

From: [Kansas Youth Soccer](http://www.kansasyouthsoccer.org)
To: coaching@kansasyouthsoccer.org
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SEPTEMBER, 2009

Welcome to the Kansas Olympic Development Program (ODP) Newsletter.

Throughout the course of the upcoming 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

CENTERS OF EXCELLENCE ACADEMY TRAININGS BEGIN!

In September, the Kansas ODP Centers of Excellence Academy Trainings began at four different locations throughout the state of Kansas for the youngest ODP age groups (96, 97, 98+ Boys & Girls) in Topeka, Wichita, Salina, and Kansas City. For the dates and sites at each C of E Academy, please visit our website - <http://www.kansasyouthsoccer.org/> and under the Main Menu, click on the "Calendar."

If you are a registered ODP player (96, 97, 98+) and haven't signed up for the C of E Academy in your area but want to attend, please sign up by clicking and completing the following link to [SIGN UP FOR C of E ACADEMY.](#)

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

Players attending a C of E Academy Training should bring their own properly inflated soccer ball and water. If players have an ODP numbered shirt, they should wear them. Otherwise, wear appropriate clothing for training. If players were not in attendance at the August tryout in Emporia and did not receive a numbered t-shirt, you will receive one at the November 14 Tryout in Emporia.

THE CHAIN OF COMMUNICATION IN ODP

There have been many questions regarding communication (receiving confirmation, information on dates/sites/times, etc.) for ODP events. The best form of communication is through the Kansas Youth Soccer website.

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.

The second area to visit on the website for information regarding ODP is the link to the Olympic Development Program from the Main Menu. As choices appear to the right, select the appropriate link. If in doubt, select "Kansas ODP News and Info" to read about the program and updated information.

The other method of communication will be monthly Electronic Newsletters or E-News which will be sent out about the middle of each month. This will highlight and update participants of events within ODP as well as other relevant information for our ODP participants.

Lastly, each 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

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

Hopefully, the information provided here clarifies what you need to know regarding your participation in the Olympic Development Program in Kansas.

SEPTEMBER is US YOUTH SOCCER MONTH

Kansas Youth Soccer and the University of Kansas Women's soccer will celebrate Youth Soccer Month during the Jayhawk Invitational on the weekend of Sept. 18-20. Kansas will host San Diego (Sept. 18, 5 p.m.) and South Dakota State (Sept. 20, 1 p.m.) at the tournament.

All youth soccer players wearing their team uniform or t-shirt will be admitted free of charge on both days, and be invited to participate in a FREE CLINIC following Sunday's match. All youth wishing to participate in the clinic are asked to wear proper attire, especially athletic footwear.

Youth soccer players in attendance at that game will be invited to join the Jayhawks on the field for pre-game player introductions and the national anthem. Following Friday's game KU student-athletes and coaches will be available to sign autographs.

Youth Soccer Month is an initiative of US Youth Soccer to educate the public about the rewards and benefits of playing youth soccer.

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.

TECHNIQUE OF THE MONTH

Each month in the E-Newsletter, a technique of soccer will be focused on for players, parents, and coaches to consider in the pursuit of continuous development of our players. This technique was highlighted after the Olympics of 2004 by US Soccer.

Focal Points in Technique Training in the USA

The Olympics gave us tremendous insight on technical areas in which we need to improve dramatically and with urgency as a nation. Here are the highlights as we move forward in an effort to urge coaches at every level (including the senior team) to spend a greater amount of time, energy and attention on the technical training of our players. After all, the technical implications to tactical success are found in every play that creates a breakdown. Before we can significantly improve tactically, we must first be competent technically.

Receiving:

Receiving is an area where the United States must spend some quality time improving. Years ago, many referred to this skill as "trapping," this title describing the ball being dead or not moving. It is essential that we train receiving the ball at speed and moving with our first touch. The Brazilians' first touch at speed is impeccable in every player in every position on the field. They can have a defender draped all over them or hitting them from behind, and they have the skill, balance, and suppleness in their feet to receive the ball well while being close to top speed. Marta is a perfect example of the technical dimension as a whole, and certainly, of possessing productive touches. China has always been known to possess an exquisite first touch, but it is different from the Brazilians. Chinese players (all of the players on their team, I might add) have an efficient and sharp first touch; Brazilians have that plus the added creativity of deception and flare (i.e. lifting the ball, flicking). Japan is starting to separate themselves in this skill as well, and their ability to play one touch is extraordinary.

We have a great need to train our players to receive the ball with the two demands of being under pressure and having to do it at speed. We should focus on our first touch both with our back to goal and facing the game. We also need our players to play different kinds of entry balls: perfect

balls on the ground, but also balls that are driven, flighted, bouncing, skipping, hard, and soft. We need to put our players in environments to have these demands be game-like and for them to get repetitions at top speed. Limiting the space and having a time limit might help train this skill without defenders. It is vital to move toward having defenders to make it real and game-like.

In addition to first touch, we must also train our touches that follow the first. Do they help us find space and time or do they get us into trouble? Brazilians are the best in the world in this area. Along with their ability to receive a ball under immense pressure at speed, their ensuing touches are creative and effective. They are dangerously penetrative when it's on, or they are possessive when it's not on to serve. They are comfortable with all surfaces of their feet not just in passing but also in dribbling.

Training the second, third, and fourth touches is an area that needs to be trained with a greater commitment in time and repetitions. Many coaches play one touch and two touch games, which are extremely important. Playing tight space games with mandatory 3 or 4 touches should also be considered. Coaches can train this area in 1v1 and small-sided settings. We must improve as a nation solving pressure with our first touch and our ensuing touches.

SELF-TRAINING IDEAS:

Juggling on your own is an activity which can work to address and improve the technique of Receiving. Juggling and having fun doing it is only limited by the imagination and creativity of the player. Juggling will improve your control and mastery of the ball out of the air and with each touch the player will have to consider where the ball needs to go next in order to maintain control for the next touch. Some suggestions and ideas as you juggle in order to improve your touch(es):

1. Juggle with your feet (both) only to start - once you can consistently get to 10 consecutive juggles, begin adding your thighs, chest, head, etc.
2. Juggle and hit the ball different distances with your feet - low-low-high; high-high-low, low-high-low-high; etc.
3. "Around the World" - juggle by starting with your one foot and work your way in the following pattern - foot, thigh, shoulder, head, opposite shoulder, opposite thigh, opposite foot. See if you can go around and back while still maintaining control of the ball.
4. "Around the Universe" - same as before, but more surfaces. Instep, inside, outside of one foot, thigh, shoulder, head, opposite shoulder, opposite thigh, opposite inside, outside, and instep, and chest!!
5. "Master" - juggle consecutively where you touch the ball with ALL 14 surfaces - inside, outside, instep, heel of both feet, thighs, shoulders, chest, and head.
6. Once you have become somewhat proficient in juggling, add movement like juggling and walking 30 yards and back. You can then juggle and jog and eventually run while juggling.
7. Get a friend or a few and juggle as a group. Increase distances between each other to receive balls over distance and out of the air.

A couple of clips to inspire you as you work to improve yourself as a soccer player -

<http://www.woosoccer.com/>

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Kansas Youth Soccer Association | 708 S Rogers Rd, Ste C | Olathe | KS | 66062

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