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| **What we must try and avoid at soccer practices**  The Minnesota Soccer Times published monthly by MYSA had a cartoon in the May edition headed “3 things that stop soccer practices from being fun”. The answer was Lines – Laps and Lectures. What else do we need to avoid?  Coever Coaching describes 5 soccer coaching mistakes and how to avoid them:   1. Stopping the drill too early – players may not get enough practice to improve or master the skill 2. Stopping the drill too many times – this breaks up the play and interrupts practice time and player focus 3. Teaching too many topics within one drill – e.g. if the drill is about attacking then focus on making attacking points and not on defending points to the players 4. Don’t give your players too much information – keep it concise, try to give only a few key points in each drill 5. Don’t commentate during the drill – you will only confuse players – give feedback at the end of the session or during a break |
| **Get to know your WYSA coaches**  This week, we will get to know some more about Matt Lindaman, WYSA U16 Girls coach.   1. What are the 3 most important qualities that you coach into your teams? *Respect your teammates and opponents; you are only young once – make the most of participating on a team and devoting time to getting better; have fun!* 2. Where are the worst fields your team has played and why? *Waseca at the U12 level – field was so long and narrow with 4 giant girls on defense* 3. Your one piece of advice to players taking a PK? *Hold steady!* 4. Describe a memorable game or event that you participated in as a player or coach? *Game in the fall MYSA championships; game went to O/T; playing with 10 players, 1 more got injured; played her at outside mid; other team did not notice and didn’t attack that side; Winona won!* 5. Your favorite post game food place to eat after an away game? *Do I ever get my choice?* 6. Grass or turf? *Grass if cut short with crisp markings. If long, wet and full of mosquitoes, give me turf.* 7. What is your favorite Tournament? *Schwan’s Cup. I like how they trade soccer pins.* 8. Your pet hate as a coach? *Either lazy throw ins or when players turn up early for practice and the 1st thing they do without any warm up is to try to kill the ball into the net* 9. What is your favorite team? *Werder Bremen – though their chief uniform sponsor is a chicken parts company so I reserve the right to switch. Tottenham Hotspur FC has the best name going* 10. Your #1 piece of soccer advice to any player? *It is all about fitness.* |
| **Useful websites for soccer drills**  We all have websites, books and videos that we have found useful for putting together our practices. Below are 2 websites that you may find useful:  [Illinois Youth Soccer Training Sessions](http://www.illinoisyouthsoccer.org/CoachesHome/CoachesCorner/790463.html) – good for full drills on specific subjects  [SoccerXpert Drills](https://www.soccerxpert.com/drills.aspx) – good for specific drills by age, type and topic |