



# COACHES CORNER

## December 2008

Welcome to the monthly newsletter from the desk of the State Director of Coaching John Curtis.

### MINNESOTA YOUTH SOCCER ASSOCIATION HOME PAGE

[www.mnyouthsoccer.org](http://www.mnyouthsoccer.org)

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#### Continuing Coach Education: MYSA Winter Symposium 2009

The 2009 MYSA Winter Symposium will be February 6-7, 2009 at the Minneapolis Convention Center. Click below for more information.

- [www.mnyouthsoccer.org/events/symposia.cfm](http://www.mnyouthsoccer.org/events/symposia.cfm)

#### Coaching Education: Sign up to Host a Course

The coach education season is almost upon us. Now is a good time to set up a coaching course in your community. Local organizations or clubs primarily host state level licenses. Interested groups should contact Ivan Woyno, MYSA Development Administrator, at 952-933-2384 ( 800-366-6972) or [ivanwoyno@mnyouthsoccer.org](mailto:ivanwoyno@mnyouthsoccer.org).

- [www.mnyouthsoccer.org/coaches/license.cfm](http://www.mnyouthsoccer.org/coaches/license.cfm)

#### US Youth Soccer ODP: Thanksgiving Interregional

US Youth Soccer Olympic Development Program (US Youth Soccer ODP) Girls Thanksgiving Interregional games are being played in Coral Springs, Fla. Teams arrived Saturday, November 22, for two days of training, with competition beginning on the 24th and running through Friday, November 28. Congratulations to those players from Minnesota that were selected to participate in the event.

- [www.usyouthsoccer.org/news/story.asp?story\\_id=4047](http://www.usyouthsoccer.org/news/story.asp?story_id=4047)

#### Soccer Article: Practice vs. Game: Which Is Better for Development?

*By Jacob Daniel, Georgia Youth Soccer DOC*

In any sport, players develop skills via a combination of practices and competitions. This begs the questions: what should the practices-to-games ratio be; how often should we schedule games; and what is the total number of games and practices for optimum development. Given that many experts attribute player burnout to excessive number of games and unrelenting pressure to perform, answers to these questions will have a huge impact on the quality of experience and performance levels attained.

- <https://ssl.gasoccer.org/PracticeVsGames.pdf>

#### Soccer Article: Celebrating Your Season, Regardless of Records

As the fall soccer season ends, coaches and parents begin to assess the season's successes. For some, that evaluation is measured only in wins and losses. But the reality of sports – from the youth level to the professional level – is that not all teams can be league champions. Therefore, Responsible Coaches and Responsible Sport Parents look beyond scoreboards and standings.

- [www.usyouthsoccer.org/news/story.asp?story\\_id=4044](http://www.usyouthsoccer.org/news/story.asp?story_id=4044)

### **Minnesota Sports Medicine: The Role of Rest and Recovery**

Training young athletes involves balancing the demand of practice and competition with the need for rest and recovery. It is not uncommon for high school athletes to participate in sports practice four or five days per week, compete once or twice per week, and strength train two or three days per week. The importance of active rest and recovery is commonly undervalued or misunderstood. Since adolescents are still growing and developing, youth may actually need more time than adults for recovery between high-intensity training sessions.

- [www.mnyouthsoccer.org/coaches/articles/msm\\_sep08.pdf](http://www.mnyouthsoccer.org/coaches/articles/msm_sep08.pdf)

### **Coaching Session: Goalkeeping—Shot Stopping**

*by Julie Eibensteiner, Woodbury Soccer Club*

The following is a session on Shot Stopping session presented at the “E” certificate in November.

- [www.mnyouthsoccer.org/coaches/articles/shotstopping.pdf](http://www.mnyouthsoccer.org/coaches/articles/shotstopping.pdf)