN R. LYBBERT
JOSEPH NOVAK
SCOTT DANIELS
BRYAN A. GEURTS

October 19, 1993

WRITER'S DIRECT NUMBER:

322-9147

Board of Directors
Utah Youth Soccer Association
4476 South Century Drive, Suite A
Salt Lake City, UT 84123

Dear Board Members:

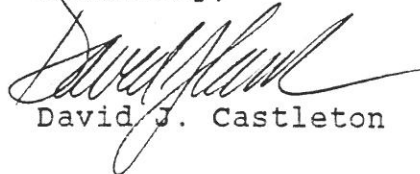
Last August I took Gordon Miller's D License Course. Although I have participated in other coach's clinics, never have I been so impressed as I was with Gordon Miller's clinic.

From the very beginning, Gordon used every minute of the course to teach and train us not only in all aspects of soccer, but also in motivating and working with youth. Gordon has a way of making you really want to work hard whether you are a coach or a player. I have participated in a lot of sports and never have I seen a better coach than Gordon.

Over the past couple of months I have used much of the material that Gordon taught us in training my own team. Although initially I saw little progress, the boys are really starting to demonstrate great improvement and success. The course also helped me help some of the members of my team develop more confidence in themselves and put them in positions on the team where they can contribute the most. I realize now there is so much more to soccer than the laws of the game.

I want to express my thanks to Utah Youth Soccer Association for hiring Gordon Miller as its state head coach. I hope you take good care of him inasmuch as I think he can add a great deal to our soccer program. I wish every coach could have the experience I had last August in being taught by him. Thanks again for all you and Gordon do for Utah Youth Soccer.

Sincerely,



David J. Castleton

State Administrator Report

October 1993

The following report is for the period September to October.

The #1 most important issue for the UYSA State Office at this time is the lack of diskettes or hard copy of names and addresses for the World Cup Committee. The UYSA has a contract in which the World Cup Committee will provide .70 cents per name we submit. With 25,000 members, that is \$17,500. Myself and Ellna Urquhart, as well as many others have requested this information be sent to me at the State Office. To date, I have received the information from District 6, Leagues 11 and 12 as well as AA & AAA from District 2. I have been promised the information from District 1. That leaves many others who need to respond.

Referee availability has been a problem throughout the season for many areas within UYSA. I know that there are several efforts going on to solve this problem, but the most apparent problem from a State Office point of view is that of parents and coaches who are requesting money back for games at which they had no referees. Please consider this subject, as I expect it to grow as the season ends. I am aware that the referee pay and scheduling program ultimately falls under Mike Winn, Asst. Commissioner for Competition, but I thought you should all be made aware of it.

As a reminder, the UYSA newsletter goes out every month. If you wish to put **ANYTHING** in, please contact myself or Ranae Murphy. Ranae has graciously offered to assist in gathering information for the newsletter.

We have received the t-shirts from Sun Sportswear for the Olympic Development Program as mentioned in last months report. Again, Mr. Curt Geiger from Ogden and Gordon Miller were instrumental in the acquisition.

I have many fundraising ideas that are different from the usual chocolate and pizza. If the districts or leagues are interested, please contact me at the State Office for more information.

There will be a parent and youth Activity Fair on October 21st - 6:30 p.m. to 8:30 p.m.. I am going to attend with handouts and brochures for interested youth and their parents. I have asked Gordon to arrange for a few ODP Players to be there and I would like to have one more volunteer to answer questions and assist. If you are interested, please contact me.

If I can answer any further questions regarding any of the above issues, please feel free to call.





Utah Youth Soccer Association

State Office: 42 East Claybourne Ave. / Salt Lake City, Utah 84115 / (801) 467-0451 / 467-0701

NEWSLETTER INFORMATION

Please use this form as a guideline to information that can be used in the Newsletter.

District News: (Includes highlights of tournaments, teams that have performed well in out of state tournaments, special awards soccer clinics etc.)

District Dates: (Includes information that you want to let your coaches know about. Coaches meetings, Season Start-ups, Tournaments or tournament information etc.)

League News and Dates. (League presidents should use this newspaper as another way to inform their coaches of upcoming events.

Highlights (There are many coaches, Referees, players, and volunteers in our ranks that could use recognition. Please take a moment to write up a short article on someone you think goes the extra mile. Pictures can be included, although I must have them by the 10th of each month.)

Program Directors: This is the best place to start informing your coaches of upcoming events.

Please Call Ranae Murphy 571-0720 or the State Office 268-3365 to make sure your article gets in the paper. Remember we do accept pictures but they have to be in early.



Utah Youth Soccer Association

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Minutes for the Oct 21 1993 Utah Youth Soccer Associations' Board meeting.

Present: Ellna Urquhart Linda Kay Messenger Ranae Murphy
Dave Buckley Lewis Miller Diana Doty
Mike Winn Shirley Martindale
Don Urquhart for Chuck Jaterka

Minutes: Motion to approve minutes of the September 1993 Board meeting subject to a request by Mike Winn to a review of the tapes to determine whether a deadline concerning U-19 State cup registration was discussed. The tapes were reviewed and the deadline Oct 2 was mentioned in point of conversation between Mike Winn and Shirley Martindale. Motion was made to approve with amendment. Carried

New

Business: Insurance-Portable Goals. Ellna has reviewed our insurance claims over the past few years and realized that they are going up. It is a concern that equipment namely portable goals may be the problem. We need to improve areas that could be a safety concern. During the conversation it was mentioned that we need to check our fields better for any obstacle that could cause injury and find better solutions for portable goals. Ellna wants a safety committee formed that will review the best safety policies and recommend a standard for portable goals. This is to insure less injuries to our players and to keep insurance rates down.

Ellna mentioned 2 positions that are in the process of being appointed and will be announced at the next meeting.

Old

Business: The subject of the national workshops that was tabled at the Sept board meeting was again brought out on the floor. After some discussion it was determined that it would again be tabled until more costs are known.

MOTION: Table the subject of the National Workshops until more costs are known. Seconded and carried,

Ellna has again met with the Referee Association and the Seniors. The Referee Association came to the meeting with proposals of how to improve their association. It was determined that the Referee Association has not been growing at the rapid rate the Soccer Association has been. They say we will have a better running program by spring also the Referees

Association will send out a questionnaire to Refs and coaches through UYSA to look at problems and possible solutions. Please start thinking of this years Referee of the year.

Lewis Miller is concerned that certified linesman were only making \$5.00 per game. There is a question about the pay scale of Referees. Lewis mentioned that we should encourage the Certified linesman with more incentives so they move on to certify as Referees.

Reports: The District 3 Board is planning on a soccer complex they are looking for a location. They have a few possibilities and the Sandy City long term planning commission is working with them.

Dave Buckley mentioned that he would double check on the Disks for World Cup, he thought they were sent. District Four also has 2 new league presidents he would like to welcome: Richard McPhie and Farrell Lewis.

Mike Winn mentioned that the District 5 girls program would have full participation in the spring. They are having try-outs Oct 23rd, and Nov 13th for both AA and AAA.

Diana Doty mentioned that there is a possibility that a few Competition players are playing in the U-16 Rec program. She will find out. Also there are a few problems in the coed division which will be worked out.

Ranae mentioned that the extra council meetings are not getting the attendance that is necessary to justify the expense of the meeting. As of yet we have not had a quorum present at the extra meetings. After review of the rule regarding whether the meetings are mandatory or not a motion was made. **Motion: To cancel the December council meeting. Motion was seconded and passed**

Don Urquhart mentioned that we should review where we are having the AGM. He mentioned that the attendance is better out of town and we could advertise in other areas by hosting our meeting in a growing area. Ogden was mentioned as an alternative this year. We could increase public awareness of our organization by bringing banners and possibly the Snickers World Cup ball to the hotel. **Motion was made to check on availability of convention space in Ogden for the AGM in March 1994. Motion was seconded and carries**

Linda Kay said one application came in for coach of the year so far. Also she mentioned that the Technical committee has a

list of priorities that they have been working on. First a player parent handbook that will be put together shortly and a coaches handbook which has been handed out to the ODP coaches and administrators. Also an ODP administrators handbook also went out giving us policy in print for ODP guidelines.

Two things the committee is currently working on is 1. Communication, 2. Small sided soccer. If any leagues are currently using small sided soccer please contact someone on the committee and let them know of your successes or recommendations

Ellna mentioned again the importance of the leagues and district getting the disks turned in for world cup because this is such an important revenue for the Association.

Enclosed please find a letter addressed to the Board in regards to Gordon Miller our State Head Coach

Forms will be going out soon for Volunteer of the year!

A group of 5 attended the regionals this year. Reports will be forth coming.

Steve Macklyn's report is enclosed

Good
of the
Game:

State Cup starts Saturday Oct 23rd and goes into November.

Don Urquhart stated that the 1st phase of the soccer complex is 30% below budget. He feels that many politicians are behind this venture and sponsors should be coming in.

Motion to adjourn at 9:30.

Motions: Table the subject of National Workshops until more costs are known.

To cancel the December meeting.

To check on availability of convention space for the AGM in March 1994.

REPORT ON FALL REGION MEETING 1993
ELLNA URQUHART

I attended the Protest and Appeals Workshop. The first session was a review of Procedures for Disciplinary Hearings. Mike Blackburn (Region Protest and Appeals Chairman) presented a manual that contained recommendations on procedures to follow in regards to Disciplinary Hearings. Disciplinary problems, questions and procedures were discussed.

I listened in the recreational meeting for a short time. It appeared that our Utah recreational program was more organized and better represented than many of the other states that were represented by a registrar, secretary or president's spouse.

I met with several other state presidents to work on procedures for Transfer/Release of Players to neighboring states. I was involved in this meeting because of the interest to allow the Preston and Malad (Idaho) teams to play in our program. Interest has also been shown to allow St. George players to play in Nevada. A rough draft was reached between Washington, Oregon, Idaho and Utah. Nevada was not in attendance but is interested.

In the Region Meeting on Sunday several issues were discussed. One was limiting the number of practices each ODP team would be able to have. Discussion was brief and the matter was tabled until our next meeting in February (Orlando, FL). It was tabled because documentation was supposed to be presented to us 20 days in advance so we would be able to discuss it in our own states. This was not done.

Another issue discussed at the region meeting was a concern over the percentage of proceeds that was to be distributed to the individual states in regards to the Snickers agreement. This concern has been forwarded to National Board of Directors in the form of a petition signed by all State Presidents in Region 4. I will update you with more information at a later date.

Information obtain by Recreational Commissioner at Regional Meeting, October 1993.

Submitted by Dianna Doty

1. Region would like to have a coaches handbook for use inside the program. Regional Director Doc Christian would like to get this accomplished during 1994. I have already asked Gordon for help

Information Doc is requesting:

- Set of practices; (Suggest U-8) including skills, concepts, diagrams on how this is accomplished for a full season of play.
- How coaches are trained, do we have a coaching staff for clinics, what criteria is taught at what level, does Utah follow the guideline provided by National for coaching clinics.
- How are our recreational / developmental programs started and maintained. Do Districts play against each other, if so what are the ages this begins.
- Do you supply Recreational tournaments, each State should (must) be doing the American Cup. Utah does the Commissioners Recreational Cup in May, this meets National / Regional criteria. However these may be additional support by doing the American Cup evidently a Banner, patches etc may be supplied or at a reduced cost. (1-800-For Soccer is the phone number given out).

Note: Coaches should have a minimum of F license to enter a team.

2. Possible switch to small sided games. Would this be a better for your players even if you have enough players to run eleven (11) aside. Several states are starting to do the 5, 7, or 9 aside with introduction into 11 aside soccer at either ages U-10, U-12, U-14. The verdict is some areas it is great others are still hesitant with their answers. I explained that as a state program the only age we do as an official small sided game is U-16. However I knew of two leagues in the state who are doing variations of small sided soccer.

3. It is also noted that no area or state is good at promoting either the USYSA or their respective state (UYSA). We have all sat quietly back as other organizations (i.e. AYSO) make sure that their names are published with anything from national players to the best darn kids program, this includes copies of The Rules of Soccer Simplified. It is in firm belief that all States must become better at giving themselves a pat on the back and letting people know who they are which associations they belong to. This includes:
 - Players that may be getting write up in the local papers, include more than club team name (i.e. State association as a minimum)
 - Supply patches for all players encourage them to be used with the uniform, jacket etc.
 - Banners should include State logo, and National logo if possible.
 - Don't be afraid to let people know which organization you are with, inform the coaches as much as possible so they will be more proactive. Try to outline more coaches meeting / training, this will enable that coaches are more informed and better trained.
 - Giving out a piece of clothing, ball, bag etc.,(with logo), rather than trophies would help spread the name(s) of not only the leagues, but the state and national programs which these players are part of.
4. In many states the fees are lower for Recreational Players than Competition. Most areas include referees for recreational play with this money. Players fees are based on their usage of the system!
5. Obtain copies of Snickers Coaches / Youth Handbook, purchase additional if they meet you states needs.
6. Referees. Is it possible to obtain a large enough referee base in your state to cover every game, whether the referee is a youth player, parent, paid or volunteer. How does your state work with the referee association.

7. Each state should have a dedicated recreational person that meets with the Regional committee twice yearly. One being the Regional Meeting the other I believe was the National. Most states do not have a Recreational Person.
8. It doesn't matter if you are called Recreational or Developmental. Each state needs to recognize the fact that the greater amount of any of our players are these types of players. We (each state) need to make great strides at meeting their needs.

1993 - 1994 UTAH ODP STAFF

<u>STATE HEAD COACH:</u>	Gordon Miller 4476 So. Century Dr. (450 W.) Suite A Salt Lake City, UT. 84123	268-3365
<u>BOYS U-14: COACH:</u>	Gordon Miller 278 E. Ashbrook Circle Midvale, UT. 84047	255-4191
<u>ASSISTANT COACH:</u>	John Petersberger 1697 E. Hidden Valley Club Dr. Sandy, UT. 84092	571-4338
<u>BOYS U-15: COACH:</u>	Sean Macklyn 2071 So. 50 W. Bountiful, UT. 84010	292-2030
<u>ASSISTANT COACH:</u>	Gary Jensen 2151 Millstream Ave. Salt Lake City, UT. 84109	278-2493
<u>BOYS U-16: COACH:</u>	Chris Watkins 465 W. 300 No. Provo, UT. 84601	374-1986
<u>ASSISTANT COACH:</u>	Dell Butterfield 3085 So. Oakwood Dr. Bountiful, UT. 84010	292-7484
<u>BOYS U-17: COACH:</u>	Jim Cosgrove 5793 So. Waterbury Cir. #J Salt Lake City, UT. 84121	272-6725
<u>BOYS U-18: COACH:</u>	Mario Aguilar 3688 W. Vixen Way Bennion, UT. 84118	969-2737
<u>BOYS U-19: COACH:</u> TRAVELING TEAM	Brock Varoz 1841 Crest Hill Dr. Salt Lake City, UT. 84117	272-6602

<u>GIRLS U-15:</u> COACH:	Mansour Ariazand 7214 So. 1540 E. Salt Lake City, UT. 84121	943-9648
ASSISTANT COACH:	Rick Wood 81 W. 700 So. Centerville, UT. 84014	298-8153
<u>GIRLS U-14:</u> COACH:	Fred Oswald 1827 Princeton Ave. Salt Lake City, UT. 84105	582-1350
ASSISTANT COACH:	Mahdis Ariazand 7214 So. 1540 E. Salt Lake City, UT. 84121	943-9648
<u>GIRLS U-16:</u> COACH:	Greg Maas 7763 Boot Hill Dr. Park City, UT. 84060	649-2675
ASSISTANT COACH:	Tim Vetter 5705 N. Kingsford Park City, UT. 84060	649-5917
<u>GIRLS U-17:</u> COACH:	Tony Ketterling 10329 Highpointe Lane Sandy, UT. 84092	572-3141
ASSISTANT COACH:	Kim Free 4211 So. Dutch Draw Cir. Salt Lake City, UT. 84119	968-6962
<u>GIRLS U-19:</u> COACH:	Daniel Ferguson 261 So. Centennial Dr. N. Salt Lake City, UT. 84054	298-4973
ASSISTANT COACH:	Robyn Bretzing 597 So. 470 E. #2 Springville, UT. 84663	489-0629

<u>GOALKEEPER COACHES:</u>	Greg Maas 7763 Boot Hill Dr. Park City, UT. 84060	649-2675
<u>ASSISTANT COACH:</u>	Mike Aguilar 3688 W. Vixen Way Bennion, UT. 84118	969-2737
<u>TRAINER:</u>	Anita Keetch 5558 W. 4390 So. West Valley, UT. 84120	965-8017
<u>EQUIPMENT MANAGER:</u>	Kirk Hoecherl 3396 W. 4100 So. West Valley, Ut. 84120	968-2660
<u>HEAD ADMINISTRATOR:</u>	Sue Aguilar 3688 W. Vixen Way Bennion, UT. 84118	966-0080

UYSA ODP TRAINING PROGRAM

TIME FRAME	TECHNICAL	TACTICAL	FITNESS	OTHER
MID NOV- MID FEB	<p>HEAVY EMPHASIS ON</p> <p>1.) PASSING -LONG & SHORT RANGE -DECISION MAKING -WITH PRESSURE</p> <p>2.) CONTROL -ON THE MOVE -WITH PRESSURE</p> <p>3.) FINISHING -VOLLEYS -1/2 VOLLEYS -PERFECT STRIKES</p> <p>DEMAND QUALITY DEMAND REPITIONS DEMAND WORK AWAY FROM THE FIELD</p>	<p>ATTACKING (1V2) (2V2) (2V1)</p> <p>DEFENDING (1V2) (2V2) (2V1)</p> <p>POSSESSION</p> <p>NP & FP RUNS (TIMING, DELIVERY)</p> <p>2 TOUCH</p>	<p>MAINTENANCE OF AEROBIC WORK:</p> <p>1. INCREASE IN DEMAND 2. COOPER TEST</p> <p>EFFICIENCY IN RUNNING STYLE (ARMS & STEPS)</p> <p><u>INDIVIDUAL PROGRAM</u></p> <p>-3 MILE RUN 3X'S PER WEEK.</p> <p>-MAINTAIN: PLYOMETRICS FLEXIBILITY</p>	<p>MENTAL PREPARATION -DEALING WITH ENVIRONMENT -FOCUSING</p> <p>CONTINUE DIETARY EDUCATION</p> <p>TAKING CARE OF EQUIPMENT</p>

*NOTES -THIS PLAN IS PUT TOGETHER TO BE FOLLOWED - PLEASE DO SO.

-WE MUST INSIST ON ATTENDANCE

6-8 Full Year Training Plan
Mid December

Youth (6-8 years)

a.) Learning abilities

Mental: The youngster behaves according to varying emotions. At this age, they are passing from the magical stage of thinking to a more realistic stage, and have the ability to think things out for themselves, often along the lines of the What if ? syndrome. But all such thinking is centered around themselves because they are the most important person. They cannot yet think ahead and can only really learn from concrete situations and reactions to them. Thus it is only possible for them to understand or invent rules which govern sporting activity.

Social: They find it easy to make friends with children their own age and adults and also finds it easy for these relationships to break up again.

Modified Game-Small size 3 ball, small field, smaller goal, more touches on the ball.

No Goalkeepers. Encouragement, plenty of goals being scored. Play all positions. No standings or records kept. No tournaments perhaps festivals. Money should be used to purchase more balls not trophies.

Physical: -They complete a change in physical shape.

-Their body grows in height and width in a harmonious manner.

-They show an intense desire to move, although their motor capacities are only partially controllable.

b.) Tactical development

The space available for a game cannot yet be used for tactical purposes, and neither are teammates regarded as possibilities for any kind of combined movements. The players only simple aim is to get the ball into the opponent's net. Any attempt to instil tactical ideas into children of this age would not only be asking too much of them, but would also spoil the fun they get out of the game, because they fail to see expectations fulfilled. What they need is to play the game, have fun, and enjoy the experience. The game is the basis of everything. Important here is for the games to be played in small groups, with a maximum of seven against seven.

Coaching Development

Provide Mini Soccer Manual containing fun activities with parents and each player is encouraged to have a ball each.

Key Directives for Parents

- participate in practice sessions with players.
- encourage children positively.
- do not put pressure on them to win as it does not matter.

Key Directives for Coaches

- keep practice sessions short but active and fun.
- have enough balls for each player.
- get parents involved.
- keep all players active.
- rotate players in all positions.
- constantly encourage and be positive.

Key Directives for Officials

- no offsides to call.
- no throw ins kick ins.
- allow coaches on field.
- act as a teacher to the children not officiator.

Key Directives for Administrators

- no league standing to organize, just the schedule.
- no trophies, just participant ribbons or badges.

WEEK 1

Session 1: 1. Fun dribbling games and ball orientation exercises.
2. Inter team scrimmages.

Session 2: 1. Fun kicking games.
2. 4v4 inter team scrimmages.

WEEK 2

Session 1: Game vs another team.

Session 2: 1. Relays - involving passing and dribbling.
2. Shooting exercises.
3. 4v4 inter team game.

SEASON: 10 weeks - 20 sessions - 1- game

Sample Training Plan

WEEK 1

Session 1: 75 minutes-Topic Dribbling
10 warmup
20 technique-dribbling
25 games-pirates, marbles
20 game - 5v5

Session 2: 75 minutes-topic-passing
10 warmup
20 technique-passing
25 games-skittles, bowling
20 game - 5v5

WEEK 2

Session 3: 75 minutes
10 warmup
20 technique-shooting
25 games-crabs, follow leader
20 game - 5v5 (goals 20 meters apart)

Session 10: 75 minutes
 10 warmup
 25 games 2V1 towards goal
 20 technique - shooting
 20 game (5v5)

WEEK 6

Session 11: 75 minutes
 10 warmup
 25 games - crabs, mirror man
 20 technique - dribbling
 20 game (5v5)

Session 12: 75 minutes
 10 warmup
 25 games - 3v2 goal
 20 technique - passing
 20 game - 4v4 + 2

WEEK 7

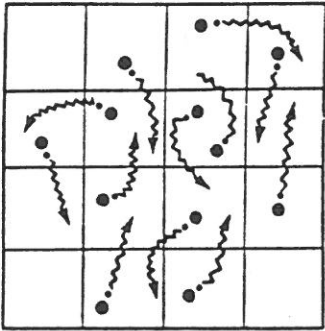

Session 13: 75 minutes
 10 warmup
 25 games - numbers, pirates
 20 tactics - 1v1
 20 game - (2V2) (3V3) rotate

Session 14: 75 minutes
 10 warmup
 25 games - relays
 20 technique - control
 20 game 5v5

WEEK 8

Session 15: 75 minutes
 10 warmup
 25 games - wembley, 4 goal game
 20 technique - shooting
 20 game 4v4 + 2

PRACTICE PLAN 1

SKILL	COACHING POINTS	TIME
<p>TECHNIQUE</p> <p>Running with a ball in and out of each other. Emphasize change of direction and change of speed.</p> <p>Use inside and outside of both feet.</p> 	<p>One ball per player. All players in large grid. 10 X 20 meter grid.</p> <p>Coach call out different instructions for players to follow:</p> <p>A. TURN-player puts the sole of the foot on the ball, pulls it back and accelerates in other direction.</p> <p>B. TEN-player touches the ball, doing quick step-ups, with the soles of both feet-10X's.</p> <p>C. CHANGE-player leaves the ball and takes another players' ball. Continues dribbling.</p> <p>D. PART OF BODY-player touches the part of the body to ball which was called out. Continues dribbling.</p>	<p>20</p>
<p>STRETCHING</p>		<p>10</p>
<p>SKILLS</p> <p>'Pirates'</p> <p>Spare player challenges to win someone else's ball. Once won, dispossessed player becomes Pirate. Add a second and then 3rd pirate.</p> 	<p>All players with a ball in 10 X 20 meter grid.</p> <p>1 player without.</p> <p>Dribble away from pirate into space.</p> <p>Use change of direction and speed to keep ball away.</p> <p>Introduce 'screening'-turning away from challenge.</p>	<p>25</p>