

From: LNYSA Coach Admin <coach@lnysa.org>
Subject: Fwd: LNYSA Coach-To-Coach News Letter - No. 3
Date: September 18, 2008 10:57:15 PM PDT

Coach-To-Coach News Letter



LNYSA Coach-to-Coach

September, 2008 - No. 3

Dear Sandee,

Watch the [video below](#). Make sure your assistant is sitting down and enjoying the game this Saturday!

Sincerely,

LNYSA Coach Admin



IN THIS ISSUE

[Ban the "Three L's"](#)

[Coaches Box](#)

[U8 Training Resources](#)

[Friday Night Skill Sessions](#)

[Photo Day](#)

[R8 Referee Class](#)

[Coaching Tip](#)

Coaching Philosophy - Ban the "Three L's"

(Adapted from USYS Web Site Coaching Resources)

Anyone who has attended a coaching clinic has probably heard of avoiding the three "L's"- Lines, Laps, and Lectures. Unfortunately that was how many parents experienced sports as a participant. Modern methods of coaching youth place emphasis on "game activities" rather than "drills". Game Activities are easily understood childhood games that have the element of a ball added.

When we have young players standing in line "waiting their turn" we are wasting valuable training time. Kids like and need action in their activities and who likes to wait in line? True, "drills" with lines are sometimes easier for the novice coach to organize, but often behavior problems occur when young players are idle.

Take a lap. Almost every athlete has heard that phrase from his coach. Many coaches think of soccer as an endurance sport so it figures that lap running is an ideal warm-up. Unfortunately good lap runners do not equate good soccer players. A far more effective method of training soccer players would include the ball and game activities as the warm-up. As fitness training lap running is not ideal because soccer is not played at a consistent pace throughout the match. Soccer is a game with periods of standing, walking, jogging, and all out sprinting- training should replicate this type of action.

When do we get to play? A minute sitting down is FOREVER to a child. The "want" to play coupled with a shorter attention span requires coaches to use activities that are "action packed" with brief (10 seconds) instructions.

Finally, make sure you have the big L at every practice and game - LAUGHTER. If the players are silent, odds are they're not having fun. Laughs, screams, giggles and noise are what coaches need to hear, that way you know that the

activity is FUN. And that's the object of sports.

Coaches Box

You all know that the Coaches are not supposed to be wandering up and down the touch-line. Stay within 10 yards either side of the half-way line and stay back from the line so the A/R can see down to call throw-ins correctly. Please make sure your parents don't wander over to the other side and start yelling from that side. Tell your parents to bring a chair and sit back from the line on your team's side. A quick rule of thumb for the boundaries of the coaching area is the top and the bottom of the center circle (thanks Jay!). Use this hint if the box is not marked.

U8 Training Resources

Here is a list of age appropriate training resources for U8 coaches:

Session Plans

[Passing](#)
[Receiving 1](#)
[Receiving 2](#)
[Striking the Ball](#)
[Some Principals](#)

Videos

[Dribbling - Body Parts](#)
[Dribbling - Fish](#)
[Dribbling - Freeze Tag](#)
[Dribbling - Red Light Green Light](#)
[Passing - Gate Keeper 1](#)
[Passing - Gate Keeper 2](#)
[Passing - Gates](#)
[Passing - Marbles](#)
[Passing - PacMan](#)
[Striking](#)

Friday Night Skill Sessions Starting Fri. Sept. 26th

By popular demand, Friday night skills training sessions are back. Major League Soccer Camps will be conducting skills training sessions for ALL players at [Bear Brand Field](#), starting on Friday, September 26. Two sessions each Friday - 5:30 pm to 6:30 pm for U10 and below; 6:30 pm to 7:30 pm for U12 and above. Invite your players to come down for some great ball handling activities. Coaches, come down to get some great ideas for practice activities.

Photo Day - Sunday October 5



Photo Day, will be Sunday October 5 - Coaches remember to get a special 'buddy' picture with their child. Schedules will be posted to the web site.

R8 Referee Class Coming Up

We have an R-8 class coming up on Sept 28 at the CVCC - View Room. All AYSO referees from last year or before can attend and get the USSF R-8 badge. This is a great opportunity to get a badge that allows you to referee in multiple leagues. Plan on attending this if you already have an AYSO badge.

Noel Shenoi

Coaching Tip

This block contains a coaching tip for our coaches. Please [send us](#) any coaching tips you have that you want to share!
- Thanks to Klaus Bellinghausen for the idea!

Today's Tip: Give the game back to the kids

The game is for the kids - The practice is for the coach. There is no point in continuously shouting instructions to your players from the sideline. You are simply putting pressure on your players and stopping them from being able to think for themselves. The game is an opportunity for players to be creative and to solve their problems as a group and as individuals. You get your chance to help the players before the game, during half time, and prior to player substitution. Give the game back to the kids. Watch and enjoy how they develop.

We hope you find the content of the first LNYSA Coach-to-Coach news letter useful and interesting. We are planning to cover the following topics in the future:

- U10 Session Plans and Activities
- Guided Discovery Approach to Coaching
- YM1 Coaching Class

Please [email](#) us if there are other topics you like to see in the future or would like to contribute an article to the news letter.

Sincerely,

Coaching Staff
LNYSA