



**NATIONAL  
SOCCER COACHES  
ASSOCIATION OF CANADA**

*www.nscac.com*

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# Newsoccer

*A Publication on Coaching & Soccer Across Canada*

## Editor's Corner

### SHARING

It seems to be ironic that in this day and age of communication efficiencies that we often break down at the village level. What I mean by that is some of the poorest exchanges of coaching information occur right within our own clubs. How many of us have highly successful coaches that disappear with their teams and we may not see them for months on end. These are coaches who get into "their own thing" and don't see the big picture for the club. I have sat in on meetings with various clubs and have heard the same theme being repeated. Teams, players and coaches should be more club oriented and not operate as individual fiefdoms. Many clubs have had coaches threaten to and actually take their "own" team off to other clubs (because they didn't "get what they want"). Often these club-hopping experiments are failures at the expense of development of youth. *Ownership by a coach of a team is a dangerous concept.*

How do we overcome these sometimes small-minded approaches to our game? It has occurred to me that, in other hobbies and passions I have had (including my profession) there are parallels to help us.

When my knees allowed me to ski, I was passionate about the sport. I was involved in instructing and coaching courses and truly enjoyed the congeniality of the Ski Instructors Association. One thing that was crucial to the development of individuals as instructors were the daily sessions that the instructors held with each other. There was never a day where you didn't spend 60-90 minutes with the other instructors developing your teaching technique and giving each other pointers. This is how every day on the slopes started without fail.

Asian methods of teaching, frequently involve sessions with other teachers on a daily basis (for example);

*(Continued on page 4)*

## THE PRESIDENT'S MESSAGE A Developing World

Sam Kucey, who is taking a leadership role in the further development of our National Soccer Coaches Association of Canada, was talking recently with Dr. Joseph Venglos, the famous Czech soccer coach, following a clinic he had presented in Montreal.

I had the privilege of rooming with Dr. Joe in Zurich, Switzerland, in the late 80's. We were both members of the FIFA Panel of Instructors. As I recall, he more than helped me in getting rid of a bottle of duty free whisky I brought with me from Canada.

Dr. Venglos is now the head of the European Coaches Association which, Sam Kucey tells me, numbers over 16 member nations.

Sam suggested I take a peek at development programs around the world to allow us to make comparisons with what is going on in North America.

So here goes.

First of all, Europe leads the way — in terms of research and development. For no other reason than it has the greatest financial resources brought about by the incredible focus there is on the game on that continent because of the professional leagues and televised soccer.

However, we shouldn't undervalue the work we are doing here in North America. In many respects, for players under 10 years of age, much, much more attention is being focused on each and every soccer child in Canada and the United States than is the case in Europe. Most of the European efforts are concentrated on creaming off the best (often from an early age) and putting most of their eggs in that particular elitist basket.

The Dutch have made great strides with their small-sided development

*(Continued on page 3)*

## Where Are All The Boys Going?

Once again I signed my two boys up for soccer this year. They play house league soccer and no, I'm not disappointed that they are not playing rep AAA or Premier or Provincial or whatever you call it. In fact, I'm proud to say they are still playing soccer.

What I am disappointed in though is that the number of teams we are competing against has drastically been reduced. And it seemed to happen almost overnight. He is playing in the under 14-age group but he is twelve years old, grade 7. For the first time, the age groups are combined with another age division. He was born in 1988 and the boys born in 1988 and 1987 are combined. The disturbing part is that they're only 8 teams in this age group. When I got the schedule and checked this out I called the local club to see if maybe there

*(Continued on page 3)*

# Epidemic of Knee Injuries Afflicts Female Athletes

## *answer may lie in teaching women to jump*

*This article was recently run in the Ottawa Citizen and was very timely because, in our next issue, we will be looking at sports injuries in soccer and some of the facts and myths behind these. As part of that issue we will be looking at some statistics at recreation and competitive levels. We would like to hear players' and coaches' perspectives on some of the more common (and uncommon) injuries.*

Laura Marier's soccer season ended early last June when she overextended her right leg in an early season match. Torn knee ligaments sidelined the 17 year old for a year.

"I felt the pop and it scared me", Laura recalled in a recent interview. "I pretty much just fell to the ground". The injury Laura suffered is not uncommon, something she soon found out. "I never realized how often it happened until I did it and talked to people about it", said the South Nepean Iron Eagles player, now 18.

The painful pop and tear of the anterior cruciate ligament, or ACL, is happening to more and more females who play bone-jarring, stop-and-start sports.

Soccer, basketball and volleyball top the list of risky sports, and downhill skiing and gymnastics can prove equally risky.

Studies show females are two to eight times as likely as males to tear the ligament, but there's no definitive reason why. "It's a hot topic right now", said Dr. Don Johnson, director of the Sports Medicine Clinic at Carleton University. "I just think, when you look at the size of the ligament, the knee wasn't meant to pivot the way we do".

The ligament is a five-centimeter band of ropy, white connective tissue that extends from the back of the thigh bone (the femur) to the front of the shin bone (the tibia). It presents hyperextension and excessive rotation of the knee joint.

An increasing number of women and girls are suffering knee ligament injuries as female sports leagues have in popularity. Between 1996 and 2000 in Canada, female registration in minor league soccer increased 61 percent – from 167,913 in 1996 to 270,145 last year.

The number of anterior cruciate ligament surgeries has also increased, with waits as long as a year in Ottawa.

"I was the only one (in Ottawa) doing them 10 years ago", Dr. Johnson, said. "Now there are two others doing it". He estimates there were 500 to 600 ligament surgeries in the region last year; one-third of those were on females (although females tear the ligament at a higher rate, more males than females play sports, which skews the surgery statistics).

While most male ligament tears are the result of a collision – such as the one on Senators hockey player Mike Fisher, who was hit by a Bruins defenseman- the majority of female ligament injuries are caused by land-

ing a jump or making a pivot.

"Women's basketball in the U.S. has just been decimated", said Dr. Johnson, citing the recent ligament tears of several college stars, as well as Sheryl Swoopes of the Women's National Basketball Association, the women's professional league.

Theories abound on why women's ligaments are so much more prone to tearing than men's. High estrogen levels in the mid-point of the menstrual cycle may soften and stretch ligaments slightly, but whether this makes them more vulnerable is disputed.

Lack of fitness doesn't seem to be a factor. A four-year study of women at West Point military academy showed their ligament injuries were equally spread out over four years. "If it was just a conditioning thing, they would do it in their first year", Dr. Johnson said.

Anatomically, the wider female pelvis can make women knock-kneed when they jump and land, straining the ligament. Men tend to land in a straighter position and had more hamstring strength, which bolsters the ligament. And while males bend their knees like hinges, females often pivot theirs like a ball-and-socket joint.

The answer may lie in teaching females to jump – not higher, faster stronger – but straighter.

In a 1998 U.S. study of 1,200 indoor soccer players, 400 girls who spent six weeks working on jumping without caving in at the knees and other stability and balance exercises saw their injury rate drop to that of untrained boys. "The untrained girls were five to six times more likely to blow out their knees", said Dr. Tim Hewett, University of Cincinnati sports medicine professor. "We think we're at the point now where we can make a difference".

Based on these findings, Dr. Hewett developed a jump-training video to help coaches and parents teach girls to control their side-to-side knee motion when they jump and land, and help them develop balance and hamstring strength. (It costs \$39 U.S. and is available at [www.sportsmetrics.net](http://www.sportsmetrics.net)).

Word is spreading slowly. A few hundred schools and colleges in the U.S. now use similar programs, as do the Chicago Bulls and Toronto Raptors basketball teams because the drills are also useful for males. Dr. Hewett said. "(But) we still have a long way to go. A lot of parents, coaches and athletic directors still don't know that this problem exists".

Dr. Johnson estimates that each ligament repair costs the Canadian health care system \$8,000. He'd like to see young girls start jump training before even starting sports, especially given the year-long waiting list in Ottawa for ligament surgery. "Ottawa's particularly bad", he says, because people come from as far away as North Bay for surgery. "You don't want to tell

*(Continued on page 3)*

### ***Epidemic of knee injuries...***

*(Continued from page 2)*

a kid who's 12 or 15 they have to stop sports for a year".

Laura Marier, the soccer goalie who hurt herself last year, had surgery and has regained the muscle mass in her leg after a year of rehabilitation. Wearing a brace, she recently played again for the first time since the injury. "I think I got back quickly", she said. "It's kind of mental, too." "I don't regret playing soccer. I think there's risk in anything you do".

***The Ottawa Citizen***

### ***A Developing World ...***

*(Continued from page 1)*

(4 vs. 4 is their base game) both from a Dutch Federation perspective and through the initiatives of Ajax of Amsterdam.

Germany has always had a thorough development system, but is being forced to rethink their programs just now, because of deteriorating international results. You can bet your bottom dollar it won't take them too long to get things back on course.

France has reaped the rewards of a National development program that has been 20 years in the making.

In my own second country (England), they have finally woken up to the fact that players don't grow on trees any more (They never did. They came from the streets of the industrialized cities and the mining towns of England and Scotland).

The incredible success of the Premier League has put millions of pounds into the development coffers. All the major clubs have their "Academies" — most with state-of-the-art facilities and soccer fields to go with them. Nevertheless, it will take time to see the results of this massive investment.

No matter what is going on in Europe, that is not stopping the top clubs there from scouring the four corners of the world for raw talent. As many people revert back to organic food, soccer clubs recognize there is no substitute for home-grown, make that sand-lot developed, talent — without the inhibitions of coaching. Africa abounds with young gifted players.

Unfortunately, the circumstances that produce the talent — poverty and lack of other opportunities — are not to be condoned. And those days have long since gone away in most places in Europe and North America.

The circumstances for development, however, don't change. And whether it is in Africa, Europe or North America, children should be allowed to play and have many kicks of the ball. The challenge we have in the Western civilization is to make the inevitable fewer kicks that come about from a society with many other demands, count for more quality development than the many more kicks available in a third world environment. I guess that brings us back to that much maligned, and often misunderstood, word — "Coaching!"

And that's another whacking great topic for another time.

***Tony Waiters***

### ***Where are all the boys going...***

*(Continued from page 1)*

were two separate groups of 8 or if there had been some sort of mistake in the schedule. "No", was the answer. "We only have enough boys to field 8 teams in those age groups."

It occurred to me that only a few short years ago, there were tons of boys in this age division. So I looked back at some statistics I had kept. Three years ago in the boys born in '88 age group, there were 3 groups of 6 teams each playing in one age division. That's a total of 18 teams. Three years ago the teams each had 16 players as they do today so there are no changes there. The number of rep teams had also stayed the same.

I then looked at the boys born in 1987 three years ago and found that they had 14 teams in that grouping. That's a total of 34 teams of boys born in 1987 and 1988. At 16 players per team, that's 544 players playing house league soccer in 1998. Today, for the 2001 season we are down to 8 teams of 16 or 128 players. What happened to the 416 house league players who are no longer registered with this club in 2001? Where have they disappeared? Somehow, we have lost 76.5% of players before they have left elementary school.

Could all these 12 and 13 year olds have jobs? Maybe they are busy with their girlfriends? Are they all playing Nintendo? Are they hanging out in plazas? Are they studying for medical exams?

What the heck is going on? Does anybody care?

I can understand kids leaving the game at 15 or 16 because of these issues, but not at 12 and 13. Why are they leaving? Are they not having fun? What happened to all the coaching programs we have? Are they working? Maybe it's not the coaching? Maybe it's too much coaching. I started playing organized soccer for the first time at age 13. I got hooked for life. Yes I played street and school soccer before that but nothing organized like today's kids. When something is fun, you can't wait to go do it (whatever that is) again. Are we starting kids too young? A kid who started at age 4 has played a decade of organized soccer by age 13. Is that too much? They probably have a wall unit full of trophies and team pictures.

Do our associations really even know about this? After all, the CSA, at \$4.75 per player for registrations has just lost \$1,976.00 in revenue. The OSA at \$4.31 per player has lost \$1,793.00 in revenue from this club alone. Are they addressing the problem and if so, how? Maybe the answer to their financial problems is staring them right in the face. Let's keep kids in the game longer.

Lost revenue will be over ½ a million dollars this year

In this club 416 male players lost amounts to 10% of the players registered. If we assume that this is consistent with the rest of the country then the CSA will have lost (based on 500,000 registrations) 50,000 players prematurely and revenues of \$237,000.00 just on boys who were born in 1988 and 1987 in this current year. If we

*(Continued on page 4)*

### ***Where are all the boys going....***

*(Continued from page 3)*

add up those lost at other age groups, the figure would quickly mushroom into a much higher figure. The same holds true for lost revenue for Provincial Associations.

The overall numbers are still up but mainly because of the girls and both will be going south too. The same club has experienced a leveling of growth at the lowest age group for the first time ever. In fact, the club is 4 teams short of what they anticipated registering at the youngest age group. Overall numbers are still up and the club has surpassed 4,000 members but there are some disturbing numbers that need to be looked at.

In my presentation "For the Love of Soccer" none of this is a shock or surprise. Demographics and the importance of a future goal for players, explain it all rather simply. Boys do not see a future in Soccer in Canada. Girls do.

What's disturbing about these latest numbers is that in 1995 when I first presented the drop out rate of soccer, it had the highest drop out rate of all team sports by age 13 hovering around 69%. For boys, this number seems to have increased to closer to 75%.

There are solutions to the problems and my 10 steps to making soccer more successful are presented in the presentation "For the Love of Soccer". If you are interested in having this 2 1/2-hour slide and video presentation presented in your community, please contact the NSCAC. Please note: the presentation is geared to people who love the game of soccer and who would love to help see it become a major spectator sport in Canada. It is not geared for those who are new to the game and are not passionate about it.

A major part of the answer is tied to media attention. For example, apparently, lacrosse registration is up. In Toronto, The Rock, the pro lacrosse team, broke a world record for attendance at a lacrosse game with over 19,000 spectators at the Air Canada Center. Girls soccer, on the other hand has experienced an alarming increase in participants, this has padded the total numbers. Also, their drop out rate is actually lower than boys; this bodes well for the Women's National Team but disappointing for the men's. WHY is this happening?

Chris Graham, of the Pickering Soccer Club says, "fields may have something to do with it since we are short of full sized fields. But clearly, girls play longer

than boys do. We have a waiting list at under 16 girls for our house league but need to combine with other clubs for our boys house league divisions at the same age groups"

I will be looking at this issue in more detail in upcoming articles and these numbers need some further research but they are presented because the drop out rate is happening and it should be a concern.

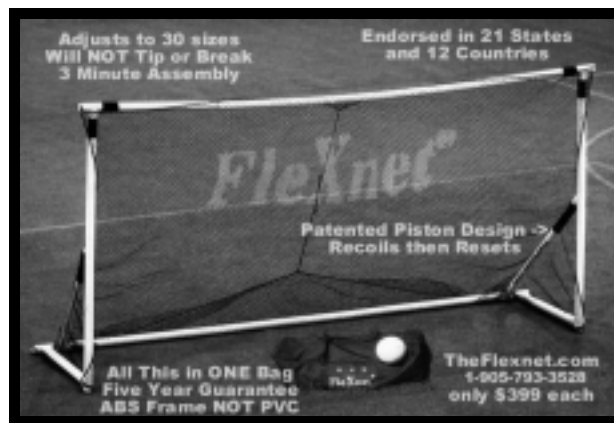
In a recent survey I conducted with house league coaches. 75% did not even know the name of our pro team in Toronto. The same percentage could not name one player from our Men or Women's National team. 82% though, did know of Mia Hamm and Brandi Chastain.

There you have it. Now you know why all the girls want to pay soccer. They want to be considered in People's magazine as one of the world's top 50 most beautiful people in the world (Mia Hamm) or they can't wait to score a goal and take their tops off! (Chastain)

Thanks for reading,

***John DeBenedictis***

*John DeBenedictis has a B.Sc. with a Major in Physical and Health Education and has researched drop out rates in youth sports over the past two decades. He played semi-pro in the old National Soccer League and coached for over 20 years at the youth and senior levels. He is actively involved as a soccer parent, board director, lecturer and volunteer technical director for a local club and executive director for the NSCAC.*



### ***Sharing...***

*(Continued from page 1)*

math teachers would be required to sit in on at least one other math teacher's session per day to learn and critique their lesson). In soccer, we should spend more time critiquing each other's approaches. Many of the progressive clubs hold regular coaching clinics and joint practices and that is terrific! In my profession, our colleague insists on documentation of continuing education on a yearly basis to "protect the public". Although coaching soccer in Canada is overwhelmingly a volunteer amateur hobby versus a profession, nonetheless we should hold ourselves up to standards. All of this means *sharing—sharing* our successes, our approaches, and our concerns and utilizing the coaching fraternity (sorority) to openly grow the sport.

The NSCAC is trying to provide a forum for everyone from entry-level soccer coaches to professionals where we may all share our experiences and share information that will help develop our Canadian coaches and players. We have a wonderful abundance of talent and experience in soccer in Canada. Let's use it!

***Sam Kucey***  
*Editor*

# Three Continents, Two Hemispheres, One Game

## A Brief Comparison of Women's Football in China, Peru and Canada

*Since 1992, Doug Boyle has worked as a visiting, assistant, interim and head coach of several women's football teams in China, Peru and Canada. He is currently head coach of FC Outaouais in the Quebec AAA Elite Soccer League (LSEQ) and assistant coach at the University of Ottawa. In Beijing and Shanghai, he had the opportunity to work with players from the China National team. In Peru, he served as the sole assistant coach of the Peru National team, which, in its first ever-international competitions, took third place in the 1998 South American Championships. This was the best performance by any Peru National team in South America in 27 years. As an assistant coach, Doug has worked with four National championship teams in China and Peru and most recently missed out on a fifth National championship when the University of Ottawa fell to Dalhousie in the CIAU final in November 2000. In his first year as head coach, Doug led Kanata FC to the 2000 OCSL Ottawa Cup Championship. He also guided FC Outaouais through its first year in the LSEQ to the 2000 Quebec Cup semi-finals, and took another very young Kanata FC team to the 2001 Ontario U19 Indoor Cup semi-finals.*

*Doug grew up playing club and university ball in the U.S. and Japan. He obtained his NSCAA State and Regional certifications in Virginia in 1991 and earned his USSF C license in 1995.*

There are several common denominators in women's football in China, Peru and Canada: the ball is round, the field rectangular and the lines are white. After that the game is on!

In China, the senior level is the focal point of resources and effort, with a narrow pipeline-preparing players for the top clubs. There is little to no consideration for organized recreational soccer past the age of 12 or 13. In Shanghai, the top 20 12 and 13 year old players in a city of 16 million are brought together every week for three training sessions under the city-sponsored team, Shanghai Yuandong. Players from this group were selected out at 14 to play at a physical education high school in Shanghai. At 17, a fortunate few were then selected to join the city team, which maintained a roster of about 28 to 30 players. In Beijing, the approach was slightly different, with the city team selecting the best athletes from the physical education high schools and developing them as soccer players from the age of 15 or 16. As a Beijing coach once joked. "We

take the basketball and volleyball players that stop growing". The reality in China is that the country cannot afford a widespread development program and must rely on eleven city teams (as of 1996) to develop their National team players.

In 1996, Peru began organized women's football, with top professional clubs as Universitario, Sporting Cristal and Alianza Lima leading the way. To date, there is no established youth structure for the women's game in Peru, meaning that the top clubs rely upon obtaining the best young 14 to 15 year old talent by literally picking them off the street and developing their squad from these players or signing players on transfer from other clubs. The large clubs themselves have seen women's squads come and go, as the women's game is the first to be hit by cost-cutting measures. The Peruvian Football Federation, on the other hand, has made a tremendous investment in promoting the women's game at the National team level in order to promote the game within Peruvian society.

In technical terms, Chinese players in Beijing and Shanghai are far ahead of their Canadian counterparts by the time they reach 17 or 18 due to the intensive resources devoted to them and the daily practice regime. While technically superior in certain areas, the Chinese players lacked a broad range of skills due to lack of international experience. As a result, the players were often easy to read under game pressure due to the limitations of technical range. One of my jobs as visiting coach in Shanghai was to broaden the scope of individual players' skills, particularly the younger ones.

Peruvian players were both a wonder and a nightmare to watch, (often within one play!) The lack of a development program meant that several players on a squad would not possess the basic skills mix. As an assistant in Peru, a good deal of my time was devoted to developing the basic skills and translating these into solid technical success on the field. Peruvian players were as devoted as their Chinese counterparts in executing the thousands of repetitions required to attain technical competence under game conditions. Even more so, because Peruvian players were blessed with living football all of their lives. Most of the players grew up playing with brothers and friends on basketball courts across the city of Lima. With eight million people and limited economic resources, youngsters played where they could, hence the development of fulbito, or mini-soccer, on concrete courts across the city. This gave birth to incredible technique. Interestingly, another big challenge in Lima was translating the fulbito technique to the larger grass fields. The players had such great touch of the ball and sense of the game that this translation effort usually did not take much time.

The Chinese realized their physical limitations and adapted

*(Continued on page 6)*

### *Three Continents...*

*(Continued from page 5)*

their game well to it. I learned the intensity of physical preparation required to be among the best in the world from the Chinese. In Shanghai, the head coach also realized the problems encountered by Chinese players under physical pressure and called upon me to teach them the physicality of European and North American football. I also found that the emphasis in weight training was over reliant on techniques used for men's football, and worked with the players in Shanghai to increase the effectiveness of their time in the weight room in terms of addressing the requirements of women players.

The Peruvian players, while very quick, generally lacked the speed of players in other countries, simply due to the fact that in the late 1990's the Peruvian players were quick to develop within a Latin playing style which compensated for their lack of individual speed. That said, the fastest player I have coached to date was a Peruvian, a former Peru National 400-meter champion. A flyer. Talking with an Argentine player after the South American semi-finals, she said her only job all night long was to keep her from getting the ball on the counter. It worked, and we lost on penalties after tying 1-1 in regulation.

Tactically speaking there was and still are tremendous differences between the Chinese, Peruvian and the Canadian games. One day, when I am done coaching, I might go into these differences, for a price. It's a bread and butter thing. *(editor's note – a great idea for your next article Doug)*

In economic terms, Canada far outspends China, Peru and most of the world's countries combined on promoting the game among young girls. However, since this total is spread across the youth recreational spectrum in Canada, the impact per single dollar of expenditure in terms of eventual senior player development is far less than that of Peru and China. It is a different approach to the game, and one that Canada can afford and still be

among the best in the world.

From the age of 17, Chinese players are housed, fed and trained together by a staff of professional coaches, therapists and doctors. Football is life. Life is football. They live football until they are transferred to a work unit, in several cases a municipal office or the police around the age of 28 or 30. However, football meant more than financial support. In Shanghai, one played for the city and the country. One played for the privilege of representing your country. While I was there, both North Korea and Japan sent National teams to play the Shanghai Yuandong team. One of the most intense matches I have ever seen was between Shanghai Yuandong and the North Koreans. It was physically brutal, and yet it was friendly. The players were and still are stars on the National and International stage. Even visiting coaches, the lowest on the football food chain, were not spared by the fans. Upon exiting the clubhouse after attending Saturday afternoon practices of the Shanghai Shenhua men's professional team, I would be set upon by the crowds of autograph seeking teenagers waiting for the team's players. "That's Bai Duomei, he coaches for the women's team". Then all hell breaks loose and I am crushed up against a chain link fence that kept the hundreds of onlookers off the practice field.

In Peru, putting on the game jersey of your lifelong club and playing in the same stadium as your childhood heroes was an emotional experience. Players with the top clubs were available for three to four hours a day because they earned a stipend for costs. Coaching for both "La u" and Cristal in a two-year period was probably a little more emotion than one needs in a lifetime. While crowds for women's football were never above two to three thousand, the derbies between Universitario and Sporting Cristal attracted media attention and violence as well, regardless of whether it was men or women. The honor of the club colors was at stake. We had an eight

police motorcycle escort to the late 1997 National championship match at the National Stadium when Cristal supporters were said to be roaming the streets looking for revenge for a previous attack on a Cristal bus. Roughnecks threw stones and bottles at opposing club's players. After winning a derby, the players climb the chain link fence to commune with the fans.

In South America, National team football is the essence of the nation. One story says it all. One afternoon, I was reviewing the medical workups of eight National team players with a physician in his office. In both China and Peru, coaches worked very closely with team and other local doctors to monitor the health and welfare of the players. (I have found this system works well and ask Canadian players to authorize, on a voluntary basis, their physician to communicate with the coaches). I asked the Peruvian doc why he contributed his time gratis to work with the players and coaches. He said that while his input into the overall effort was very small, his reward would be helping the National team win just one game. He continued that life is very difficult in Peru. When the National team wins a game, he knows that everyone in Peru will be happy the next day and the difficulties and hardships will be forgotten for one day.

In China, like Canada, coaches are educated within an established system of development. With the very small number of senior women's teams, the coaching pool becomes highly competitive. You are not there if you do not contribute to winning, at the domestic and international level. In South America, it's a simple equation. Coaches who win get to keep coaching. Coaches who lose are fired. Sometimes coaches who win are fired, too, if your team finishes in second place. And, sometimes the second place team goes out and hires the coach who just won!

One observation, in China and Peru, selection of a National team

*(Continued on page 7)*

**Three Continents...**  
(Continued from page 6)

was a relatively easy matter because of the availability of the known pool of elite players. I did make one mistake in neglecting to recommend a player at Cristal who was playing under a different system and not performing well. After I moved over to Cristal from La U later that year, we moved her up field where she flourished and came into her own. I had a long talk with her, expressing my regret, and we became good friends during my tenure with the club. (A great player, with a very supportive husband and strapping ten year-old boy). An important lesson in mental visualization and evaluation of a player's capabilities. Nonetheless, since players regularly play each other in a National league, it is easier to make comparisons and one has a regular standard. Canada is a big country without a National league; as such the National team coaches do not have the opportunity of seeing the country's best play each other on a regular basis. Evaluating players is that much more difficult.

Zuqiu to futbol. I have coached in Japanese, Chinese, English and Spanish. These days I throw in a little French, but not much due to lack of any formal training whatsoever, in the LSEQ. One day last summer I coached FC Outaouais in Spanish. The players, Francophones, and Anglophones alike, said they understood me better than when I used English!

I hope they were joking.

Too many generalizations here for my taste. But I was told to keep it short.

**Doug Boyle**  
**Head Coach FC Outaouais, Quebec AAA Elite Soccer League (LSEQ)**  
**Assistant Coach, University of Ottawa.**

*Editor's Note: Doug will be moving to Vancouver later this summer and we will look forward to hearing of his experiences there.*

## NSCAC Clinic a Success

On April 27<sup>th</sup> at the Indoor coliseum Facility in Ottawa, the first NSCAC Spring Clinic was held. Over 57 coaches attended in the new dome on the field turf surface. The model for the NSCAC clinics was unveiled with a 4-hour program from 9 a.m.-1 p.m. with four clinicians presenting different team coaching concepts.

In this issue we have an overview of an excellent and well-received presentation by Noel Trepanier. Noel is presently playing with the Ottawa Fury and, this winter, joined the Canadian National Team for the Algarve Cup. Noel is a certified fitness trainer with a degree in Kinesiology. She is the conditioning and fitness coordinator for



Noel Trepanier

Tanya Singfield's Golden Gloves Academy.

Other NSCAC member clinicians presented their session including Bernard Thivierge, who gave an excellent presentation on "Visibility on the Field". We will be featuring his clinic in our next issue.

Colin McCurdy, Eastern Ontario Technical Director and an UEFA "A" licensed coach, continued the possession theme with a small-sided game. Stuart Barbour, who recently attained his NSCAA premier diploma, gave an excellent closing session on "Finishing in the Box".

We are trying to duplicate the format of our sessions throughout the country in the spring and fall. We are presently trying to recruit clinicians in the various provinces to give one-hour sessions on their favourite approaches to practice. We are also looking for coordinators and organizers to help to set up the programs.

The NSCAC will provide a package and once the programs become successful we will provide guest clinicians to travel between provinces for these clinics. The cost for NSCAC members was maintained at \$10 and the cost for non-members at \$25.

Handouts and access to the coaches by e-mail are encouraged.

Appropriately skilled teams are used for clinical demonstration. These sessions are developed and planned to be presented in a gymnasium type setting for the winter programs.

We look forward to input from all the members who participated and the directors look upon this as one of the NSCAC's prime functions in providing membership services. We encourage all members to attend CSA and NSCAA formal courses and we will include upcoming programs and locations.



Bernard Thivierge



Colin McCurdy



Stuart Barbour



Sam Kucey

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# Coaching Your Team



## PRE-GAME WARM-UP FOR THE GOALKEEPER

Throughout my years as a goalkeeper, I have realized that I need to spend almost more time on my pre-game warm up than my own teammates. I didn't always think this way. My coaches felt that since I was not going to be doing continuous movement throughout the game, why would I strain myself prior to the game to get prepared. I realized that a lack of time spent towards my preparation resulted in a poor or questionable performance. I felt that I was hesitant towards my decisions and that I was not as sharp as I should be.

Now, I spend close to 30-40 minutes preparing myself for a match. I am well prepared in both the technical and the psychological aspects needed to be sharp for a good performance.

The following is an outline of a pre-game warm up that you as a goalkeeper can follow or use as a guide to help create your own.

### Loosen up the muscles 5 minutes.

Go for light jog around your ½ of the field. Start to focus on some saves that you think you may have to make today. Visualize yourself catching the ball in front of your body. See yourself moving your feet to the ball. Hear yourself calling for the ball early off a corner kick and then attacking it at the highest point... etc.

### Stretch your muscles 5 minutes.

Place yourself in front of your net facing the rest of the field. Don't let anyone disturb you, keep your focus on the game. Try to hold your stretches for about 10 seconds each and do it 2-3 times per stretch. Make sure to cover at least 4-5 lower body parts and 3-4 upper body parts.

### Ball handling 5 minutes.

Sit on your goal line with your knees bent and hands ready. Coach will stand back about 4 yards with a ball. Coach will either toss or drop kick the ball at the face area each time. Work on getting your hands up early and in front of your face. Watch the ball into your hands. **45 seconds.**

Standing on your goal line in a "semi-loaded" stance. Coach will either toss the ball or drop kick it at you. The service should be anywhere on the body. Focus on using proper technique to catch the ball. Keep in mind, the coach is not shooting the score. **45 seconds.**

Lay on the goal line with your hands stretched out in front of your forehead. Coach will roll the ball towards your feet. You have to quickly come up into a

seated position, swing your feet to where your hands were and then fall back down to catch the ball with your hands, before it crosses the goal line. Toss the ball back to the coach and repeat back to the other side. **45 seconds.**

### OPTIONS

You can do this drill with 2 balls. Keeper has one in their hand and the coach has the other. When coach rolls ball to feet, keeper has to roll their ball to coach as they are getting up into a seated position to swing to other side.

Stand on your goal line in a "fully-loaded" stance. Coach rolls the ball about a yard wide of you. Keeper takes a step to the ball and collapses. Get back up and repeat to other side. **45 seconds.**

### Receiving and moving the feet 5 minutes

Keeper start on goal line in a "semi-loaded" stance. Coach faces keeper about 2 yards in front. Keeper is moving forward towards the top of the 18-yard box and the coach is back peddling while serving the ball. Coach drops the ball just wide of keeper but in front. Keeper can only explode forward once ball has been dropped. Keeper "scoops" the ball up and then passes it back. **45 seconds.**

Same as above but now coach is bounce passing the ball just wide of the keeper. Now the keeper has to move forward and get body behind the ball. Once again, keep the service wide but between the coach and the keeper. **45 seconds.**

Same as above but have the coach toss the ball into the air for the keeper to step and jump to collect the ball at the highest point. Try to vary the toss from straight on with the keeper to tossing it wide. **45 seconds.**

Keeper start in a "fully-loaded" stance. Coach can either roll the ball or lightly toss it to the side of the keeper. Keeper must step and collapse down to ball. Toss the ball as you are getting back up and then immediately collapse to opposite side. All the while moving forward. **45 seconds.**

### In net shots 5 minutes

Keeper is in the net, coach is at the 6-yard line with a couple of balls. Coach will be serving ball to the keeper in the following order.

- 1 yard wide of keeper/step and scoop (ball in on ground)
- 2 yards wide of keeper/shuffle step and scoop (ball is on ground)
- Same as above but now the ball is tossed in the air

*(Continued on page 9)*

**Coaching your team ...**

*(Continued from page 8)*

towards the crossbar.

- 2 yards wide of keeper, firm kick/step and collapse (ball is on ground or waist height)
- 3 yards wide of keeper, firm kick/shuffle step and collapse (ball is on ground or waist height).

**Team shots on net 5 minutes**

Team does lay off passes from outside the 18-yard box. The shots should be coming from the top of the 18-yard box. Keeper is trying to cut the angle.

Team does lay off passes from inside the 18-yard box but passes the ball wide of the net. Shots should be coming from 14-16 yards. Keeper works on cutting the angle and near post. If the ball is pushed to far ahead of the striker, keeper should be coming off their line to intercept the ball.

**Team crosses 5 minutes**

Keeper works on trying to intercept every ball that comes inside the 6-yard box. If you cannot catch it, punch it away. If keeper is going for the ball they must call for it early and if they don't want it they should be calling "away" and watch the ball be cleared from the 18-yard box.

This warm up should help better prepare all goalkeepers for their game day. Keep in mind that you want to do as well as possible in the warm up so that you feel sharp and confident for your game.

Good Luck!

**Tania Singfield**

*Golden Gloves Goalkeeper Academy  
www.golden-gloves-academy.com*

**PRESEASON AND SEASON SOCCER CONDITIONING**

The main objective of preseason conditioning is to develop aerobic endurance. Listed are some of the primary benefits of aerobic conditioning:

- Allows the athlete to perform at a high intensity for a longer duration.
- Opportunity for athlete to recover more quickly from practice and games.
- Enables a faster recovery from sprints, tackles, headers etc.
- The number of technical and tactical mistakes will decrease.
- Reduce risk of injury.
- Improves level of concentration and decision making.

Presently, there is plenty of confusion as how to best condition soccer athletes. This confusion exists because of the large distance a soccer player covers in a typical soccer match. Consequently, coaches have a tendency to prescribe only long slow running during preseason training.

However, this type of training does not match the energy demands of soccer. This sport combines the ability to change direction, kick and jump with power (anaerobic alactic) and sprint (anaerobic lactic) in a movement activity that last 90 minutes or more (aerobic).

Athletes are continuously moving from anaerobic movements back to aerobic activity, which allows recovery to take place. Consequently, in soccer you have one dominant energy system in the body (aerobic) with two other energy systems that enable a higher intensity of play (anaerobic alactic and anaerobic lactic) essential for success.

**Summary of energy systems:**

	<b><u>Intensity</u></b>	<b><u>Duration (sec)</u></b>	<b><u>Example of soccer uses</u></b>
<i>Anaerobic alactic</i>	<i>high</i>	<i>0-15</i>	<i>sprinting, kicking, heading, tackling</i>
<i>Anaerobic lactic</i>	<i>high/moderate</i>	<i>15-120</i>	<i>sprinting, recovery, runs</i>
<i>Aerobic</i>	<i>moderate/low</i>	<i>120+</i>	<i>jogging, walking, 90 minute game</i>

*So what is the best way to train?*

Train all 3 types of energy systems, with emphasis on the more dominant aerobic system in preseason. This can be achieved through a combination of long continuous and interval type training (with active and non active rest periods).

**Examples of continuous aerobic type training:**

- A steady pace run for 20 minutes (progressing to 45 minutes).
- Non-stop games with extra supply of balls to keep the ball in play.

*(Continued on page 10)*

### **Preseason and season soccer conditioning...**

(Continued from page 9)

- Non-stop scrimmages.

#### **Example of aerobic interval type training:**

- Drills lasting 1-3 minutes with an equal work to rest ratio (1:1) preferably done with active recovery type exercises (for example: juggling, jogging, core stability, abs/push ups).

The key thing is to keep them moving, performing low intensity active recovery type exercises between higher intensity training drills. This could mean jogging around the field while the coach sets up the next drill, perform 5 push ups while you wait in line, do knee tuck jumps after you pass a ball etc. Any little extra activity your players can do to maintain some level of work throughout the whole practice.

#### **Frequency and duration for preseason conditioning:**

- At least 4 weeks of preseason work.
- A minimum of three active training sessions per week (may require athletes to run on their own, or they may participate on a school team or play other sports).
- A least one team practice per week should be reserved for conditioning incorporating as much technical activity with the ball.
- A second practice should start off with a team run or interval training for at least 20 minutes then move to technical/tactical drills.
- Exhibition games will help players prepare themselves for game shape.
- It may take up to 6 weeks for your players to ac-

quire a competitive level of fitness.

#### **Frequency and duration of in-season conditioning:**

- Continue to challenge your players' fitness levels for the duration of the season.
- Now that your players have an aerobic base, work on high intensity conditioning such as sprints, hill work etc.
- A period of 36-48 hours is needed to recover from a strenuous training session or game.
- Any practice the day after a game should be of aerobic recovery in nature, keep the intensity low to moderate (avoid sprinting and plyometric type exercises).
- 36-48 hours after a game is all the rest you need before you can have another high intensity training session.
- once your fitness objectives have been attained you shift from development to maintenance training spending more time preparing the team tactically and psychologically for optimal performance.

#### **Other training concepts you may consider incorporating into your training program:**

- Foot speed and agility
- Core stability
- Muscle strength
- Plyometrics

These means of conditioning are often neglected but are very effective. More on these later.

*Noel Trepanier  
(noey@magma.ca)*

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## **SYSTEMS OF PLAY**

### **SYSTEM OF PLAY**

An arrangement of players in a predetermined manner. The roles and responsibilities that each one will play in certain areas of the field. (For more information, check out the article “**Roles and Responsibilities of Players**”)

### **TACTICS**

Combined actions of players to solve situations through technical, mental and physical means. When developing a tactical concept for his team, the coach must first evaluate and take into account the strengths and weakness of his players.

#### ***A system has to be:***

**BALANCED**....all areas of the field are evenly occupied. There is some sort of equilibrium between the defense, mid-field, and forward line

**ELASTIC**....able to be adaptable to the many situations that will occur during a game  
(able to change from a 5-3-2 to a 3-5-2 or a 4-4-2 to a 4-2-4 and so on....)

(Continued on page 11)

*Systems of Play...*  
(Continued from page 10)

**RATIONAL....**a clear and logic use of all the players on the field.

#### **TASK OF THE COACH**

- ❑ **To get the best out of the players as individuals and as a team.**
- ❑ **To organize the players in such a way so that he is able to exploit their full potential.**
- ❑ **To organize the players in such a way so that he can take advantage of their physical and technical abilities.**
- ❑ **Allow them to play to the best of their ability.**

Systems and tactics are topics of many passionate discussions between coaches, players and fans alike. The most important aspect in soccer, however, is not **"THE SYSTEMS OF PLAY"**

Systems, in most cases, are used like a magic formula to determine the success or failure of a team. There is no system in the world that will overcome inaccurate passing, poor shooting, shabby ball control, players not supporting each other, or lack of hard work.

The reasons behind the failure or success of a team are not to be found in the system of play but in the quality of the players available. If the ability of the players or individuals is lacking, no amount of system changing will influence the performance of a team.

There are those who feel that the systems of play are crucial to the game of soccer.

Sacchi, the infamous Italian coach, believes that the organization of players on the field is more important than the quality and technical abilities of the players

**THE PERFECT SYSTEM OF PLAY DOES NOT EXIST.** The 4-4-2 system is not better then a 5-3-2, or perhaps a 4-3-3 is not more successful then a 4-4-2.

Regardless of what system is being adopted, there are certain common elements that are common to all systems: **THE PRINCIPLES OF PLAY.** In future articles we will attempt to break down and investigate the attacking and defensive principle of play.

The principles of play, in my humble opinion, should serve as a foundation of effective team play. Before implementing a particular system with your team, the groundwork must be done by teaching players all about the defending and attacking principles of play. In the end, the quality of the players combined with a rational and judicious team organization will insure that a team can play soccer in an effective and competent manner.

**Strategies** (the overall aims and objectives of a team) and **tactics** ( the specific attempt to set or solve problems in a particular game) vary widely. But whenever and wherever the game is played well, there are certain common elements that are likely to be seen, and these elements of course are the principles of play. Without them no team, whether a six-a-side team of 12-year-olds or a team of experienced world-class interna-

tional players, will have firm criteria against which the players and their coach can make valid judgment.

These are not inflexible rules that must be observed whenever the game is played, but general facts about the game that will minimize the possibility of a team playing poor soccer. Sticking to the principles of play will not change a team of poor players into world-beaters, but it will turn a team of poor players into a better team. The principles will not make a team win all the time, but it will make a team that follows them play the game properly.

The principles of play must be used to give players sensible ideas about how the game should be played if it is to be played well. However, principles applied too rigidly and inflexibly and taken to extremes can hinder the performance of a team.

In training sessions, every tactical move should be practiced as realistically and as often as possible. Player must be coached to be able to solve different situation and be able to adapt to the changes that can occur during a soccer game.

Players should be encouraged to **"think"** and **"react"** to different situations on their own, providing of course, that the basic tactical concepts have been coached and understood.

I have taken the time to break down and analyze three of the most popular systems of play. Many teams around the world have employed all three systems very successfully. The success or failure of each one of these systems is dependent on the technical abilities and the characteristics of the players used to play in that particular formation.

These are the 4-4-2, the 3-5-2, and the 4-3-3. I have also tried to identify the strength and weakness of each system.

Looking forward to your comments and any additional suggestions.

**Tony La Ferrara**  
**Director of Coaching, NSCAC**

*Editor's Note: Tony will discuss the 4-3-3 and 5-3-2 in the next 2 issues.*



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from the start.*

## Best Selling Book!

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"To win at any level, players and coaches have to develop the attitudes that create competitive performance. Developing such mental toughness is an everyday process, and in this book, Bill Beswick provides invaluable practical advice. For me, this book is not just a worthwhile read, it's also a necessary reference I can consult as my team experiences the highs and lows of competitive soccer."

**Steve McLaren**

Assistant manager, Manchester United Football Club

Successful soccer players understand the game, have the skills to execute the techniques and tactics, and are conditioned to meet the physical demands of the sport. A fourth and equally important factor in soccer success is mental toughness. Being a champion requires concentration, discipline, motivation, and a positive attitude.

Now you can learn to meet and overcome the mental challenges of intense competition with *Focused for Soccer*. This book alone delivers such in-depth, easy-to-follow guidelines for maximizing individual performance on the soccer field. Filled with practical tips and step-by-step techniques that transfer directly to the game, *Focused for Soccer* will help you sharpen mental skills and unleash your players' full potential.

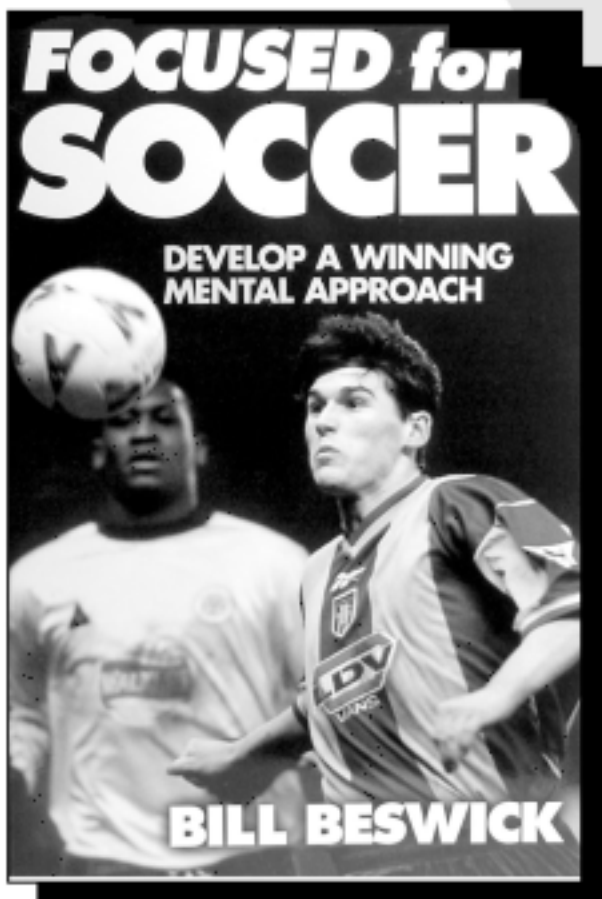
European coach and sport psychologist Bill Beswick is the world's leading authority on the mental aspects of soccer performance. Beswick's insights and anecdotes enrich the expert instruction throughout the book. He explains how he has applied the training techniques successfully in his many years as a coach and consultant.

Beswick begins by helping you create an honest player assessment and a plan of action. He then guides you through every key factor of the mental game that will improve performance, including

- positive outlook,
- intensity of actions,
- imagination,
- winning attitudes,
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- true teamwork.

In many sections, the author shows techniques used by professional athletes and sport psychologists to boost performance to a higher level.

Encouraging athletes to pay "first with the head, then with the heart," *Focused for Soccer* is a players' and coaches' guide to all of the psychological tools necessary to become a soccer champion. It is an invaluable tool for improving the foundation of your players' game and an outstanding guidebook for any physical athletic training program.



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*Play right  
from the start.*

# **NSCAC**

## **Coaching Clinic Info**

### **DATE**

Sunday July 8, 2001

### **TIMES**

- 9:30 - 10:00am .....Registration  
10:00 - 11:30am .....Dutch Footskills Training- Method and philosophy  
(with Joep Haan)  
11:30 - 12:00pm.....Question and answer period  
12:00 - 1:00pm.....Lunch Break  
1:00 - 2:30pm.....Effective attacking via ball possession and utilizing  
width (with Rick Morandini)  
2:30 - 3:00pm.....Question and answer period

### **LOCATION**

Sheridan College, Oakville Campus  
1430 Trafalgar Road  
Oakville, Ontario

### **REGISTRATION**

Contact Rick Morandini  
Oakville Soccer Club  
Tel: (905) 849-4436 EX- 24  
Fax: (905) 849-3677  
E-mail: rmorandini@oakville-soccer.on.ca

### **FEE**

NSCAC members: Included in Membership  
Non-NSCAC members: Special Event Rate of \$35.00  
(\*Payment to NSCAC)

### **FEATURE COACHES**

- Joep Haan: From Holland, specializing in the Dutch footskills method and ball mastery philosophy. Joep has spent the last 25 years developing youth players in Holland. Over the last two years Joep has visited Canada and has been a part of the Dutch soccer camp hosted by the Oakville Soccer Club. The week-long footskills camp is for rep-caliber players and has been a great success. This year's camp is July 3 - 7th at Shell Park in Oakville.
- Rick Morandini: Oakville Soccer Club Head Coach and NSCAC member will perform the afternoon session, Effective attacking utilizing ball possession and width. Rick would like to invite all NSCAC members to Oakville, as he puts it, "the home of coaching and player development".

### **ACCOMODATIONS**

For any coaches interested in accommodations, Sheridan College Residence has two bedroom suites available at a modest rate, including a continental breakfast. Contact Sheridan College Residence at (905) 815-4150.

### **Ottawa is Host to the Games de la Francophonie**

Ottawa is host to the Games de la Francophonie, July 14<sup>th</sup>-24<sup>th</sup>, 2001. The Games de la Francophonie mark the start of the preparations for the 2004 Athens Olympics. The best young players from Cameroon, Winner of the Gold Medal in Sydney 2000, and Africa Cup champions, will try to prove themselves up to the standard of their predecessors, while France would like to re-affirm its status as World Champion. Romania and Morocco are always very talented teams and there are 12 FIFA teams in the tournament. Canada, who will be returning from a Youth World Cup will have to work hard to keep its gold medal won at the last Games de la Francophonie. Paul James' U20 team is a very exciting group of players and will be returning from their endeavours in Argentina.

Other excellent teams competing for the medals will be Haiti, Burkina Faso, Bulgaria, Gabon, Egypt, Poland, and Mali. This tournament is set up as are the Olympics for players under 23. There is only a male draw at these Games de la Francophonie. Let's hope we will see the ladies represented in future games!

Tickets are available at the Francophonie Games website (Keyword: Francophonie Games).

Come and visit Ottawa at this beautiful time of the year for the best international soccer event the country has ever seen.

The results of the draws are as follows:

<b>Group A:</b>	France Romania Haiti Burkina Fasco
<b>Group B:</b>	Canada Bulgaria Egypt Gabon
<b>Group C:</b>	Cameroun Poland Morocco Mali

Tickets are \$16 each, semi-finals and finals: \$24 and \$25. The finals will be at the Frank Claire Stadium, which holds 35,000.

On July 24, let's try to fill it!



# THE ELECTRONIC WINDOW

## 4th Annual Electronic Symposium

We are presently finalizing the details of our 4th Annual Electronic Symposium in Ottawa Saturday November 21. Interested groups from other centres across the country should contact the editor if you are interested in participating directly.

At present, we are hoping to hook up Halifax, Toronto, Vancouver and New York. We will be announcing our international clinicians shortly. We are anticipating a morning clinic in Toronto and in Ottawa followed by the four-hour symposium.

Look for the program in the Fall 2001.

*Sam Kucey*

## The Canadian Soccer Association's Corner

The CSA can be found at [canadasoccer.com](http://canadasoccer.com).

Communications Director, Morgan Quarrie, will be giving regular columns for our newsletter on what is happening on the professional and international scene with respect to the CSA.

Director of Coaching and Player Development, Ray Clarke, will be updating us on how things are going in the education department.

We are hopeful to begin our regular columns in our Fall issue.

### VISIT OUR WEBSITE

at

[www.nscac.com](http://www.nscac.com)

Please visit our website. Randy Weber is doing a great job keeping it in shape.

If you have any ideas as to what you would like to have included, please submit them.

We are in the process of enabling you to sign up for your membership over the website for your next renewal.

### Websites & Links

We would like to include interesting websites and links that members feel are particularly helpful to soccer coaches.

Please send these to Randy Weber ([rweber@ca.ibm.com](mailto:rweber@ca.ibm.com)) or the editor ([nscaceditor@hotmail.com](mailto:nscaceditor@hotmail.com)).



## NSCAC MEMBERSHIP



Your NSCAC directors are working very hard to try and build this into an organization that you can be proud of. Our chance for the greatest success is a full membership that would allow us to proceed with many of the initiatives coaching members wish to participate in. Coaching, as much as anything else, is a fraternity/sorority of brothers and sisters all with the same ultimate goals. The majority of coaches experience the joy of dealing with young men and women when they are in their formative years and all have the opportunity to participate in both athletic and character building. We need to share our experiences to remain at our best.

To review, the benefits of being a member of the NSCAC are as follows:

1. Communication among coaches can only serve to enhance our effectiveness and our delivery of information and experience to the youth of our country. It is the goal of the NSCAC to bring together the soccer coaches of the country in the delivery of shared goals.
2. It is a prime goal of the NSCAC to develop a corps of coaching clinicians in every province in the country who will be able to deliver information at fall and spring clinics to NSCAC members at a very affordable cost. The cost of the NSCAC membership will be recovered on a yearly basis by the savings in attending just two of these clinics per year.
3. NSCAC Newsletters bringing you quarterly information on soccer coaching in Canada.
4. Subscription to *Inside SOCCER Magazine* (Canada's Premiere Soccer Magazine).
5. Optional subscription to *World Class Coaching*.
6. Ability for provinces, clubs, national and local organizations to publish their events, advertise for coaches, positions, and to, generally, afford all aspects of communication in the soccer coaching community.
7. It is an initiative of the NSCAC to try to bring together the college and university coaches of this country to disseminate information on their programmes on a regular basis.

*(Continued on page 15)*

**NSCAC Membership...**

*(Continued from page 14)*

- 8. Another initiative of the NSCAC is to bring as many school coaches (from both the private and public areas) as possible, into the NSCAC membership.
- 9. The NSCAC is endeavouring to involve the refereeing aspect of the game in our association.
- 10. The NSCAC is also working to involve the CSA (Canadian Soccer Association) with regular contributions of updates and opportunities in the national programmes.
- 11. The NSCAC is working with soccer suppliers, wholesalers and retailers to develop preferential pricing for members.

It is the goal of the NSCAC to make it an organization that all coaches will be proud to be members of.

We cannot accomplish this without your help. We need all of our members to be on board with this and we need more volunteers.

As we continue to develop clinics in the various provinces we will need volunteers to help us with the logistics of setting up the clinics with the advertising and the organization. We will provide all of the infrastructure and support possible, but we need local volunteers to make this happen.

We need members to participate. Those attending clinics nationally and internationally please report to us as much as possible on experiences you have had in the world of soccer.

In order for us as a national organization to do for members what we wish to do, we need the membership to rebuild. Bring a friend into the fold. Another option for club head coaches is to encourage all coaches to be members of the NSCAC (many clubs include this as a coaching perk). One way to accomplish this, in a win-win situation, is to have the parents of the teams, as a gift, purchase a yearly membership for the coaches. This will entitle you to our four journals a year, optional membership in the NSCAA, significant reductions on your coaching clinic enrolment, opportunities for savings on purchases of soccer videos and publications through Umbro.

Once we reach 1000 members in full, we will be able to cut much better deals with suppliers, reduce cost of membership, and utilize the general economies of scale.

Many members first ask what is the organization going to do for them. Remember, everybody is a volunteer. None of your executive members are paid. We are all doing this because there is a vision and because there is a great role model in the US, in the NSCAA, which has proven loudly successful.

To paraphrase John F. Kennedy, "Ask not what the NSCAC can do for you, but what you can do for it."

Once all the members have done for the NSCAC (by becoming and recruiting members) what is needed, we will then be able to provide all of the services and all of the benefits that we as volunteer coaches truly deserve to promote our chosen voluntary professions.

We will continue to bring you the best in coaching information and soccer news that we possibly can.

Please complete your membership application now and encourage others to join. We have enclosed an extra application for all coaches.

We look forward to rebuilding our organization and moving it forward to levels that we can all be proud of.

Have a great summer season and we look forward to the growth of our organization.

**The Executive of the NSCAC**

**JOIN THE NATIONAL SOCCER  
COACHES  
ASSOCIATION OF CANADA**



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**Please check which membership you wish to enroll in:**

- \$ 55.00 Canadian Membership to NSCAC-Canada only
- \$100.00 North American Membership (includes membership in NSCAA)
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\_\_\_\_\_ TOTAL

Send cheque or money order (Canadian funds) to:

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**CONGRATULATIONS!**  
*Ontario Secondary School Championship*

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*Coached by: Aaron Lauterbach*

FINALISTS: Oakville St-Thomas Aquinas Raiders  
*Coached by: Jim Craig*

SEMI-FINALISTS: Colonel By Cougars (Ottawa)  
*Coached by: Pat Lacasse*

SEMI-FINALISTS: Holy Cross Raiders (St-Catherines)  
*Coached by: Michelle Spears*



*Among the coaches present to check out future University talent were Steve Johnson and Graham Chandler.*

**FLEXNET SCORES!!**

Inventor and owner of Flexnet, Tom Stewart, has made a generous offer to the National Coaches Association of Canada (NSCAC). Tom has supported this game tremendously over the years (he has a very talented daughter playing the game in Ontario). He has made an offer to the NSCAC whereby with every Flexnet purchased directly from Tom he will supply a one-year, \$55 NSCAC membership. This is a tremendously generous offer from Flexnet and one that will hopefully help increase our membership (and, at the same time, the technical development of our game!).

Just a few words about Flexnet. This is a marvelous invention that can be put up in less than a few minutes (after you master the sequence). We have a little fun with our team split in two and there is a two-minute drill where they assemble it in competition. The first teams gets to pick the punishment for the losing team! It never takes more than three minutes to put these things up. They are incredibly versatile adding to your practice effectiveness in the smallest of spaces.

Dr. Joe Venglos, from Czechoslovakia took one home with him to the Czech Republic. They are now in use all over the world with clubs buying them by the dozens.

We are very fortunate that Tom is supporting our organization and if you are thinking about the best practice tool imaginable, fill out your membership form and Tom will sign you up. For your information, you can contact Tom through Flexnet at [flexnet@home.com](mailto:flexnet@home.com) (see enclosed ads).



**DIRECT KICK: GRASSROOTS SOCCER TV**

Direct Kicks has been on air for 4 years and is now going into its 5<sup>th</sup> season with a library of over 100 episodes. They are currently being broadcast coast to coast in Canada and on 50 stations in the United States (on the American Independent Network). Direct Kicks is a half an hour program that runs 52 weeks throughout the year (26 new shows and 26 repeats). They are a youth oriented show focusing on the development of youth soccer around the world and covering various events such as camps, clinics, tournaments etc. They cater the show to the youth of the world offering various tips and techniques throughout the episodes. Direct Kicks is the only show of its kind around the world. They are the world's leader in grassroots soccer TV and have already had soccer celebrities such as Pele, Martin O'Neil, Ally McCoist, Norman Whiteside, Craig Brown, Peter Shilton etc. offering their tips on developing youth players.

Due to popular demand and the success of Women's soccer around the world, Direct Kicks has developed a spin off show...."Direct Kicks for Chicks".

**DIRECT KICKS FOR CHICKS**

This is a half an hour episode that focuses on the development of Women's soccer around the World. Direct Kicks for Chicks will cater to the female soccer players/fans of the world, offering various tips and techniques throughout the episodes. They have already profiled players such as July Foudy, Carla Overbeck, Brandi Chastain, Charmaine Hooper and many more. This program will be airing on the new WTSN here in Canada.

The format of both shows is a "magazine" style fast paced show and not behind the desk like most soccer shows. They offer various features such as "tip of the week", "soccer trivia", and "grassroots soccer reports".

Direct Kicks Productions  
Brampton, ON  
[hstumbos@hotmail.com](mailto:hstumbos@hotmail.com)



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## **St. John's Youth Soccer Association**

The St. John's Youth Soccer Association started its humble beginnings back at in 1985 with one employee and about 1500 young players. We have grown to become one of the best soccer organizations in the Atlantic Provinces. Our programs now have a full year round indoor and outdoor season. They include a summer, fall and winter program that caters to ages 4 to 65 both male and female. Our registration has jumped to over 4500 players, over 1200 volunteer coaches and 26 All-Star teams in the short period of time since we started with our original Administrator, Gerry Gulliver. At present we now employ three full time people and they include, Gerry, Rhonda O' Brien our Administrative Assistant, and Tony Mullett our Technical Director. Our Board of Directors consist of 14 volunteer men and women who look after the over all operation of our Association. In the summer months we hired 16 soccer instructors to help run our soccer programs.

Another added feature that was started in the last two years was a winter training program that provides good skill development to our young striving talent. This program is proving to be a very beneficial one in that you can see the steady improvement of the participants and also the increase in numbers since its beginning. One of the benefits that is readily seen is that for a small organization like ourselves we are still able to put players in the National program such as Katie Arnot on the National U19 Women's' Team. We are constantly putting forth players in the younger age groups as well and hopefully we will continue this trend.

Our team success is starting to show on the national scene also. In the year 2000 our girls U17 won a bronze medal at the National U17 Soccer Championship. In each of the last 10 to 12 years we have sent at least two teams to the National Club Championships and our results are steadily getting better.

The coaching standards are constantly being challenged and our Association is activity looking for qualified coaches and we are always providing quality clinics to help those who lack the experience with the knowledge to teach and instruct the youth of our Association.

Yours in Soccer

Tony Mullett  
Technical Director  
St. John's Youth Soccer Association

## **Saskatchewan Soccer Association**

### **Coaching Update May 2001 Symposium 2001**

The Saskatchewan Soccer Association annual symposium in April and we were pleased to have Evan Pellerud as our guest presenter. The event was well attended with over 120 coaches and referees from around the province. In Evan's Saturday presentation at the Regina Inn he outlined the current Women's National Program and answered questions regarding his coaching style and philosophy. This was followed by two practical sessions that focused on Evan's principles of defending and attacking. The practical sessions were excellent and everyone was impressed with the way Evan introduced the concept of the flat back line and his ideas of attacking on the counter when the opposition is out of balance. Overall it was a great opportunity for coaches from Saskatchewan to see an international coach at work. Everyone at Saskatchewan Soccer would like to thank Evan for this opportunity.

### **Provincial Programs**

For the first time Saskatchewan will be fielding 10 provincial teams this year. The program has expanded to include U14 and U16 development programs. Each team is involved in a training program over the summer with a view to preparing for tournaments and All-Star competition in July. We have introduced an Under 13 North and South Development program. The aim of these new programs is to try and develop a deeper coaching and player base for future provincial teams.

### **U20 National Team Camp**

Saskatchewan Soccer also hosted the Canadian Under 20 National team at the University of Saskatchewan (May 9<sup>th</sup>-16<sup>th</sup>). Stuart Neely and his staff were housed in the residences at the University and trained on the adjacent Soccer fields. During the camp the U20 team played three exhibition games tying the University team, 1-1, beating the Under 15 Provincial boys team 3-2, and finally beating the Saskatchewan Summer Games 4-0. This was the first National Team Camp in Saskatchewan and we hope to see more teams in the future visit the province. Thanks again to Stuart, his staff and his players.

Cheers

Mike Hudson  
SSA High Performance Director  
(306) 975-0862                      www.sasksoccer.com

**NSCAC NEWSOCCER  
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**Fees for NSCAC Membership**

Annual Membership Contribution:  
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**HAVE YOU RENEWED YOUR MEMBERSHIP, YET??**

This is the last issue that will be mass mailed to non-members. We have an excellent core member group and would like each and every one of our members to recruit one or two more members to make this the strong organization that it deserves to be.

Some of the options to make membership accessible are already with us.

- 1) Buy a FLEXNET and have your first year of membership paid for by FLEXNET.
- 2) Consider having your clubs' parents buy memberships for their coaches as a gift (\$55). *Most teams give the coach a gift – why not a membership!*

We need to bring this organization up from the grass roots and have everyone proud to be a member of the NSCAC.

Umbro has agreed to supply an NSCAC logo t-shirt for every member and you will be receiving these very shortly.

Remember we are always looking for volunteers, great ideas, articles, and suggestions.

You can reach our editor at [nscaceditor@hotmail.com](mailto:nscaceditor@hotmail.com).

**[www.nscac.com](http://www.nscac.com)**

**FUTURE ISSUES**

- Sports Injuries specific to Soccer – Dr. Rudy Gittens FIFA
- A summary of Insights into Soccer at the Francophone Games
- Practice Sessions and Football Philosophy – Dr. Joseph Venglos
- Registration for the Fourth Annual Video Conferencing Symposium November 21<sup>st</sup>
- Report from the World Youth Championships including his work in the FIFA Technical Study Group and their analysis of the Teams and the Games in Argentina — Dick Howard
- Regional reports from across the Country
- A list of our Fall and Spring clinic proposals
- Review of University and College Soccer Programs across the Country
- Ontario Federation of Secondary School Association Soccer Championships results.
- Recovery and Regeneration – Jeremy Boone
- Coaching Clinics for your Practices

**AND MUCH MORE!!!**

***What's New In Your Soccer Community***

We are looking for great ideas that have worked in soccer communities. Of particular interest are suggestions on enhancing facilities; ways that this game can be built so we can all share in our experiences. If you have something of interest be sure to send it in so that coaches across the country can share in your insights.



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