

**From:** [Kansas Youth Soccer](mailto:coaching@kansasyouthsoccer.org)  
[coaching@kansasyouthsoccer.org](mailto:coaching@kansasyouthsoccer.org)  
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## Welcome to the Kansas Olympic Development Program (ODP) Newsletter.

Throughout the course of this year, this E-Newsletter will be sent out to all participating players in order to provide you with news and updates on the Kansas ODP program. If there are certain news or items of interest which you feel would benefit you or all participants of Kansas ODP, please feel free to e-mail suggestions and/or updates.

Thank you.

Mark Sheldon  
Director of Coaching  
Kansas Youth Soccer

### CONGRATULATIONS AND BEST WISHES!

Kansas ODP players are selected to participate in the following events with the Region 2 ODP Teams:

1992 Boys - to NCAA Final-4 Showcase - Cary, North Carolina Dec. 10-13, 2009

Jon Kankam (Lenexa)

Samuel McCrillis (Shawnee)

Doug Stevenson (Leawood)

1993 Boys - to Fall Inter-Regional - Orlando, FL Dec. 26-30, 2009

Nicholas Besler (Overland Park)

Ari Velasquez (Wichita)

1994 Boys - to Fall Inter-Regional - Orlando, FL Dec. 26-30, 2009

John Lujano (McPherson)

1995 Boys - to Fall Inter-Regional - Orlando, FL Dec. 26-30, 2009

Seo In Kim (Overland Park)

1993 Girls - to Fall Inter-Regional - Coral Springs, FL Nov. 20-27, 2009

Emily Lillard (Overland Park)

The Inter-Regional events are a step closer to the US National Team. US Soccer's National Team coaches will be in attendance during the Inter-Regional to watch the best players from each Region compete and train. Players from the Inter-Regional will then be selected to participate in US National Team training camps and events.

Congratulations and best wishes to all the Kansas ODP players selected to the Regional Teams!

## WHAT'S CHANGED WITH KANSAS ODP?

There have been some changes to the Kansas ODP program this year - some are minor and some are more major.

First change was moving towards a "tryout" phase. We scheduled two tryout dates - August 8 and November 14 for ALL players and age groups. The change will place players in a situation where they know they are being evaluated and therefore must perform otherwise they may not be selected to continue on in the program. This is much like being evaluated when at Regional ODP Camp and the Regional Coaches are evaluating players all the time.

Second, the younger age groups (96, 97, 98+) had more opportunities in the initial stage to train in our Centers of Excellence Academy trainings which introduces them to the ODP process as well as receive the type of training environment at the ODP level to improve their technical and tactical abilities. The feedback on the C of E Academy trainings have been very positive. In the future, we will look to possibly add C of E Academy trainings for older age groups as well.

Third, Kansas ODP has moved to a second phase of trainings and games with ONLY the State Pools. After tryouts and the C of E Academy trainings, players will be named to the Kansas ODP State Pools which allows the best of the best to continue training and compete in games/events before being selected to the FINAL Kansas ODP State Teams in March. The Final State Teams will then attend the Regional Camp in July - Boys at the new Overland Park Soccer Complex in Kansas; Girls at NIU in DeKalb, Illinois.

These changes have the added benefit that players will train and compete with and against players of like abilities or better. Families only pay as they advance which will minimize costs in the long term.

For dates, times, sites, etc. about ODP events, please use the Calendar link off the website - <http://www.kansasyouthsoccer.org/>.

From the Main Menu, scroll down to "Calendar" and select either ODP Boys or ODP Girls. A monthly calendar will show up. In the right corner, you can click on "Agenda" and it will display events in a list view of the upcoming events for ODP.

Your age group has an administrator who will send out periodic e-mails to the age group to provide specific details, especially about ODP events like tournaments, games, trainings, and camps. Please make sure your e-mail is correct. To view the Administrative Staff, please visit our website at - [http://www.kansasyouthsoccer.org/ODP\\_Administrators.php](http://www.kansasyouthsoccer.org/ODP_Administrators.php)

If you need questions answered, please call the State Director of Coaching (Mark Sheldon) at the Kansas Youth Soccer office - 913-782-6434 ext. 502.

## CENTERS OF EXCELLENCE ACADEMY TRAININGS CONCLUDES!

In October, the Kansas ODP Centers of Excellence Academy Trainings will come to a conclusion. Players from the Wichita, Topeka, and Kansas City areas were able to receive four training opportunities through the months of September and October. There are only two trainings left - Oct. 23 (KC) and Oct. 30 (Topeka). If you would like to attend either, there is still time.

If you are or know someone who should be in ODP, register and take the next step towards becoming a better soccer player.

[http://www.kansasyouthsoccer.org/ODP\\_registration.php](http://www.kansasyouthsoccer.org/ODP_registration.php)

## KANSAS ODP STATE POOL PHASE

After the November 14 tryout in Emporia, KS (TRYSA Soccer Complex), the STATE POOL players will be selected. If you are fortunate enough to be selected to the Kansas ODP State Pool, you will continue on to the second phase of the program. Being a member of the State Pool requires even more commitment from you and your family. Besides the fee, you are expected to attend and participate in each event that you are selected for. Conflicts and absences should be minimal. The following schedule will provide you a guide to planning out the upcoming winter months. You need to attend as many of these events as possible in order to provide yourself the best opportunity to be selected to the FINAL Kansas ODP STATE TEAM.

To help the ODP staff plan accordingly, please click here - [ODP Survey Form](#) - and answer a few questions prior to the November tryouts.

Dec. 12 & 13 - Oklahoma ODP Friendly (Weekend Event)  
Jan. 2 & 3 - Nebraska Freeze (Invited players only)  
Jan. 24 (Girls) - Training @ Ottawa  
Jan. 31 (Boys) - Training @ Ottawa  
Feb. 6 (Boys) - 2 Winter League Games  
Feb. 7 (Girls) - 2 Winter League Games  
Feb. 14 (Boys) - Training @ Ottawa - PREVIOUSLY SCHEDULED  
Feb. 21 (Girls) - Training @ Ottawa - PREVIOUSLY SCHEDULED  
Feb. 27 (Girls) - 2 Winter League Games  
Feb. 28 (Boys) - 2 Winter League Games

## TIP OF THE MONTH

### 10,000 HOUR RULE

The old adage or saying "Practice Makes Perfect" is actually false. Practice makes permanent, therefore when you practice, consider whether you are doing it correctly or not because whatever it is that you choose to do, it will become a more permanent part of your game. The correct adage should be "Perfect Practice Makes Perfect."

Clearing up the semantics of the cliché regarding practice, there is some good news regarding your ability to become an expert or master at certain skills within the game. While some of us are gifted with natural physical tools within the game - i.e. speed, height, agility, etc. - it's not always these innate talents or genius that will make you a success in mastering the necessary skills of soccer. It is rather the hours that you put in, which means that ANYONE can do it. It is the principle of the 10,000 Hour Rule.

### WHAT IS THE 10,000 HOUR RULE?

The 10,000 Hour Rule is just that. It is the idea that it takes approximately 10,000 Hours of deliberate and correct practice to master a skill. If you break this down to simpler terms, it means it would take 10 years of practicing 3 hours each day to master a particular skill. You can work out

how many hours you have already achieved and calculate how far you need to go. Your goal should be to achieve at least 10,000 hours.

The greatest athletes, entrepreneurs, musicians, and scientists emerge only after applying the 10,000 Hour Rule to their specific fields. Take the examples of this obsessive approach by sporting icons like Tiger Woods in golf and the Williams sisters in tennis. Mozart didn't spend his free time texting and playing XBOX360.

In a research by the man who came up with the 10,000 Hour Rule, Anders Ericsson in the 1990s ranked three groups by the level of excellence each achieved. His conclusion - Elite put in about 10,000 hours of practice; the Good put in about 8,000 hours of practice; and Average put in about 4,000 hours of practice. No one fast-tracked and achieved mastery without putting in the hours.

### HOW DOES THIS RELATE TO YOU AND YOUR SUCCESS IN SOCCER?

First, if you are going to dedicate yourself to mastering the skills necessary to become an elite (Professional or National Team player) soccer player - committing to 10,000 hours of practice or 10 years (3 hours per day), you must have a PASSION and the SUPPORT to practice that many hours. People who have consistently been good at things in life have typically been very passionate about it as well. No one pushed or prodded them to spend more time doing it. Without passion, your 10,000 hours will be a painful journey and unlikely to be reached. Parents and Coaches need to be supportive and not force players to reluctantly practice. Instead, if we can instill a passion for the game and a strong work ethic, generally everything else will take care of itself.

Second, realize that not every athlete or soccer player will train for 10,000 hours or become a Professional player. If it was that easy, everyone would be playing professional soccer or on the National Team. However, if you feel that you have the passion necessary to spend the required amount of hours to practice, it is probably your best chance at success. You must develop an appreciation for practice or more correctly, PERFECT PRACTICE!

So if you don't make the State, Regional, or National Teams, the issue may not be "the coaches/staff didn't like me" rather the issue may be the number of hours you put into practicing.

For more information on the 10,000 Hour Rule, read the book "Outliers: The Story of Success" by Malcolm Gladwell.

## US SOCCER & EA Sports offer Interactive Training Online

Click on the link to the US Soccer website to view the EA SPORTS Interactive Training for soccer presented in association with U.S. Soccer.

<http://interactivetraining.easports.com/soccer/home.action>

Whether you've been playing soccer for many years or you're new to the game, players of all ages and abilities need to practice. EA SPORTS and U.S. Soccer have partnered to develop this resource which provides technical instruction and basic drills for soccer

player's age 8 to 12 years old.

This website is a guide to helping players improve their technique and ability in the sport of soccer.

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