

March 5, 2013

Volume 1, Issue 1

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Academy Level
by Ryan Lakin

NOTICE!

IYSA has increased the per player fees for the spring of 2013. We as a board have decided to absorb this fee increase on behalf of our membership. We may look to increase our fees for the FALL of 2014. We appreciate all our clubs and players throughout the central Illinois area!
GOOD LUCK!

CIYSL "State of the League" Address , President Jay Ray

Spring 2013 will mark the 33rd year of Central Illinois Youth Soccer League.

From the leagues humble beginning in 1980 with 4 teams in the U-12, and

4 teams in the U-14 to the current year of over 50 Clubs, 212 teams and

over 3,000 plus players registered in CIYSL. To everyone, thank you for your continued support. Congratulations goes to two CIYSL-North teams who represented CIYSL at USYS National Championships this past July. Galaxy SC, and Lemont

Raiders SC. Both teams ended up in the U-17 final with Galaxy prevailing.

Congratulations goes to Brett Strang, Galaxy coach for being selected IYSA Competitive Coach of the Year. Congrats also goes out to Illinois Fusion U-14 boys for first place finish in the Illinois Presidents Cup; SASA Spirits U-15 girls for second place finish in the Illinois Presidents Cup, and to RSC Rockets U-8 boys for first place finish - Kohl's American Illinois Cup.

Spring 2013 will see a continued implementation of the Player Development

Program at the Academy age level. The CIYSL Board of Directors voted to adopt the new IYSA Concussion policy for League games effective this spring.

Your full support of this policy will be expected.

Lastly I like to thank Ryan Lakin for his tireless effort in the implementation and publication of the new CIYSL Newsletter.

Good Luck to all CIYSL & CIYSL-North teams this spring.

IYSA Spring Coaching Education Courses

Coaching Education

There have been some major changes in United States Soccer Federation Courses. The USSF E that was a certificate for many years is now a license that came into effect January 2012 with coaches held accountable to coach in the game and receives written feedback from instructors. The USSF D will change effective this summer of 2013 and will benefit the candidate more than

ever. Any coach who has not attended an E or D in some time will be welcome to audit and see the new changes at their convenience.

Illinois Youth Soccer is keeping up with changes and implementing them with an outstanding education staff that collaborate and work together. The candidates who have attended courses have raved on not only their ex-

perience but feel good that they are leaving a much better coach.

We will continue to provide multiple courses while having the highest standards of education, as well as being a mentor to candidates, and be available to assist coaches to be successful and be the best coach for their players. Contact Rick at doc@illinoisyouthsoccer.org if you have coaching questions or guidance.



ACADEMY by Ryan Lakin

The CIYSL Academy program for U9 boys and girls has been running strong for 5 years. In that timeframe, we at the CIYSL board have worked to continue to improve the overall experience for all the players involved. The result has been more participation from all the clubs and independents throughout the central Illinois region. We are always looking to do what is best for the members and for the game of soccer.

Our most recent change has been the implementation of recovering defenders into their defensive half once the goalkeeper either has the ball in his/her hands or it is a goal kick. This teaches the young players to recover to get numbers behind the ball and to transition quickly to defensive.

The secondary benefit to this rule is that the young players, many whom are experiencing travel soccer for the first time, will have a little more time to control the ball and compose themselves on the ball. This

should lead to improved decisions when players have the soccer ball. Most young players don't have the confidence to control the ball and pick their heads up especially when in their defensive end where a mistake could cost a goal.

We hope this will translate into better soccer games at the older ages. We know it has been successful elsewhere both in the United States and abroad.

Head's Up!! By Dave Sandercock

In the past couple of years, there has been much discussion regarding the subject of concussions. Although the severity of a single concussion can vary, it has become clear that each event is significant. It is also evident that repeated concussions can cause irreversible damage. Soccer is not the only sport that is really honing in on this issue and the impact it can have on an athlete's future level of function and quality of life.

Recently the IYSA adopted a concussion policy for all sanctioned tournaments in an effort to protect our kids. An event report is required for suspected or possible concussions or

head injuries and documentation of medical clearance must be presented before return to play is allowed. The CIYSL Board agrees that this important problem needs to be monitored at league games as well, and will embark on efforts to have these reports available for coaches and referees with the expectation that they will be used at league games. The issue at league games is that there is no trainer typically and we need to rely on the adults to recognize possible concussions.

Going forward, we hope to better educate coaches, referees, players and parents to insure that proper care and action is quickly initiated. All should realize that although players do not want to sit out, and teams don't want to be without their

players, we must protect the future of our athletes who don't fully grasp the devastating effect concussions can have on them. Signs and symptoms to look out for include, but are not limited to, headache, nausea, vomiting, dizziness, fatigue, and memory and personality changes.

Hopefully the League's clubs and coaches will be talking to teams about how this will be handled in each organization as well as endorsing the League's policy. We must also consider that these injuries can occur at practice and at home and that they are not to be taken lightly. Please help us as we try to continue to make our sport and our kids more safe!

CIYSL PLAYER SPOTLIGHT:

Alison Seger is a Bloomington, IL native in her senior year at Normal Community High School. She began her club playing with CIS and moved through to the FUSION, up to Chicago with the FIRE Jr's and will finish back in CIYSL at the FUSION.

Name: [Alison Seger](#)

Current age: 17

First Soccer experience: I started playing for PSCL when I was 6 years old.

Most memorial soccer experience: When I was 9 or 10, my team got 2nd place for almost every tournament we went to. On our last tournament, though, we got 1st place and our coach was so proud of us he bought the entire team Dippin' Dots.

Post-graduation plans: [Attend Illinois Wesleyan University, play soccer for IWU, and study nursing.](#)

Favorite Professional Team: [US Women's National Team](#)

Favorite Movie: [Silver Linings Playbook](#)

Favorite book: [The Perks of Being a Wallflower](#)

Other hobbies: [Watch movies, hang out with friends, listen to music, play guitar, ride 4-wheelers](#)

Advice you would pass along to younger CIYSL players: [Keep practicing really hard on your own and get to know your teammates really well. Listen to coaches and work hard. It will pay off.](#)

If you know of someone you would like to SPOTLIGHT, please email RYAN LAKIN at rlakin@iwu.edu and put in the subject line: CIYSL SPOTLIGHT. Include contact information for the CIYSL player.



Silent Sunday! - What a great opportunity for our young players! By Colin Bonner

For one day this spring season the CIYSL will be practicing 'Silent Soccer Sunday'. Yelling, shouting, talking cheering, as well as noisemakers will not be permitted from spectators, coaches & those players on the bench. Applauding will be allowed. (Coaches will be permitted to offer advice or organize in the event of

red cards, injuries, substitutions etc., as well as talk pre game, half time & post game). Normal talking between players will be encouraged!

The CIYSL believes that this educational initiative will help ALL of us involved in youth soccer, players, coaches, referees & parents/spectators alike. Many youth soccer organizations discourage sideline in-

structions from spectators & coaches as it stifles the development of children in their decision making & creativity. The CIYSL believes we can create a better environment for everyone to learn from with this event. We hope you will embrace this initiative this spring as we strive to develop decision makers in our youth!



CIYSL CALENDAR OF EVENTS SPRING 2013



March 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
					LINCOLNLAND INVITATIONAL →	
24 →	25	26	27	28	29	30
31 EASTER						

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
					4th Annual Classic Cup	
21 →	22	23	24	25	26	27 →
28	29	30				





May 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 IFC SPRING INVITE	4 TE →
5 →	6	7	8	9	10	11
12	13	14	15	16	17 FUSION SPRING	18 INVITE →
19 →	20	21	22	23	24 Blaze MEMORIAL	25 DAY CLASSIC →
26 →	27	28	29	30	31	

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 32ND RIVER CITY	22 CLASSIC →
23 →	24	25	26	27	28	29
30						



The **RYAN LAKIN** FILE:

- Current Head Men's Soccer Coach at Illinois Wesleyan University
- Holds his USSF A, B, C and National Youth license
- Former DOC at FUSION, FC Barrington, BNSC
- Former USL Asst. Coach at the Pittsburgh Riverhounds
- ISU Redbirds Captain
- Current Member of the CIYSL Board of Directors
- Oversees CIYSL Academy

This issue's Featured Coach is :

RYAN LAKIN



Ryan's Soccer Philosophy:

Soccer is the players' game. Put them in the environment where they learn and are challenged, they will compete to become better players. Be sure that the players enjoy their experience so they want to return to the training.

Quoting Ryan:

Development should be the cornerstone for every club. There are no tactics without the technical ability to perform such decisions.

5 FAVORITE TRAINING SESSIONS (LEVEL: ACADEMY)

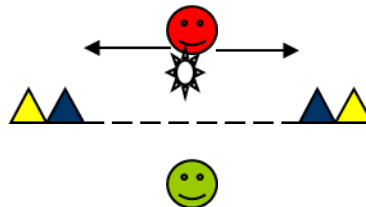
Activity:

1. Mirrors

Partners, one ball, 4 cones

- Players stand on either side of cone line
 - Neither player with or w/out ball can cross the cone line.
- Player with the ball is trying to stop the ball next to the inside cone before his/her opponent touches the outside cone.
- Play for 1 min switch the player who has the ball and then rotate players after 2nd min.

Diagram:



Coaching Points:

Keep head up

Keep ball under control

Accelerate after then move

Try moves w/both feet

Make many fakes and manipulate the ball

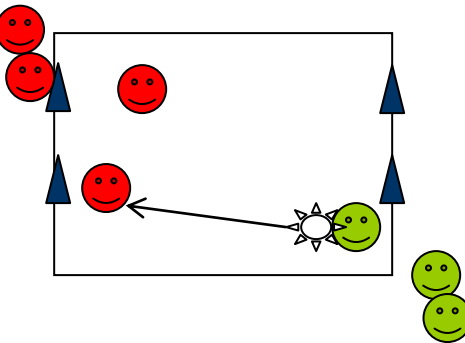
15 minutes

5 FAVORITE TRAINING SESSIONS (LEVEL: ACADEMY)

Activity:

2. 2v 1

Player 1 plays ball to the 2 players and then player 1 comes out to defend and they play 2 v 1 to goal



Possible Variation:

Once the red player has received the ball the recovering player in green or chaser then comes out to help defend

Coaching Points:

Keep head up

Go at the defender with speed

When you receive the ball go at defender on the dribble
Emphasize using the 2 attacking moves they learned

Work on the decisions of when to dribble and when to pass

If there is a pass, the new attacker needs to take a bigger touch into the space

15 minutes

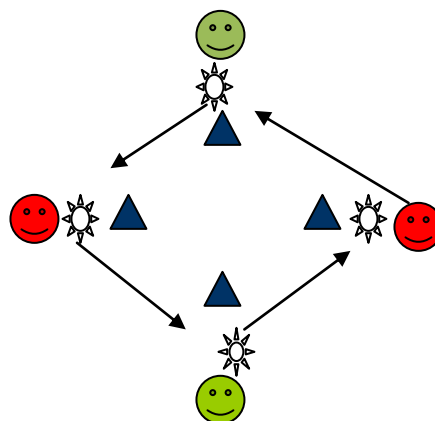
3. Diamond Move Maker

4 moves:

1. Fake/Take
2. Fake/Fake/Take
3. Circle/Take
4. Circle/Circle/Take

- Coaches demonstrate the 4 moves in order and have the players work on it one at a time.
- Set up a Diamond with players outside the cones.
- Coach Calls out a direction then a command: "We're moving RIGHT... MOVE 1 – GO!"
- Each player tries to get to the correct cone first.

Alternate Left and Right – go through all 4 moves



Players should take 1 Touch to the next cone

Players should end up at the next cone in the exact ready position they started in

Keep head up

Keep control of the ball

Hide their toe behind the ball

Use the outside of the foot to push the ball to the other cone

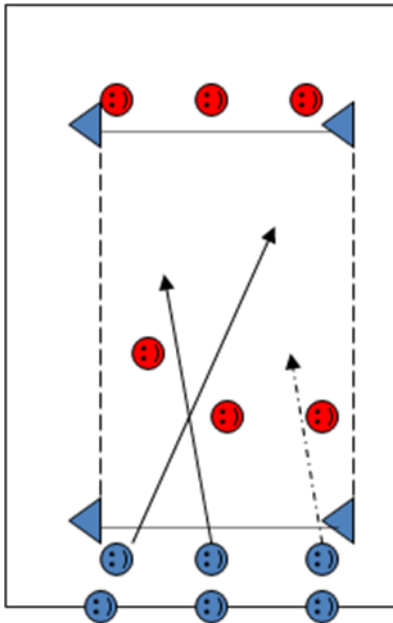
15 minutes

5 FAVORITE TRAINING SESSIONS (LEVEL: ACADEMY)

Activity:

4. 3 V 3 Transition: Separate into two teams. Have players get into 3 columns per team on the end lines. Blue team attacks 3 v 3 on the Red team. If the ball goes over the sideline, then the team who lost it becomes the defensive team and the new attacking team can dribble or pass in from the point the ball crossed the sideline. If a ball crosses the end line, then the team who is defending that line goes out and the next three in line attack immediately trying to score on the opposite team. In order to score, the attacking team must dribble across the opposing team's end line and successfully touch the ball within one step of the end line. Coach calls out the goals

Diagram:



Coaching Points:

ENJOY and HAVE FUN... USE MOVES TO BEAT DEFENDERS!!

Fast transition to offense and defense

Attack space at speed.

Decide when to attack with dribble and when to pass

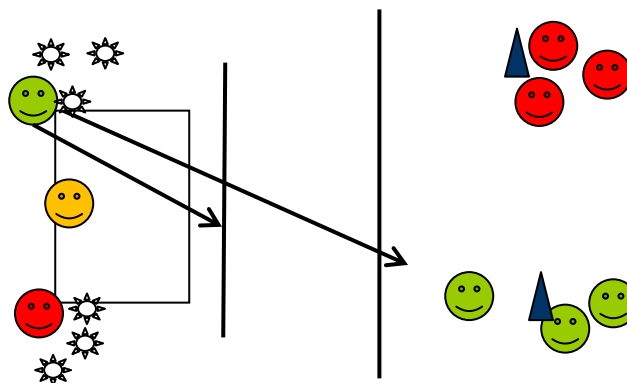
Defend by putting immediate pressure on the ball.

Pressure ball with one player!

Coach determines the target goals for victory

5. Power/Finesse

Players separate into 2 teams. Each team has a GK (can rotate). A ball is played out for a long range shot with the instep of foot. As soon as that is shot, a second ball is played to a shorter distance for a side of the foot shot (power then finesse). Set a clear line where the power shot must be taken outside of and where the finesse shot can be taken from



Can make this a competition where a player must score one of the shots to remain in the competition. In order to reenter the game they must juggle X amount of times to return.

Plant foot next to the ball
Head down
Lock ankle with toe down
Follow through at target
Land on shooting foot afterward
Don't worry about missing or making first shot, get through with both shots!