

Editor's Corner

Welcome to the National Soccer Coaches Association of Canada NSCAC 2001 Communication. Your national coaching organization has been working hard to develop and provide a program of information and communication, which will enhance the delivery of quality information and education to the thousands of volunteer coaches in Canada, as well as those who make coaching the beautiful game of soccer their living.

Since Tony Waiters and his capable executive founded the NSCAC in 1995, we have continued to mature (yes, sometimes in fits and starts) and develop into an organization that will provide the very geographically diverse country of Canada with a touchstone for soccer coaches to communicate and develop around. As we mature as an organization we are excited about the possibilities that can be brought forward. We have already received very encouraging offers of support from key regions in the country

In this issue you will have a sense of direction we hope to be able to take the NSCAC in this new century. We want to respond to the needs of our members and we need to know what would work best for you in your unique situation.

Please take a few minutes to fill out the enclosed questionnaire and return it with your membership registration as well as any letters and comments to the editor. Comments can also be sent via our website or directly to your editor.

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THE PRESIDENT'S MESSAGE

Scorers are worth their weight in Goals

Last November, Canada's men team finished it's bid to get to the 2002 World Cup finals in Japan and Korea with an impressive performance against Mexico at Varsity Stadium in Toronto. Canada were the better team, but could only manage a 0 - 0 tie. They hit the woodwork on three occasions, but the ball would not go in.

As we all know, in six CONCACAF semi-final qualification games Canada could score only once (against Panama at home).

The irony of all of this is that while Canada were failing to qualify because they couldn't score goals, Canadian, Tomas Radzinski, almost put Manchester United out of the European Champions League by scoring two world-class goals for Anderlecht.

We are painfully aware that Tomas had turned down the invitation to join Canada in World Cup play to secure his professional playing future with Anderlecht.

In 1986, as coach of Canada's World Cup team at the Mexico finals, I took some heat because we failed to score in our three games. We came close on several occasions. And we were playing France, Russia and Hungary! But we didn't score.

So what's the problem?

Tomas Radzinski can score goals at the highest level, but he wasn't brought up in Canada. He came here from Poland in his teens and the groundwork development for his soccer career had already been completed.

In my opinion, the problem lies in the early learning.

The United States has experienced similar circumstances, but is showing signs of overcoming the problems. Scoring performances last year against the Germans and a pretty good South African team together with consistent, if not plentiful, scoring in World Cup qualification is evidence of that. The fact is, there is a greater emphasis on technique development in the United States compared to Canada and I believe that has helped.

Both countries, however, must look at the youngest players and give them the opportunity of developing the Midas scoring touch from the get-go. But it has to be fun at all times. Isn't scoring goals fun?

Technique work should be done in a fun, challenging environment -- target shooting for points or to knock down cones. Games should be small-sided -- 3-a-side, 4-a-side with short fields and reasonably big goals. This would give end-to-end - almost penalty-area-type situations at both ends of the field - opportunities. And, guess what? It won't harm the development of good defending and goalkeeping while the scoring opportunities are being presented.

Holger Osieck's dilemma stemming from a lack of Canadian goals cannot be cured by development programs that take as long as 10 - 15 years to mature. Holger is forced to get on a plane to Europe and go to work on Tomas and the other Canadian talent playing there -- and their clubs.

Last Autumn's announcement about the proposed Canadian United Soccer League is very encouraging news for Canada... and the United States! After all, the two countries are soccer partners as well as rivals.

As a coaching association we should give our full support in trying to help establish the league. But we still need to get down to the very grassroots of the game and help grow the Canadian goal scorers of the future.

Tony Waiters

A Special Experience You Can't Imagine Until You Try For Yourself

One of my most memorable soccer experiences was a few years ago. Dr. Lou Lombardi, who runs the Scarboro Azzurri Special Olympics Soccer Program, asked me to be a special guest coach at one of their practices. I did my usual planning with notes and diagrams of what to do. I approached the field, assembled the players and was amazed to find out that I was not necessarily dealing with kids. I had a group that ranged in age from 15 to 55. What a shock that was! Then of course I tried the first drill I had planned and nothing went as planned. It did not work at all and I quickly noticed that I had to completely scrap my plans. I realized you cannot coach a Special Olympics team like any team, not even a very young team, but instead you almost need to coach them all one on one all through practice including your scrimmage.

I pulled parents, and had plenty of help from members of the Monteleon Old-timers who so graciously give their time each week to help bring the ratios down to practically a two to one ratio. But what came over me most was that these players were all happy to be there. They tried their hardest to do what was said and they loved doing what they were doing. Even though some were physically unable to move properly they tried and were happy to be there. The players all listened and were eager to learn. It was such a gratifying feeling that I know knew why they are called special. These people can really bring you down to earth.

WOW! It Made My Day.

They make you realize that life need not be as complicated as we make it provided we all give and share that loving feeling for each other. It was a magical experience and one of my truly most memorable moments in coaching.

We often define our best soccer memories by winning games and tournaments, exotic traveling and international experiences. By giving back some time right at home we can add to our soccer memories. Even if you can only dedicate one session to them, they will appreciate you and you will appreciate the experience even more. You will leave the practice session feeling good. That's a guarantee. And if you haven't had the opportunity to try it then there are many Special Olympians waiting to make your day.

Contact the NSCAC and we will help you find a Special Olympics program in your area. One evening will help if that is all you can afford. Don't miss this opportunity because it is truly a window for personal growth.

Thanks for reading and please send in your most memorable coaching experience for future issues. One of the goals of the NSCAC is to help coaches communicate with each other across Canada and share their experiences. One of our biggest problems in printing our newsletters is in getting articles from Canadian coaches. In fact, come to think of it, it is THE biggest problem. Quite often we need to go to our US counterparts and borrow their articles. Surely, there are a host of coaches out there within our membership that can help contribute. If you are not comfortable with writing, we have a number of members who can help edit your information. Please tell us what's on your mind, or what's going on in your community. That is the only way we can truly build a strong Canadian Coaches Association.

John DeBenedictis
Executive Director

FOR THE LOVE OF SOCCER

*" What one's mind can conceive and believe, it
can achieve"*

Have you ever wondered why the greatest players in the world always seem to play "The Beautiful Game" with such grace and finesse? Running with the ball at their feet as if it were attached to a string, the ball never being more than a step away from the master and awaiting his next command. Just as how we humans take breathing for granted, these players that we idolize seem to possess an unparalleled skill with the soccer ball. The answer can be summed up in one word: KEEP-UPS

From the very first day that these players were introduced to a soccer ball, they would be out in the alleyways of their neighbourhoods, on the streets, in their backyards, or any other open spaces challenging themselves and their friends, at who could keep the ball up in the air the most times, without it touching the ground. The competition would then expand to: Who could do the most tricks through KEEP-UPS with the soccer ball. Often times a soccer ball was not readily available as a result of lack of affordability or accessibility. However this would never be seen as a deterrent, as tennis balls would then be substituted for soccer balls. In areas of Brazil where poverty was so bad that even a tennis ball was a luxury, these kids would crumple old newspapers into balls, and stretch elastic bands cut from old bicycle tubes around them to make a soccer ball.

What KEEP-UPS gave these kids who later became our idols, was the ability to "feel" the ball. To develop a sense of touch between themselves and the ball. It became a sixth sense. This sixth sense then made their development of the other disciplines within soccer much easier, and helped them elevate their game at a much greater pace.

To all dedicated coaches of "The Beautiful Game", I strongly encourage you to introduce KEEP-UPS to your practices. At least 10 minutes at each session. Use it as a warm up, or even as a cool down. If introduced now as your outdoor season is about to start, you will be amazed at the results you will see in your players by the end of the season. Best of all, this is one drill that they can practice on their own at home. Limited space will only force them to have better control of the ball.

Yours in Soccer,

Mark Rodrigues

NSCAC member

Head Coach

Scarborough United Women's Soccer Club

Coach - Scarborough United Magic Under 13 Girls

Ontario Cup Champions - 1999

Outstanding Goalkeeping Resources

It's that time again when we're all planning the upcoming season with enthusiasm, but for some, planning for the goalkeeping position can present a problem. Often enough, players are chosen for their natural ability but limited time is spent with them until they reach a certain level of play. Warming up a goalkeeper before practice or a match, although necessary, does not qualify as training. This specialty position needs attention and here are two outstanding resources for coaches of any level.

"Shutouts and Saves", by Dick Howard, is truly the #1 book of soccer goalkeeping. This Canadian resource, available for only \$9.95, is based on Dick's extensive experience with the position as a professional player and coach. Coaches will love this book not only for its contents ranging from technical, tactical, physical, and psychological aspects of the game, to the laws and specific coaching tools, but for its clarity. A tremendous amount of information, including evaluation grids, is presented using simple diagrams and key coaching points in this book formatted to fit in your pocket! Okay, perhaps a large pocket, but the spiral binding of this 7cm x 17cm book is definitely a plus!

In **"Goalkeeping Drills: The essential guide to brilliant goalkeeping"**, Peter Bonetti and Neville Southall give us 60 minutes of coaching drills to develop our goalkeepers at any age or level. Most suitable for coaches without extensive goalkeeping knowledge, this video featuring Wales & Everton keeper Neville Southall, England's Women's World Cup keeper Tracey Davidson, as well as youth goalkeepers of various ages and abilities, covers a series of challenging and interesting drills for the full range of goalkeeping skills (footwork, ball handling, diving, agility, crosses, lobs, reflexes, and pressure saves). Each drill is clearly explained and demonstrated by England's goalkeeping coach and former World Cup keeper Peter Bonetti. Coaches will especially benefit from the valuable coaching points made during each drill and will gain a better knowledge of technical terms used to instruct and to provide constructive feedback. Let yourself be inspired by the energy that transpires out of this video!

Sonia Henri
Technical Director
Etobicoke Youth Soccer Club

Sonia has included both of these resources into the club's Coaching Resource Library and considers them a must! Resources available through Delta Soccer, where all NSCAC members receive a special discount of 10% on all coaching books and 20% on all videos).

Enhancing Athlete Cognitive Development

Soccer:

A Fresh Look at Training and Practice

Throughout the development of expert performers, parent, educators, teachers, and coaches play a critical and central role (Bloom, 1985), Helping to take the athlete to an expert level is no short-term process. From a coach's viewpoint, it is long-term commitment to personalizing training through continual engagement in practice activities that maximize the athlete's improvement and learning.

An element rarely mentioned in practice activity is that of cognitive or mental effort, a key component of quality training in high strategy sports. While this term is more commonly associated with motivation and focus, this connotation appears extremely narrow and misunderstood in the context of cognitive expertise, a perspective recently introduced in performance expertise (Ericsson et al., 1998).

Coaches realize that high strategy sports such as rugby, cricket, and soccer involve a high decision-making component, as well as a high degree of skill. While these skill and technical aspects can be more easily taught through instructional methods, the "thinking"/mental and decision-making components are not so easy to instruct upon. More often the individuals who play a critical role in the athlete's performance development describe that these elements can only be learned through performance experience.

Research across various professions indicates that evoking and increasing mental effort as part of practice is highly supported and is characterized as an essential component for achieving expertise in activities that demand a high decision-making component. Therefore, raising mental effort under "deliberate practice" conditions may be an important step for those with advanced skills in the instructional-learner setting. In summary, cognitive/mental effort here refers to the mental work involved in problem solving and making decisions in the training and performance environment.

Incorporating more learner-focused approaches may be particular strength in developing athletes during intense periods of practice. Coaches may be more aware of the physical approaches to improving performance, however, facilitating mental effort in training requires consideration. The following are instructional suggestions to consider with reference to soccer:

- Allow athletes to practice and perform in a variety of roles and positions. Interchanging between team members helps individuals to construct knowledge on how to attack or defend against opponents (e.g. a soccer "singer" may develop ideas on attack by playing the role of an opposing defender).
- Construct practice and performance of game play incorporating styles, tactics and strategies as part of practice (e.g. Implement a possession game for one team, a point or goal may be scored if 15 passes are completed, while incorporating a quick counter-attack play for the other with a point being scored for attaining possession in the oppositions box within the number of passes on a break-away).
- Allow athletes to be involved in official, coaching and leadership roles in game-play as part of specific practice time. This provides soccer athletes with insight regarding the various perspectives on performance.
- Encourage suggestion of personal ideas and allow trial and error in strategic decision-making elements of practice. Help facilitate decision and movement modification. (e.g. practicing a new shooting approach in a specific game condition of soccer, may allow development of variety of shots instead of a more predictable single shot option. More specifically in what ways can a soccer forward turn and shoot against defender in the 18 yard box).
- Engage learners in periods of reflection upon various aspects of practice, during and post practice occasions. Review individual and team dimensions if appropriate (e.g. in soccer reflect

on strengths, weaknesses, and concerns of a “set-piece” corner performed in training and then reflect upon its success in performance).

- A practice diary or log may engage athletes in review and reflections upon decisions made in addition to reflecting upon the traditional skill-related aspects of performance. Design a “use-friendly” game or practice sheet that focuses on decisions made in the soccer game context. Content should aim to develop the athlete’s knowledge of their decisions and to facilitate expansion of appropriate decisions to performance situations. This approach may also help athlete’s to initiate modification of decisions, strategy, and skill components as well as help identify areas of necessary improvement.

While these instructional strategies aim for you to reflect and refresh your practice objectives in facilitating the athlete to higher levels of attainment, some precautions have to be considered.

It is understandable that being engaged in conditions of mental effort can be tiring, demanding and frustrating in instances and so adjusting periods of involvement may be necessary. Experiment through exposing athletes to these conditions in small degrees. A suggestion may be to break down the high physical and mental effort periods of practice sessions with intermittent breaks or changes in activity. Shorter bursts of quality are more beneficial to the athlete.

It is imperative that athletes acquire time personally test and modify as part of practice. Continuous intervention with feedback may only confuse and de-motivate athletes. Instead, reduce and summarize feedback after these periods while encouraging reflection. During instances of feedback and communication between group members a sense of trust, honesty and confidentiality has to be perceived if periods of reflection are to have influence and benefit. Improving decision-making and mental effort often engages athletes in constructive critiques of themselves, their teammates and their opponents to facilitate performance. Here, the coach plays an important role for creating the appropriate conditions.

More commonly, coaches may be required to assist athletes in maintaining motivation and help ensure “quality-effortful” practice despite frequent stretches of often meager results. Adjusting practice and coach roles within practice (e.g. providing a source of competition and humor, as well as advice) may help athletes overcome problems in learning and ensure continual high standards in practice (Salmela, 1996). Perpetuating high standards in practices that contain the appropriate balance of cognitive and physical stimuli may lead your athletes to the next level of performance.

Stephen Coble
Joseph Baker

*School of Physical and Health Education
Queens University, ON, Canada*

References

- Bloom, B.S. (1985). Developing talent in young people. New York: Ballantine.
- Ericsson, K.A. (1998). The scientific study of expert levels of performance: General implications for optimal learning and creativity (1). High Ability Studies, 9, 75-100.
- Salmela, J.H. (ed.) (1996). Great job coach: Getting the edge from proven winners. Ottawa: Potentium.

What's New for Members

Enclosed with your membership application you will find a list of benefits for our Canadian members of the NSCAC. In order to make your membership as personally tailored as possible we are pleased to be able to offer to members continual communication through the organs of the Inside Soccer as well as our new partner World Class Coaching.

- All NSCAC member coaches in Canada will be receiving Inside Soccer.
- We are surveying the membership for their interest in having World Class Coaching (regularly \$70/year) as a part of our membership package.
- The NSCAC is offering the \$70 value for \$20 to interested coaches, this year. In this Spring mailing members will find a free copy of World Class coaching. If we have a majority of members subscribe to World Class Coaching we will include that in your dues as a constant membership service, next year.
- Your membership will entitle you to attend the Soccer Expo at 2/3 off.
- Your membership will entitle you to attend our Annual Symposium at 50% off.
- Your membership will entitle you to discounts from 20% on Delta books and videos.
- Negotiated fee reductions will be made for NSCAC members at various coaching clinics throughout the year.
- You must renew your membership by April 1 to receive these benefits as well as an Umbro gift.

You may decide as a NSCAC member to join the National Soccer coaches Association of America (NSCAA) as well. This allows you excellent rates on the outstanding educational programs, the largest soccer coaches annual meeting in the world every January, as well as a subscription (8 issues per year) of the Soccer Journal.

We would like to encourage all NSCAC members to rejoin and bring with them a friend and fellow coach. We need your help. We are constantly looking for volunteers to represent the various regions throughout the country. If you are interested in helping out, be sure to fill out the questionnaire and also drop us a direct line.

Your executive is ready and willing to work to make this the organization your level of devotion to the game demands it should be. Help us to make this a lasting reality. We look forward to hearing from all of our members.

Sam Kucey

Editor, Director of Communications

Canada's Women's National Team Visits Ottawa

Your editor had the pleasure of spending some time with the Women's National Team, the coaching staff, and Kevin Pipe of the CSA at the home of Ingvar Havnen, Norwegian Ambassador, and his family in Ottawa this past January (see photo). The team spent an entire week training on the full sized indoor field at the Ottawa Coliseum Dome and were very delighted with the facility.

Speaking with the players they found the concept of training in different venues across the country a good one. They are very aware of the need to get the excitement of the game out throughout the country. Certainly, the women are achieving very well under Even Pellerud's direction.

Unfortunately, the presence of the National team was not advertised well enough by the CSA. A late news item in the newspaper later in the week gave few opportunities to meet with the team and coaches. There seems to be a consensus among the senior players that they would be delighted to have an opportunity to mix with club teams and coaches when they train regionally.

As professional opportunities develop for women in the game it is crucial not only for the development of the game, but for the personal future of the players, that these athletes take every opportunity to present their names and personalities to the regions across this geographically diverse county. It should be a goal for every region to attract the National Team for a training session. Certainly their coaching and management is extremely open-minded. The old adage "if they build it they will come" certainly applies, here. Present a great practice facility and our National teams will likely be able to join you for a week in your area.

Also pictured above is a strong contingent from Ottawa with Nepean's Charmaine Hooper, Noel Trepanier, the outstanding rookie, Christina Kiss, and Danielle Vella along with the coach of the Ottawa Fury, Andy Nera, who assisted during the week.

We all look forward to following the Canadian Women's National Team in their successes this year. Even's exciting style of direct attacking play is certainly one that is enjoyed by the fans and players.

We look forward to filling the stands wherever we find the team. Keep up the good work!

Sam Kucey

Am I Scholarship Material?

Many student athletes have a very difficult time assessing their ability to obtain an athletic scholarship. There are many reasons for this: the tendency to under-rate one's skill and abilities; the lack of knowledge and information about the scholarship process; the belief that only the elite athlete will be in demand. Fortunately there is a very simple check list that provides a starting point for those young people who are seriously investigating athletic scholarship opportunities:

1. I have a high school diploma and have successfully completed the 13 core academic courses. These are critical to being admitted to university and being eligible to participate athletically.

2. I have prepared for and have written the S.A.T/A.C.T. High scores maximize the number of universities/colleges available. It is also important to remember that requirements for admission to university and courses necessary for athletic participation, are separate entities.

3. I have made a list of possible career choices that interest me. The objective of going to university /college must be to achieve a degree and ultimately a career. The fact that the preceding items have a distinct academic flavour is not by chance. The primary focus must be to graduate with a diploma and to utilize your athletic skill to assist financially in supporting that goal.

4. I have investigated what programs and coaches are available to provide me with the opportunity to maximize my potential. An accurate and honest evaluation by someone who has credibility as a coach not only in the sports area but also with university coaches, is a must.

5. I am open to accessing the best possible academic institutions in keeping with my academic ability, career choices and where my athletic skill level will better provide me scholarship access. The 'athletic nature' [DIV I, II, III, N.A.I.A.] of categorizing schools is just that. Be flexible. If you are fortunate enough to gain admission to John Hopkins, M.I.T. Cal Tech DIV III schools] do not hesitate. Remember career and post graduation opportunities is the focus.

6. I will take time to under-stand what the recruiting coach must face. The recruiting coach has a set budget, short timelines and must narrow the field quickly. The coach must ascertain whether you will be admitted to the school; whether you are serious about attending that school; whether you will make it to graduation; whether you have the skill level to play on the team. Unless you have the acceptable academic credentials [S.A.T/A.C.T/ core courses] the coach cannot spend time and money on a serious recruiting process. Coaches will be looking for athletes with particularly high scores/marks since the coach can then access money from the academic pool where funds are more plentiful and save his/her budget that is limited.

7. I will decide on a strategy to market myself that will not only be cost effective but will maximize my opportunity for placement. Marketing is a critical component. You, your coach, a recruiting service, a placement service are all advocates for student athletes.

The difference is in the depth and extent of the approach. If you and/or your coach plan the marketing be sure to take time to research the academic and athletic programs most suitable; set aside a budget for postage, envelopes, faxes, phone calls, research publications, evaluation components [video tapes, high credibility skill development programs]. If you decide on a professional service look for one that is 'hands on' in approach that provides: an ongoing evaluation/ skill development program with well qualified, credible coaches; S.A.T./A.C.T advice and prep courses; an academic focus; an academic 'best fit' match up to select appropriate schools; an athletic match up to identify appropriate athletic fits; up-to-date information on the N.C.A.A./N.A.I.A.; personal, knowledgeable contacts in specific sport areas to answer questions and to give advice. Finally, it is important to commit to starting immediately to maximize your potential. Student athletes who begin to focus early have a better opportunity for athletic evaluation, skill development, improved academic grades and specific career path decisions. A good education can mean a lifetime of opportunity. An early start enables one to best achieve this objective.

Barry Rowland

Executive Director

*North American Scholarship
Placement Service Inc.*

www.baxter.net/nasp

Toronto, ON

Canada

**SASKATCHEWAN
SOCCER ASSOCIATION**

Search for a Technical Director

The Saskatchewan Soccer Association Inc. is accepting applications for Technical Director, from individuals with an understanding of the value of the non-profit volunteer sector and who want to be a part of a professional team working in a dynamic evolving environment.
Location: Saskatoon

Position: Primary responsibilities- The Technical Director shall coordinate the activities associated with coaching development, grassroots player development, referee development and technical communique related to coaching, referee and player development programs. (Some travel within/outside province is required)

Educational/Experience
Requirements :
Degree in Sports
Administration preferred
Minimum CSA "B" License or equivalent
Minimum 3 years coaching/program delivery at an elite level
Computer skills
Demonstrated interpersonal skills
Effective-time management
Organizational and
communication skills
Basic understanding of the sport delivery system in
Saskatchewan/Canada

Interested candidates must forward their resume including references and salary expectations by **4:30 PM, March 16, 2001** to the:

Hiring Committee
Saskatchewan Soccer
Association
1870 Lorne Street
Regina, Saskatchewan
S4P 2L7
or by fax to (306) 780-9480
or
email to ed@saksoccer.com

Only those candidates granted an interview will be contacted

Coaching Your Team

SOCCER CONDITIONING SESSION

At the November 17th/18th clinic in Ottawa, Jeremy Boone presented to a group of over 70 coaches a session on coaching speed and athleticism in soccer players. He included tips and drills on running form and quickness to the ball including acceleration and deceleration techniques. On Saturday morning, he presented the following one-hour clinic in a gym and it was found to be very useful by the players and coaches.

WARM UP

The session proceeded in typical fashion with the team jogging in pairs around the gym under supervision coach standing in the centre. Three 2½-minute warm ups were interspersed with 30-second stretching sessions, three stretches per session. While jogging the players alternated:

1. skipping
2. butt-kicks, left foot
3. butt-kicks, right foot
4. kicking out right foot and alternately left foot while jogging
5. double butt-kicks with the right following the left foot
6. lateral counting and holding (1-2-3 lateral right and hold for 1-2 seconds; 1-2-3 lateral left and hold for 1-2 seconds)

The three 2½-minute warm up jogs were slowly accelerated in speed in each session. The coach concentrated on encouraging quiet feet and good running form.

FOCUS

The coach uses focusing sessions when the players were chatty or not “good to go”. Everyone came in a circle around the coach and tried to follow his commands. A ½ equals no clap, 1 = 1 clap, 2 = 3 claps, 4 = 4 claps, 5 = a clap on the forehead.

Everyone focuses and concentrates through this 30-40-second exercise and those caught napping do 5 push-ups. The team is then focused, keyed in, “good to go”.

BALANCE SKILLS

1. Players lined up across the gym with the coach at halfway. Bounding forward alternating on the left and right foot holding for 2 seconds on each one with each bound. Going to the end of the gym and then reversing bounding backwards, holding on each foot to 2 seconds.
2. The exercises were repeated with eyes closed. This sorts out the ones that need to work on balance.
3. Red light/green light: running at 70% speed, stopping on first the right foot and then the left foot. Green light “right”; green light “left”; red light “stopping and holding on the foot”. This again was tried with the eyes closed. The coach again emphasized quiet feet, good body form and balance. Balancing on one foot with the eyes closed is an excellent rehabilitation exercise for recovering ankle injuries.

SPRINTING:

STARTING & STOPPING TECHNIQUES

The coach reviewed the sprinting position using the Gambetta format of PAL: Posture, Arms, Legs Position. The start position was emphasized. Opposite arms and legs, forward and back.

1. The players were lined up with right foot forward, right arm back, left foot back, left arm forward. Arms bent, hands straight, fingers pointed, the forward hand then brought back slightly into vision. This is the ideal hand position in sprinting. Positions were then quickly changed from left hand to right hand. An exercise followed following the coach with quick Karate-like motions, changing the positions of the left and right hand as quickly as possible—right hand forward, left hand back, left hand forward, right hand back, working on the upper body/hand position (feet stay still with one foot forward).
2. Then the players started a sprint with a lean forward. They would sprint to a cone 10 yards away. It is critical to teach the lean forward start with small steps before full stride length to optimize acceleration and quickness to the ball. The players would lean forward until their body mass brought them into a start to prevent the drop step problem. Alternate left and right foot starts were demonstrated.
3. Two small hoops were introduced. The players then leaned forward alternately through the hoops on the left and right footsteps, breaking into their full strides after the hoops. This progressed to sprinting off their left and right foot through the hoops to a cone approximately 10 yards away and the decelerating or stopping and reversing direction. Time was spent on coaching deceleration. The main coaching points were the collapse of the body from the hip involving bending from the waist, absorbing the stop through the ankle, the leg, the knee, the hip, and the waist. The technique was corrected.

REACTION DRILLS

(see Diagram 1)

This exercise was enjoyed by the players a lot and many variations can be used.

1. The players line up on cones 7-10 yards apart, in two groups. The designated group (left or right) is the leader. The cones are 15 yards from the end of the gym and a ball is placed 15 yards in front of the cones.
 - a. The players shuffle backwards facing the ball. The designated player breaks first for the ball, the other follows and tries to beat them to the ball. It becomes a one-on-one with the ball finishing to cones or net at the end of the gym. Players jog back along the outside and return to the line. The lead is alternated from left to right after a period of time.
 - b. The players shuffle sideways facing each other reacting to the designated player.
 - c. The players shuffle backwards and another player shows or cones stand between the two players at which point they take off for the ball.

Many other variations are possible varying the start positions to lying down, position of players, etc. The players react off each other and it is an excellent drill for soccer reaction speed. The layers enjoyed this competition.

2. Another reaction series that was used was jumping and bumping. The players jump and bump each others shoulders then head to a ball or cone 10 yards away. Then they switch sides and repeat. Coaching points include quiet feet proper start and deceleration techniques.
3. This same reaction start can involve players pushing each other, jostling from behind, any simulation of game conditions.
4. **The Obstacle Course** (see Diagram 2)—The session was finished with approximately eight minutes of an obstacle course utilizing speed ladder (see Steve Myrland's previous publication in our newsletter for some of the exercises), a slalom flag or cone course (emphasize planting and cutting on the outside foot), backwards and forwards shuffling, hoop run (alternating left and right), and then small hurdles and sprinting to finish through the cones.

The coach's imagination is the limit, here. Good technique should be observed. This can become a team event. You could set up two simultaneous courses for competition. The players can be timed. They can try and catch the player in front.

To summarize, keep it to five or six stations and vary the movement—lateral, quick feet, emphasize the head up with vision, change of direction. Be creative. The ball can be added in to receive passes. A pendulum header can be hung off a basketball hoop.

Remember, throughout the sessions, there are periods of active recovery where the players juggle with the ball or small hurdles with the ball are used.

COOL DOWN

A good jog and stretch was used for the cool down.

The players thoroughly enjoyed the session. It was helpful for coaches to see progress with players' quickness. To monitor your players' improvement think about using times in the off-season, pre-season, mid-season, and end-of-season test such as the Illinois agility test, 10-15 yard sprint times will help to determine progress and give the layers motivation.

Sam Kucey

*Coach, Gloucester Hornets
NSCAC Director*

THE ELECTRONIC WINDOW

Going Live ... Continent-Wide...

In Pittsburgh earlier this year I had a new experience. I presented a live clinic continent-wide for two hours – pretty well on my own!

It was a satellite network broadcast to who-knows-how-many sites – thousands apparently – all across the United States and Canada. Most of the satellite dishes receiving this particular network are in high schools. So the target audience was mainly high school soccer coaches. Set-Plays and goalkeeping were the topics.

Of course, I've made presentations before, and I've done some TV work, but never in these circumstances.

The studio space gave us 10 x 15 yards for the goalkeepers to perform. Not much, but better than nothing.

The thing I found most difficult was talking and demonstrating – I had two young goalkeepers to help me – while taking the cues from the floor director. There were three cameras and a telestrator and I had to be directed this way and that. It didn't go perfectly! Say no more!

I can safely say it was the most difficult clinic I've ever presented, but very exciting!

However, the main observation coming from this experience is this – the world is shrinking fast because of technology. This offers an incredible opportunity for education and training.

The Sports Education Network of Pittsburgh (check them out at www.sportseducation.com) is at the cutting edge of distance learning.

Our own coaches association in Canada, NSCAC, is painfully aware of our difficulties of getting together in a country that from sea-to-shining-sea has a four-and-a-half hour time difference. Canada is the biggest country in the world in terms of landmass. We know we need to plug into the high-tech world if we are going to have any validity as a continuing soccer education body.

Our association website is now a reality (www.nscac.com; put it in your bookmarks), but it needs content.

Websites, Internet communication and SEN-style clinics are the way to the future. We need your help make our coaches association and our website a success. Don't be shy. Let us know what you think. You're the one who can make a difference.

Tony Waiters

Does Your Team Have a Website

Team building is always a challenge for coaches. We are always looking for ways to bring our team together, develop group pride, and share our experiences with others. The game of soccer is ancient and the rules have only changed a little over many years. Modern technology has brought us improvements in footwear and the ball that we play with. The computer is now an important team tool. The new millennium is centered in the computer age and the team "web site" has emerged as a valuable team resource for all to enjoy and learn by.

The percentage of homes with a computer and internet access is growing daily. Before long, such access will be essential for our daily lifestyle for information retrieval, shopping, education and just plain fun.

Soccer teams can build their own team web sites by using special online amateur sports communities like eteamz. Eteamz connects players, coaches, leagues and families to the sports they love.

Recently mentioned in the Wall Street Journal, and named a "Hot Site" by both USA Today and Sports Illustrated For Kids, www.eteamz.com is the leading online sports community. Eteamz brings the excitement of amateur sports to the internet by providing free team and league web sites, tips and drills, communication tools, e-commerce for fundraising, and other services.

Eteamz provided security options for your website so you can restrict certain areas to "members only".

As eteamz community members you can visit soccer sites (and those of many other sports too) all over the world. Players and coaches develop pen pals, arrange trips and friendly games, share news, and experience soccer in different areas with their peers.

Your web site can also serve as a fundraising tool. Eteamz pays \$\$\$ to the top 100 teams and top 100 leagues every month. You can add e-commerce partners to your website for additional fundraising.

What a fabulous way to build pride in your team, make some money and direct your players and coaching staff to personal growth.

Look for someone on your team who will start your page today.

For an active example see www.eteamz.com/emscgu10. Go to the "Favourite Links" page to visit other Canadian team sites in the eteamz community.

Eteamz provides the basic layout for your web site. You just add some graphics, photos, type in some text, add some creativity and you are on your way to a whole new soccer community with your team.

Team management takes on a whole new dimension. All games, practices, news, activities, questions to be polled, even the weather, can be an active part of your site for players to look up rather than call you.

The format improves your image as a well-organized team leader.

The team can use the private "chat room" that is built into their website as a fun way to review a game or just talk about today's music.

Coaches are encouraged to participate and contribute to the comprehensive "Tips and Drills" area. We all have tremendous knowledge that must be shared for the game of soccer to grow.

One simple rule with your website – keep it updated regularly. You will develop new friends who you may never meet face to face, but who will regularly share in your soccer fun, and you in theirs.

If you need any further insight please drop me a note at rjtwidle@sympatico.ca or just go directly to www.eteamz.com and join the family.

Welcome to the new millennium.

Good luck in your soccer and good surfing.

Bob Twidle

Coach

Erin Mills Soccer Club Girls U10

Mississauga, Ontario

NSCAC Director

Editor's Note

The NSCAC is proud to continue its progressive approach in the new electronic world. Our third annual symposium was once again hosted by Nortel (see summary this issue) and we have plans to bring other regional centres on board.

Tony Waiters continues to work diligently towards the ultimate collaborative electronic coaching symposium with small groups of coaches gathered on a regular basis across the country. In Ottawa we were fortunate to have had Shaun Green in as a clinician, recently. Shaun has been very proactive in the electronic world producing the CD Rom series, "Soccer Made Easy". We will be outlining some of Shaun's *Coaching the Coaches* sessions in the next issue. Professor Green recently produced a virtual clinic for coaches in Australia (making space in the midfield). It was thoroughly enjoyed by dozens of coaches throughout Australia. Our own club in Ottawa is looking forward to our first foray into the virtual internet clinic, next month, when Shaun is going to be reviewing shoot and finishing. It will be posted for a week and we will have interaction between our club coaches and Shaun.

This is the future and we certainly have the human resources in Canada to be world leaders in this area. We look forward to your input.

We Are Here For You!

Send us your classifieds, your want ads, human-interest stories, and anything you find relevant for your fellow coaches. We look forward to being able to get news out to and from our regions. We will also be happy to publish article en Français. Send them to our editorial board.

Your Editor

NSCAC Third Annual Electronic Coaches Symposium

The NSCAC was proud to continue to develop its Fall symposium and we had an excellent turnout for our third annual meeting, this past November. We had over 120 members sign up in Ottawa and Toronto. This year our symposium program was very well received. We continued this year on the theme of physical preparation of your players particularly pre-season physical planning. Jeremy Boone a well-known physical trainer aligned with Vern Gambetta's Soccer Fitness Group, continued Steve Myrland's program of 1999. In this issue we include an outline of Jeremy's Saturday morning session as well as a contact for his website for those who are interested in his work and ideas.

Preparation of our young athletes for their seasons and in particular the importance of "Recovery" for our athletes was reviewed in detail at the Saturday afternoon symposium.

Ton LaFerrera, our Director of Coaching, presented some excellent detail on coaching the defensive backs with particular emphasis on the flat back four. Tony provided handouts and an excellent video-enhanced presentation to demonstrate his points.

Even Pellerud was interviewed by Steve Johnson, the Ottawa GeeGees coach, on a 40-minute video presentation. Even shared his defensive match analysis strategy techniques with the audience utilizing video clips of Canada's draw with the USA team in Kansas City. Even has promised to come back to subsequent NSCAC symposiums and we look forward to his refreshing presentations and his continuing success with the Canadian Women's National Team. Look for him at the Saskatchewan Symposium next month.

Lauren Gregg gave an excellent presentation live from the University of Virginia on "reading" the game. Lauren provided a checklist for strategies in analysing match play. Despite a few video glitches the feedback from coaches was very positive.

Rick Morandini reviewed the Ontario Head Coach programme and we had good discussion among the groups in Toronto and Ottawa.

We have an excellent list of potential clinicians this year including Vern Gambetta and Tony DiCicco. The program with clinics the night before and morning of the symposium has proved to be of great interest to coaches in the Ottawa area. It is our intention to implement a similar plan in Toronto, which will include a Saturday morning clinic prior to the symposium for the Toronto-based coaches. Ken Mc Guinness of Delta Publishing will be helping organizing this in the Toronto area and I am sure he will welcome volunteers.

Finally we thank Colin McCurdy, the E.O.D.S.A. technical directory, in Ottawa for his excellent presentation on individual defending. We will be presenting that clinic in our next newsletter.

Remember coaches; we have the opportunity to publish our clinics in World Class Coaching, which we hope to be able to make available to every member in their membership. Please send your membership fees in early so you don't miss an issue.

The executive looks forward to continuing to serve you in any way possible.

What we would like to see at the NSCAC Symposium is more regional representation once again electronically hooking up such centres as Vancouver, the Prairies, and the East Coast. It is a great opportunity to participate in the coaching fraternity of this great sport. We look forward to your help.

Sam Kucey

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

Name: _____
Address: _____
City: _____ Province: _____
Postal Code : _____
Phone: (Res.) _____
(Bus.) _____
Fax: _____
Email: _____

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)
- \$ 20.00 NSCAC subscription to World Class Coaching (\$70.00 value)

_____ TOTAL

Send cheque or money order (Canadian funds) to:

**NSCAC Membership
80 Nashdene Road, Unit 59
Scarborough, Ontario
M1V 5E4
Tel: (416) 291-7184
Fax: (416) 299-4354
Email: nscac@ibm.net**

(please include survey - see page 14 - with application)

***BRYST INTERNATIONAL
SOCCER CLINICS***

The Fifth Bryst International Coaches' Clinic will be held in Toronto on April 27-28, 2001. The guest coach is the Technical Director of the Italian Football Federation, Franco Ferrari. Franco is a former professional player in Italy and has been the T.D. since 1987. He trains all the top coaches and managers in Italy. Please call Bryst International at 905-898-8141 for further information.

Bryst International and Lac St. Louis Regional Soccer Association are conducting an International Coaches' Clinic in Montreal from May 3-5, 2001. The guest coach is the Chairman of the U.E.F.A. Technical Committee and former Czechoslovakian National Team Coach, Josef Venglos. He works with all European Nations in training their top coaches. Please call Dean Howie at Lac St. Louis at 514-631-5603 for further information.

SASKATCHEWAN SOCCER ASSOCIATION

*2001 Annual
Coaches and Referees Symposium
10th Anniversary*

April 21, 22, 2001

To kick off the true soccer millennium and the 10th anniversary of the Coaches and Referees Symposium, we are presenting you with the Canadian Women's World Cup Coach

EVEN PELLERUD

Joining Even is retired FIFA Official

BOB SAWTELL

Other Special Presenters include:

MIKE HUDSON

Registration fee: \$15.00

NATIONAL SOCCER COACHES ASSOCIATION OF CANADA

Membership Survey
(Please circle your choices)

Name:	NSCAC #	
Address:	City:	
	Province:	Postal Code:
E-mail:	Phone : ()	Fax : ()

COACHING ACTIVITIES

1. Age level ____ 2. Recreational 3. Competitive 4. Female
5. Male 6. High School 7. Professional

Other Sports Coached: _____

Playing Experience: _____

Years Coached: _____

Coaching Levels/Qualifications: _____

PREFERRED COMMUNICATION

1. I would prefer to receive my newsletter by:
a. e-mail b. direct mail c. with my inside soccer
2. I prefer to have Inside Soccer as a part of my membership
3. I would like to subscribe to Inside Soccer as a separate item (less savings).
4. I already receive Inside Soccer through my club or another source.
5. I would like to see World Class Coaching as part of my membership subscription.
6. I would like to subscribe to World Class Coaching as a separate item.
7. I have used the website (www.nscac)
8. I anticipate using the website
9. I anticipate communicating suggestions for the website

COACHING

The NSCAC will be offering a one-day coaching clinic in Toronto free of charge to all NSCAC members, this July 2001.

1. I would like to attend the meeting
2. I would attend a similar clinic if it was available regionally
a. Vancouver b. Calgary c. Winnipeg d. Montreal e. Halifax
Other: _____

The NSCAC coaching staff will be providing staff for coaching continuing education sessions.

1. I would be willing to participate as a:
a. Volunteer b. Regional organizer of events c. Clinician
Other: _____
2. Helping the executive positions from a regional standpoint in:
a. Membership b. Sponsorship (corporate relations) c. Coaching instruction
Other: _____

SYMPOSIUM

Video Electronic Coaching Symposium – November 17, 2001

1. I would like to participate in the 4th Annual Symposium
2. Preferred center : _____

COMMENTS AND SUGGESTIONS

Please return to
Sam Kucey
239 Argyle Avenue
Ottawa, ON K2P 1B8
or
By fax: 613-238-7822