



COACHES CORNER

October 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

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Coaching Education: State Coaching Schools

Click on the following link to get a list of courses that are being offered this Fall. Space is limited.

- www.mnyouthsoccer.org/coaches/clinics.cfm

MYSA At A Glance: Diversity Statement

Earlier this year MYSA created a new Diversity Statement:

The Minnesota Youth Soccer Association (MYSA) embraces its members' diversity and uniqueness. MYSA programs and services are open to all regardless of gender, sexual orientation, race, ethnicity, national origin, religion, language, culture, mental/physical ability and socioeconomic status. MYSA promotes access to soccer for all youth.

- www.mnyouthsoccer.org/about/glance.cfm

MYSA/Leon Willems Lending Library

MYSA maintains a lending library of DVDs, VHS videos and books at the state office. These materials can be utilized by either visiting the state office or for those living too far from our location, items may be mailed out.

- www.mnyouthsoccer.org/coaches/library.cfm

Coaching Article: Dynamic Stretching vs. Static Stretching by Taylor Tollison

As coaches and trainers we will perform anything from plyometrics to sprinting to reduce injury and increase performance. The real question is whether the type of stretching we chose to perform before activity will have an affect on the performance and injury levels of our athletes.

- www.elitesoccerconditioning.com/Stretching-Flexibility/DynamicStretchingvsStaticStretching.htm

Soccer Article: Fatigue in Soccer: A Brief Review.

This review describes when fatigue may develop during soccer games and the potential physiological mechanisms that cause fatigue in soccer. According to time-motion analyses and performance measures during match-play, fatigue or reduced performance seems to occur at three different stages in the game.

- [www.ncbi.nlm.nih.gov/pubmed/16195008?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RR&linkpos=3&log\\$=relatedreviews&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/16195008?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RR&linkpos=3&log$=relatedreviews&logdbfrom=pubmed)

Soccer Article: Energetics of high-intensity exercise (soccer) with particular reference to fatigue.

How we train is important, including fitness and soccer like movement in our training. Soccer entails intermittent exercise with bouts of short, intense activity punctuating longer periods of low-level, moderate-intensity exercise. Training, nutritional and tactical strategies may be used to reduce the effects of fatigue that may occur late in the game.

- [www.ncbi.nlm.nih.gov/pubmed/9232551?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=4&log\\$=relatedarticles&logdbfrom=pubmed](http://www.ncbi.nlm.nih.gov/pubmed/9232551?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DiscoveryPanel.Pubmed_Discovery_RA&linkpos=4&log$=relatedarticles&logdbfrom=pubmed)