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ON THE BALL



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Volume 2, Issue 1

Manitoba Soccer Association – Technical Newsletter

October 2007

All systems GO!

Thank you all for your positive feedback on our first newsletter – we hope all issues of this new initiative are informative and entertaining and we actively encourage you to forward any ideas or items that you may wish to see included in future issues.

The months of September and October are particularly busy for the technical department as we have five programs all commencing again.

- The MB Games tryouts saw us go out to five of the seven regions of MB again as we look to develop grassroots soccer rurally across the Province.
- The Regional Training Center/National Training Center programs started up again – (full list of players in this falls program on Page 4)
- The Provincial Program kicks off again in earnest with our new concentrated get togethers three –year plan starting October 12th-21st to avoid club conflicts. (Full list of this years Provincial Staff on page2)
- Winnipeg hosted a CSA U12 talent Development Camp with Sean Fleming coming to town which was a great success and very well received. We are one of only three Provinces actively working with the CSA on grassroots initiatives such as these to work with players at younger ages in line with Long Term player Development guidelines set out by the CSA.
- Finally, our newest initiative yet – a Pre University program aimed at the U17-U18 age bracket starts late this month and is designed to help some of our most aspiring players attract university scholarships and showcase their talent to its’ fullest potential.

We also have the Sport MB Coaching Super Seminar .In conjunction with WYSA we will be presenting 2 topics at the event... full details are on page 5 with registration details. Exciting times for all ages and abilities in Soccer in Manitoba. Enjoy!

ALSO....Inside This Issue

2	Upcoming Events
3-5	Robert Gale - 3 Favorite Practices
7	Coaching MB – Super Seminar featuring PAT QUINN

Developing Grassroots Soccer



The Manitoba Soccer Association, in conjunction with Sport Manitoba, have been promoting grassroots coaching and player development in preparation and build up for the 2008 Power Smart Manitoba Games to be held in Carman in the Summer of 08.

Five of the Province’s seven regions held tryouts in the spring for players aged U12 that were instructed by Technical Director Robert Gale and MB Games MSA representative Patrick DiStefani.

The aim of the tryouts was to narrow down potential players for the Games but also to expose players to a level of coaching and development that would benefit all that attended. Each region then worked with the players and held camps and clinics to develop the players. This was followed this fall by another open tryout to further screen and select players and also select coaching staff for each region. From now until next summer the coaches have been given detailed coaching manuals and instructions on what to work on with their players and eventually after a closed tryout next Spring 18 players from each region will be selected to play in the 2008 Power Smart Manitoba Games.



Technical Director Robert Gale says he is delighted with the initiative and the impact it is having. “It is a great pleasure to work with all regions in Manitoba especially at the grassroots level where there is such a need for development of both players and coaches. Patrick Di Stefani added “All regions worked hard to make sure that the tryouts and camps/clinics were a success and the whole program will aide coaches and player development at Grassroots Level – it has been a lot of fun and the games are going to be a great event.”

“It is our hope that not just the rural areas, but all regions of Manitoba continue to seek more opportunities for player and coach development clinics and licensing so we can build on what has been a very positive experience for all these past few months,” commented Gale.

If you are interested in hosting license courses, player or coach development clinics please contact our Technical Programs manager Michele Comeau or visit our website for further details @ manitobasoccer.ca or Sport Manitoba @ www.sport.mb.ca.

**The Manitoba Soccer Association (MSA)
2007 Annual General Meeting will take place on:
October 20, 2007
9:00 a.m. Registration
10:00 a.m. Business
Meeting Room 227-229 - 200 Main Street**

In regards to any appointment of delegates the MSA has sent members the prescribed form along with the complete information package thirty days prior to the AGM. Board of Directors positions open for election are President; First Vice President; Director of Finance; Second Vice President Youth B; Second Vice President Senior Women; Second Vice President Referees'; Second Vice President Regional Development; Director B, Director C. Nomination Forms and Nominee Profiles have been received in the MSA office and information has been forwarded to the MSA Members.

Stonewall Rams will host the Provincial Rural High School Soccer Tournament on Friday, Oct 19 and Saturday, Oct 20

**Location - Stonewall Soccer Complex
500 Main St**



Football Funnies – REFEREES

Reasons to become a referee: Suggested by a coach

You love football, but can't quite understand the rules

You have the strange desire to run aimlessly around in the wind, rain and snow

You love the sound of verbal abuse

You find it hard to make decisions and whenever you do you're always wrong



**DEFINITION OF
A GOOD REFEREE**



- 1) Must be fair
- 2) Must be consistent
- 3) Must make correct judgments
- 4) Must be able to stay in control
- 5) Must award your team at least two penalties and give out two red cards to opposition players

Provincial Coaching Staff 2007/2008

U13 Girls:

Head Coach: Werner Mueller

Assistant Coach: Curtis Sparrow

Developmental Coach: Emma Hauch

U13 Boys:

Head Coach: Patrick DiStefani

Assistant Coaches: Ron Jacobsen – Fidel Vergara

U14 Girls:

Head Coach: Jorge Diaz

Assistant Coach: Lesley Milne

Developmental Coach: Sara Korocsil

Manager: Kellee Scott

U14 Boys:

Head Coach: Jim Zinko

Assistant Coach: Dawn Bryan

U15 Girls:

Head Coach: Andres Hernandez

Assistant Coaches: Julio Rivas – Ramona Rohringer

U15 Boys:

Head Coach: Constantin Ignat

Assistant Coach: Brett Carter

U16 Girls:

Head Coach: Robert Gale

Assistant Coaches: Jen Roe - Malcolm Mitchell

Manager: Pat Roe

U16 Boys:

Head Coach: Pedro Daza

Assistant Coach: Ron Jones

Manager: Wanda Daza

Pre University Program Director: Ian Harrison

Coaches – Pedro Daza – Stacey Mcleish

THE PRACTICE PAGES

THE PRACTICE PAGES

Manitoba Soccer Association's Technical Director, Robert Gale, shares with you three of his favorite practices working with players at different age and ability.

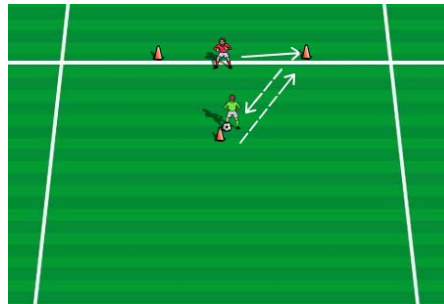
DRILL ONE:

Technique Under Pressure

The idea behind these drills is for players to work on basic techniques - increasing in difficulty - under pressure (i.e. working for 1 minute solidly without rest).

Look for players who can still perform basic skills when fatigued

Organization:



Players work in pairs facing each other approximately 5 yards apart

One partner stands between two markers - 8 yards apart

Green passes to marker on red players left as shown above – red player shuffles quickly and plays left footed pass back to green.

Green then passes to marker on right side of red and they shuffle right across to play back with right foot.

Drill continues working alternate feet, on alternate sides (change after 1 minute).

Progressions:

1/ Green serves from hands and Red has to volley back with the inside of the feet into hands

2/ Red must use outside of the feet to volley back – so right marker they twist sideways and use left foot – left marker they turn and use outside of the right laces (quite complex).

3/ Green now serves the ball centrally each time and red has to control ball with inside of the foot – across their body to markers – they then play back with opposite inside foot. i.e. control with inside of the right to left marker then play back with inside of left foot.

4/ As with 3 but now control with outside of the foot and play back with opposite inside foot.

5/ Control across the body with thigh-play back on volley with opposite foot (younger players may allow ball to bounce towards marker before playing back with inside of the foot)

6/ Control with chest across the body and play back on volley (or after bounce for younger players) with inside of the foot – alternate sides as with all previous drills.

Coaching Points:

Quality of first touch

Quick lateral movement and adjustment of body shape to play

Quality of pass back – be it a volley or standard pass - firm and accurate

Players must be able to perform consistently and at pace for the entire minute – quality should not dip when fatigued. The best players maintain concentration and consistency even when mentally or physically tired.

Variations

Instead of players moving laterally; increase fatigue level by getting player to perform task in between each volley i.e. laces volleys with alternate feet but in between each volley – players must make five quick steps on the spot. **Progress** to player must spin between each volley – this helps technique and reactions when disorientated.

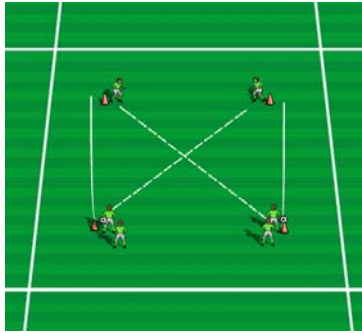
Progress to player must squat or sit down and then stand up between each volley – this works on length strength and is extremely tiring- reduce timeframe for younger players i.e 40 seconds on-40 seconds off.

Progress to player must lay flat on back in between each volley – then flat on stomach.

There is an element of fun in these but also very fatiguing and challenges players by bringing them out of their comfort zone - whilst slightly unrealistic it does create game like situations – disorientation, fatigue, striking when off balance. Use your own variations. Best part of all players gets tons of repetition at high speeds and under pressure. The server dictates the tempo of the drill and therefore can impact the working players' improvement by working them hard.

DRILL TWO – Passing and Moving – Premier level to Senior

Passing & Moving



Organization:

Groups of 6 in a 10x10 yard square as shown above

Ball starts where two players are in the same corner. First player passes diagonally across the square but runs straight to corner opposite the one they are facing (as shown by solid line). Player opposite controls and passes back diagonally before running straight and drill continues.

Progression:

Once players have got used to playing diagonally and running straight, see if they are able to go to 1 touch play.

Coaching Points:

Weight of pass is crucial – especially when players go to 1 touch only

Accuracy of pass is essential to fluidity of drill

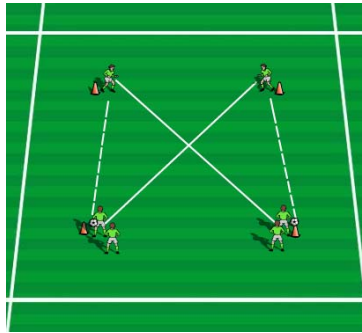
Quick movement after your pass to be ready for next pass

Open up body shape on your run in order to play first time back to opposite corner

Play on front foot – this should allow for playing with alternate feet and sharp lateral movement between markers.

If done at correct pace players will continually move and ball will not stop moving along with the players.

(8 minutes total) Use stoppages every 2-3 minutes to bring in coaching points



Organization:

Groups of 6 in a 10x10 yard square as shown above Ball starts where two players are in the same corner. First player passes straight across the square but runs diagonally to corner at opposite side of the square (as shown by solid line). Player opposite controls and passes back straight before running diagonally and drill continues.

Progression:

Once players have got used to playing straight and running diagonally across the square, see if they are able to go to 1 touch play.

Coaching Points:

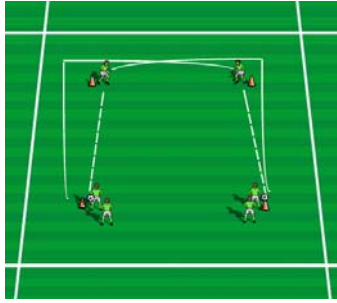
Difficulty for the players is the spatial awareness change and mentally swapping diagonal and straight passes and runs.

As with previous drill for weight and accuracy of pass

Quick movement after your pass as they are running through center of grid

Open up body shape on your run in order to play first time back to opposite corner and **Play on front foot** If done at correct pace players will continually move and ball will not stop moving along with the players.

(8 minutes total) Use stoppages every 2-3 minutes to bring in coaching points



Organization:

Groups of 6 in a 10x10 yard square as shown above. Ball starts where two players are in the same corner. First player passes straight across the square but runs diagonally to corner at opposite side of the square- this time overlapping the player they pass to before continuing on to opposite corner (as shown by solid line). Player opposite controls and passes back straight before running diagonally with overlap and drill continues.

Progression:

Once players have got used to playing straight and running diagonally across the square, see if they are able to go to 1 touch play.

Coaching Points:

As with previous drills for weight and accuracy of pass

Play in front of the running player when drill gets going so inside of the marker so player may play on front foot as they run.

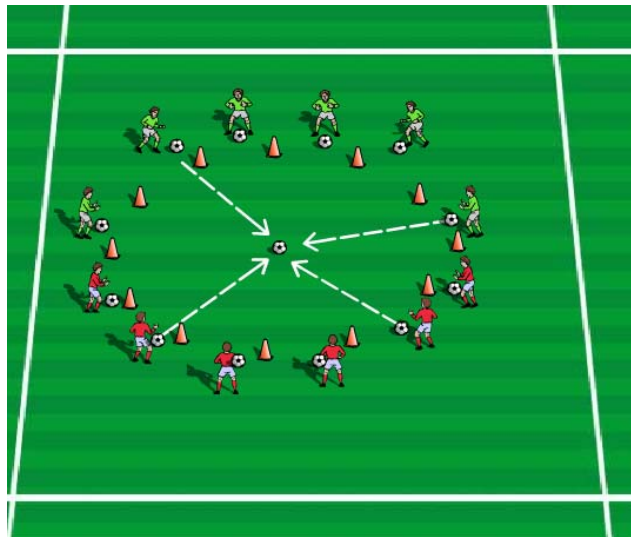
Quick movement after your pass as they have to get around the outside of the square

Open up body shape on your run in order to play first time back to opposite corner

Play on front foot – this drill will allow players in one corner to use left foot all the time and other side to use right foot all the time – change direction of run after two minutes to allow players opportunity to use opposite foot

If done at correct pace players will continually move and ball should arrive at the corner as the player does making this exercise in particular a very good workout (5 minutes total)

DRILL THREE
MINI KICKERS Passing Game: PINBALL



Organization:

Two teams make a circle separated down the middle as shown above

Every player has a ball with a different colored or marked ball (the pinball) in the center

Players pass their ball and have to try and hit PINBALL so that it goes out of the circle in the opponents half.

Players collect balls that get fired into their half and keep aiming for the pinball until one team wins.

Coaching Points:

Use the inside of the foot

Lock the ankle and follow through to PINBALL target

Fetch balls quickly and make sure you aim from outside the circle – no one can actually kick the PINBALL.

Progression:

Condition passing foot if ability allows.

Increase diameter of the circle to make players pass a greater distance –if ability allows

IF THERE ARE ANY DRILLS OR CONTENT YOU WISH TO SEE ON THE PRACTICE PAGES PLEASE CONTACT
rob-gale@shaw.ca

RTC/NTC Selected players – FALL 2007

These are the players who were selected by Canada's national team Staff and Scouts based on their performances for MB Provincial teams at the Rocky Mountain Cup and All Star Competitions. Congratulations to all of the following for their selections.

Ryan	Greencorn	Michelle	Hamilton
Dylan	Carreiro	Kayla	Jacobsen
Moses	Danto	Jennifer	Loewen
Ali	Musse	Nikki	Tamoto
Riel	Moar	Brittany	Wheeler
Ryan	Le Grand	Chandra	Morden
Delaney	Radcliffe	Oleg	Andruschshyn
Megan	Castro	Jorge	Barahona
Taylor	Kidd	Sean	Dong
Christine	Pura	Tyson	Farago
Michael	Allieu	Amos	Ganyea
Kyle	Moraldo	Andrew	Kliment
Rhys	Hansen	Greg	Kulczycki
Alison	Clarke	Ezequiel	Lubocki
Ben	Allen	Mujtabi	Sharifi
Andrew	Benga	Stephanie	Berube
Alex	Haiart	Amy	Harrison
TJ	Schultz	Rachel	Rathbone
Mitch	Sumka	Devon	Pearce
Scott	Vieira	Catalina	Clavijo
Alaina	Foderaro	Sheri	Hince

NTC POTENTIAL PLAYERS LISTED IN RED

COACHING STAFF: ROBERT GALE: CONSTANTIN IGNAT AND WILLIAM ROSALES

2007 Super Seminar for Coaches
Saturday, October 20, 2007
Maples Collegiate & Maples Multiplex

Coaching Manitoba strives to recognize coaches from grassroots to high performance levels in the province of Manitoba. We are pleased to present the 2007 Super Seminar for Coaches.

Coaching Manitoba and its partners will once again host this one-day conference focusing on community, school, and developmental coaches. Registration is **\$65.00**, which includes a light lunch with your choice of general or sport specific sessions throughout the day.

[Click here for more details.](#)

Coaching Manitoba is pleased to announce that

Pat Quinn

former NHL and Canadian Olympic Coach

will be delivering this year's Keynote Address.

This years Super Seminar Session Topics will include the following:

General Session Topic Areas:

“Team Building”

“Pre-Season Cardio Fitness”

“Motivate & Engage: You & Your Athletes”

“Power Explosive Exercises”

Sport Specific Session Topic Areas:

Basketball

“Using & Defending Ball Screens”

“Concepts in Teaching Zone Offense”

Soccer

“Introduction to Grassroots Coaching”

“Coaching the Principles of Play using small sided games”

Hockey

“Puck Control”

“Small Area games”

Please visit www.coachingmanitoba.ca for all the details and to register TODAY



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