



# COACHES CORNER

March 2009

Welcome to the monthly newsletter from the desks of the Director of Coaching John Curtis and Director of Technical Education Andy Coutts.

## MINNESOTA YOUTH SOCCER ASSOCIATION HOME PAGE

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

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### District Select Registration

For boys and girls born in 1995, 1996, or 1997 ONLY. The District Select program is part of the ODP program and is run in eight different locations throughout the state during the fall and spring and run as a development opportunity for any player born in the appropriate year as well as used to identify players for the ODP pool. This program offers the opportunity for players to play with and against other players from around the state and access to other state- and nationally-licensed coaches to supplement the training you are receiving from your club team.

- [www.mnyouthsoccer.org/preregistrations/spring.cfm](http://www.mnyouthsoccer.org/preregistrations/spring.cfm)

### State Select Minnesota US Youth Soccer Olympic Development Program Registration

For boys and girls born in 1992, 1993 or 1994 ONLY. The State Select/ODP program is open to all players; however, competition for selection is very tough. There will be two identification sessions. Players are encouraged to attend both sessions if at all possible. At the conclusion of the process, approximately 24–30 players will be selected for each (birth year and gender) state pool for further Minnesota US Youth Soccer ODP training.

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

### Player Development Camps: Summer 2009

MYSA is offering three summer Player Development Program options to provide distinctive training opportunities to youth players. The **Player Development Camp** allows boys and girls ages 6-16 to learn and improve in a fun and encouraging environment. This four-day camp not only provides age and developmentally appropriate soccer training but also moral development activities tailored to each age group. The **Goalkeeper Challenge** is an intensive goalkeeper training program for boys and girls ages 14 and up. This four-day camp allows committed and motivated goalkeepers to train in a competitive environment with top national, ODP, and collegiate goalkeeper coaches. The **College Development Program** caters to ambitious players, high school sophomores and older, who aspire to play at the college level. The CDP is an intensive three-day camp staffed by college coaches. On-field and off-field sessions replicate the initial days of a college preseason so participants better understand the expectations and demands of playing collegiate soccer.

- [www.mnyouthsoccer.org/programs/camps.cfm](http://www.mnyouthsoccer.org/programs/camps.cfm)

### Mike Warter College Scholarship

This Scholarship is a lasting tribute to Mike Warter, a true pioneer for women's soccer in Minnesota. This fund will be a reminder to all, of Mike's commitment to the development of players by nurturing good play, good friendships, better facilities, proficient coaching and the happiest of times for all participants. Deadline to submit application is April 24, 2009.

- [www.mnyouthsoccer.org/programs/grants\\_scholar.cfm](http://www.mnyouthsoccer.org/programs/grants_scholar.cfm)

**Coaching Education: MYSA State Coaching Schools**

Click on the link below for an updated list of courses being offered in advance of the summer league season.

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

**Coaching Article: At What Age Should a Soccer Player Peak?**

The article below provides a long-term perspective on the development of youth soccer players.

- [www.usyouthsoccer.org/assets/coaches/At\\_what\\_age\\_should\\_a\\_soccer\\_player\\_peak.pdf](http://www.usyouthsoccer.org/assets/coaches/At_what_age_should_a_soccer_player_peak.pdf)

**Coaching Session: Smart Pressure**

This session is designed to get your team to think a little more when they are defending and to get them to play smarter, not necessarily harder. Getting the team to win the ball back as a unit requires for them to think and use their wits, not necessarily their strength.

- [www.indianayouthsoccer.org/Assets/Smart+Pressure.pdf](http://www.indianayouthsoccer.org/Assets/Smart+Pressure.pdf)

**Coaching Education: Making a Lesson Plan**

Below are a couple of pages from the “D” license course about putting together a lesson plan. It is important to have a plan for your session to make the best use of the time you have with your players. There is also a sample lesson plan included.

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