



# The Goalpost

## September '07 Issue

### September Marks Fifth Annual "Youth Soccer Month" ...the game for all kids!

US Youth Soccer, the nation's largest youth sports association, today announced the fifth annual Youth Soccer Month – Celebrating Soccer in America this September .

The Youth Soccer Month initiative will promote the benefits of playing this wonderful sport such as fun, family, friendship and fitness.

Throughout Youth Soccer Month a series of messages and themes will be communicated to illustrate the essence of youth soccer. Each week during September, Youth Soccer Month, a different key will be the focus of "Celebrating Soccer in America."

The four "pillars" of **Youth Soccer Month** are:

**Fitness:** The health and fitness (physical, psychological and social) benefits of playing soccer.

**Friendship:** The relationships and fun generated through playing soccer and their extension beyond the field.

**Family:** Playing soccer ties families together as schedules, vacations and family time are coordinated.

**Fun:** Whether recreational or competitive in nature, involvement in soccer is easy, affordable and rewarding.

**Youth Soccer Month** also highlights the various programs available to children interested in participating in soccer, including the inner-city, special needs, recreational and elite soccer programs that have facilitated the growth of the sport at all levels. For all the exciting details about Youth Soccer Month in Indiana visit [www.YouthSoccerMonth.org](http://www.YouthSoccerMonth.org).

For all the exciting details about **Youth Soccer Month in Indiana** visit [www.YouthSoccerMonth.org](http://www.YouthSoccerMonth.org).



[youthsoccermonth.org](http://youthsoccermonth.org)



Excellent recreational, select and premier soccer at affordable prices.

**Dupont Hospital**  
DISCOVER THE DUPONT DIFFERENCE

**Mission & Values**  
"Responding to the health-care needs of the community, we are committed to excellence in all aspects of care through education, prevention, treatment and support. We create a five-star experience by exceeding individual expectations for all who enter our door."

### How to Contact Us...

#### Phone Number:

260.422.8575

#### Mailing Address:

P.O. Box 8163

Fort Wayne, IN 46898

#### On the Web:

[fwunitedsoccer.com](http://fwunitedsoccer.com)



## From the Citadel President Greg Cochran

Elections were held in August and I am very excited to now be a part of FWUSA as president of Citadel FC. I'm turning over the reigns of the Select League to a great group of individuals who are equally excited about their roles with Select. I am proud to have served these past several years with a wonderful group of fellow Select board members. They all commit enormous amounts of time and energy so that all of our kids have a wonderful soccer experience. Working together, the Citadel and Select board members aim to take the club to new heights.

The Citadel FC board is eager to continue the great programs already in place. We have a remarkable coaching staff, consisting of numerous highly qualified high school and college coaches. We offer FREE training via the Just for Feet, Goal-keeper and Thursday Citadel training programs. Our scrip program is extremely successful which affords families the opportunity to reduce their costs. The club successfully hosted both the State Cup/Challenge Cup preliminary and final rounds as well as hosted our club tournament, the Fort Wayne Invitational. The success stories are endless.

We are not resting on our past achievements. Everyone is hard at work looking to improve their area: communications, sponsorship, uniforms, etc. There are some great new ideas being discussed, that once put into place, will further enhance your FWUSA soccer experience.

But, we also need your input and assistance. Both positive feedback and constructive criticism is always welcome. In fact, most of the improvements planned are a direct result of your ideas and/or advice. Please feel free to contact the appropriate board member with your ideas or comments.

Last, lets all pledge to keep soccer FUN. Fun at practice, fun at games, fun in our interactions with other soccer families, teams or clubs.

*Greg Cochran*, President-Citadel



**Citadel Futbol Club**

FWUSA's Premier Travel Division



## From the Select President Cindy Price Verduce

It was a family affair; we all played soccer because my dad coached and my mom cheered. They were my whole support system.

### **Brandi Chastain**

As I look out over the fields at Kreager Park on Sundays, I know Brandi is right. And while my kids may never reach the Olympics, I know that my presence and involvement at their Select soccer games means so much to them. Select brings families, friends and soccer enthusiasts together to compete and enjoy a great game in a fun, family environment. And meanwhile, while we're coaching and cheering and supporting our kids, we're also creating memories and bonds that will go well beyond their Select days.

But Select games do not go on without the hard work and dedication of the parents who serve as coaches, team moms, and board members. Those coaches and cheerleaders spend time not just on Sunday, but throughout the week, whether it be carpooling the "green team" members to practice or attending a board meeting to plan the upcoming season. Select exists through the hard work and dedication of volunteer coaches and parents.

Select currently has two board positions available, communications & referee coordinator, which are in need of volunteers; and in the future, we will be seeking additional volunteers for board positions. For memories to be made and bonds strengthened, Select needs you, the parents, to step forward and continue to bring the Select experience to the players in Fort Wayne, your kids and mine. If you've ever thought you might like to help out or had considered, but thought "they don't need me", now is the time to step forward. If you have any questions or would like to learn more, please feel free to contact me at [cpverduce@verizon.net](mailto:cpverduce@verizon.net) or call 748-7425. We hope you'll join us in the memory making!

*Cindy Price Verduce*, President-Select



**Select League**

FWUSA's City-wide Competitive Division



## Introducing the Kroger Reloadable SCRIP Cards: FAQ

THANK YOU to the SCRIP Coordinators to taking time to explain how the reloadable card works and answer some frequently asked questions.

### **How do I apply for a Kroger reloadable card?**

Contact a Citadel SCRIP Coordinator to apply for a Kroger reloadable card.

### **Can I purchase more than 1 card?**

You may purchase more than 1 card, to give to your spouse or to a family member, but we reserve the right to limit the number of cards you may purchase to ensure that you are using the cards and not throwing them away without reloading them. The whole point of the reloadable card program is to continuously reload the card.

### **How do I reload the card?**

After you receive the card from Citadel SCRIP, you simply go to the store and shop as usual! **You can reload the card** anytime you like, either at the check out lane or at the customer service center. The reloadable card can be reloaded at any store of your choice and can be used at all Kroger and Scott's locations. You can reload the card with any dollar amount you choose to \$500. You can pay by cash, check, or charge to reload the card.

### **Where can I use the reloadable card?**

The reloadable card is good at all Kroger and Scott's area stores and nationwide. It may also be used at Kroger gas stations and Keltch Pharmacies. You may also purchase a reloadable card from Citadel SCRIP and give to family/friends out of town to use. Kroger's corporate office can track the card even if it's reloaded in a different city/state and the reloaded amount will be credited to your account.

### **What if I lose my reloadable card or accidentally throw it away?**

Contact a SCRIP Coordinator so we can delete out the lost/thrown away reloadable card number from our computer system and you will have to purchase a new \$25 reloadable card. Kroger corporate tracks the reloadable card by number (located on the back of your card) and will send us monthly statements. **They will be able to tell if you are not reloading the card and are simply throwing it away.**

### **Do the earnings I accrue go to my individual account?**

Yes. The reloadable card has a 3% return that goes to your individual tuition account.



## Select League and Academy Game Day Photos



## Trash Clean-Up

Reminder to FWUSA Staff, Volunteers, Fans, Parents and Players of all ages!

Please insure that any/all trash that you see goes into the trash receptacles placed throughout Kreager Park! Thank you for your cooperation! Remember that we are representatives of FWUSA!



## Fall Scrip Schedule

Weather permitting the SCRIP Coordinators will be located under the Pavilion for the **first hour only** of practice. Otherwise we will be at our vehicle.

Please note the remainder of the Fall SCRIP program scheduling at **Kreager Park**.

**Monday September 17, 2007 Pick up and Drop off**

**Monday September 24, 2007 Pick up and Drop off**

**Monday October 1, 2007 Pick up and Drop off**

**Monday October 8, 2007 Pick up and Drop off**

**Monday October 15, 2007 Pick up and Drop off**

If teams are still practicing, program dates may be extended through October at Kreager Park .

Orders can be dropped off or picked up any Monday between the hours of 7:30 am to 11:30 am and 1:30 pm to 4:30 pm at:

**Colette Boylen Trotter Law Office 6079 Stoney Creek Dr. in FW**

You can also mail your orders as long as they have been received prior to Mondays.  
Mail to: **Colette Boylen 605 Nuttman Avenue Fort Wayne, IN 46807**



## **IYS "Coach Of The Month" for August announced!**

Indiana Youth Soccer (IYS) began a new program this year to recognize coaches like we recognize players each month. I believe it is a great idea and I totally support this program. Each month IYS will select from the entire State the Coach of the month. This only can happen if you or your team nominate your coach to the State each month.

**Congratulations to Cory Rodgers U13B Coach** in being named the first Indiana Youth Soccer's Coach of the Month for 2007-2008.

This is what Jeremiah Hill from Citadel FC in Fort Wayne had to say about Coach Rodgers in his nomination:

Coach Cory Rodgers is an all-around good coach on and off the field. He knows how to push you as a player and helps you become a better player. He also has a great sense of humor, especially during practice. I think Coach Rodgers should be coach of the month for many other reasons as well.

For winning, Coach Cory Rodgers will receive:

- 1) Paid membership to US Youth Soccer Coaches Connection
- 2) Adidas Gift Card
- 3) A ticket to a Chicago Fire match
- 4) Automatic entry for Indiana Youth Soccer Coach of the Year
- 5) 20% discount to the Indiana Youth Soccer Resource Library.

If you feel your coach is doing above and beyond, and would like to nominate him or her to be recognized as an Indiana Youth Soccer "Coach of the Month", please go to the link below, download the form and take a few minutes to nominate him or her. There is no limit to how many months you can nominate your coach!

Take time to recognize your coach and submit this form to Vince Ganzberg, Director of Education for Indiana Youth Soccer.

<http://ssl.hammersoccer.com/Indiana/EmailSystem/eNewsletter/CoachNewsletterArticle.asp?NewsID=73&ID=471>

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### **Foot Skills Training**

Just For Feet summer/fall sessions are still taking place every Tuesday at Concordia Seminary! This popular training course is free to all Select and Citadel players!

Please set aside the remaining dates to participate in the weekly sessions.

**JFF TRAINING, 7:00—8:00 pm**

**September 25 and October 2**

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### Interest In The Right Direction?

Coaches must have interest, which will benefit the whole team rather than their own egos. It is important not to lose sight of the fact that coaches are participating due to their love of the game and the players. Too many coaches at the youth level get too consumed with the idea of winning over losing, and they completely forget about the other players on the team. Some players, although perhaps not on the field regularly, are still members of the team too, and they are important. Although their skill may not be elevated to the point where they can start, it is the coach's responsibility to work with these players during practice sessions so that they may develop. These players still deserve a right to play in the game.

No coach enjoys losing, however a good coach will be willing to congratulate a team better prepared for the game than his /her own. Once a coach develops a team effort, he/she will be better prepared to appreciate success when all of his/her team members have contributed to it.

Winning and losing affect all of us; this is quite a natural state of affairs. However, one knows who, with a little extra training, could come through for the team. The coach must not segregate anyone at the youth level. Playing at this age is very important to the team members; to some it is everything. A coach should get to know his/her players, and know what their interest is and where it comes from.

Hani Rabi,

Director of Coaching



### Kudos Korner



Academy

Citadel

Select

Michael Bitler: USSF National "D" License

Carl Dorrisant: USSF National "D" License

Melissa Ellisen: USSF National "D" License

Miguel Navarro: USSF National "D" License

Victor Ramirez: USSF National "D" License

John Fyfe : Extra time and effort during Buddy's time of recovery from a stroke.  
—Albert Morrison

Cindy Verduce: Extra time and effort during Buddy's time of recovery from a stroke.  
—Albert Morrison

"Attaboy" to Ron Long, Team Manager for the U-13 Girls Team coached by Sal Gomez. Ron has gone out of his way to make sure we are kept up to date on all matters that pertain to the team. Thanks for all his efforts to provide timely and well informed information to our team. —John Verduce



### Citadel Supplemental Tryouts

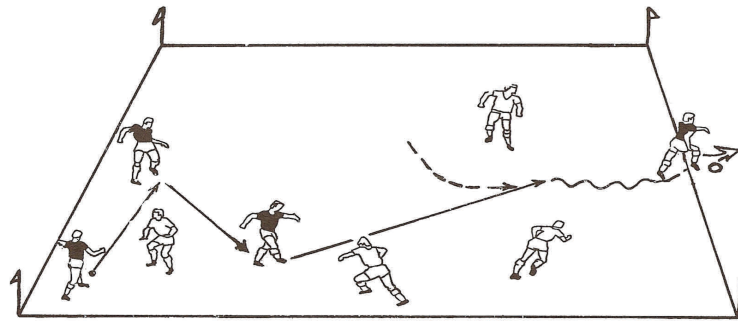
Sunday, Nov. 5th @ The Ash Center

U10-U11Boys & Girls, U12 Girls	1:00-1:50	\$1.00
U12 Boys, U13 Boys & Girls, U14 Boys	2:00-2:50	\$1.00
U14, U15, U16 Girls	3:00-3:50	\$1.00
U16, U17, U18 Boys	4:00-4:50	\$1.00
U19 Boys and Girls	* Please contact the coach.	



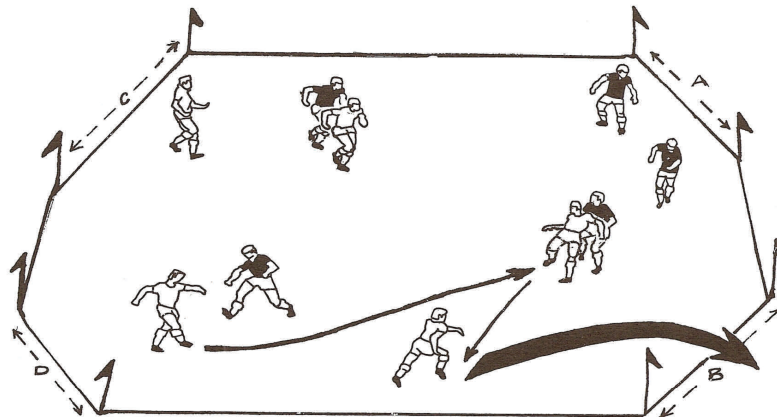
### Tip of the Month

#### 4 V 4 POSSESSION



4 v 4. A goal is achieved when a player dribbles across the end line by having complete control of the ball. Give and go's, wall passes, tight marking, stretching the opponent are some of the features utilized in this exercise.

#### 5 V 5 ON FOUR GOALS



5 v 5 on four goals: The team wearing dark jerseys defends goals A and B and attacks goals C and D. The team wearing light jerseys attacks goals A and B and defends goals C and D. The object of this game is to lure the team towards one goal and change the point of attack towards the other goal.

**Talent wins games, but intelligence and teamwork win championships.**

**— Michael Jordan**



### News Release: US Youth Soccer /Indiana Youth Soccer

The National Youth License course will be offered this winter in Evansville. The curriculum of the course is based in proper educational methods in coaching children twelve years old and younger.

Coaching Coordinators, Directors of Coaching, Coaches, and Administrators involved with children's soccer should attend the course. \*This course is also good for CEU's with US Soccer. A total of 8 CEU's are given upon successful completion of the course.

Dates: November 30th, December 1st, 2nd, 7th, 8th, 9th (two weekends). You must attend all dates in order to complete this course.

Location: The course will be held at the University of Evansville Armory in Evansville, IN.

To apply online, visit the Indiana Youth Soccer website at: [www.indianayouthsoccer.org](http://www.indianayouthsoccer.org).

### Football quotes, misquotes and bloopers Did they really say that?

www.footballjokes.co.uk

"Unfortunately, we keep kicking ourselves in the foot."

"It's now 1-1, an exact reversal of the score on Saturday."

"Bobby Robson must be thinking of throwing some fresh legs on."

### Funnies from the Field



*Everyone hears funny comments or is involved in funny situations while their family participates in youth soccer!*

*Please submit those funny items that will give other club members a laugh to  
Jami Beard,  
Communications  
Director at  
[jbeard@chosenlan.com](mailto:jbeard@chosenlan.com).*

#### The offside rule explained from a feminine perspective...

Picture this: you're in a shoe shop, second in line to try on shoes.

Behind the shop assistant is a pair of shoes which you have seen and which you must have. The female shopper in front of you has seen them also and is eyeing them with desire. Both of you have forgotten your purses.

It would be totally rude to push in front of the first woman if you had no money to pay for the shoes. The shop assistant remains at the counter.

Your friend is trying on another pair of shoes at the back of the shop and sees your dilemma.

She prepares to throw her purse to you. If she does so, you can catch the purse, then walk round the other shopper and buy the shoes.

She could quickly throw the purse ahead of the other shopper and, you could run past the other shopper, catch the purse and buy the shoes. Always remembering that until the purse had \*actually been passed\* it would be plain wrong to push in front of the other shopper.



### U.S. Soccer Federation

### Youth Soccer Heat & Hydration Guidelines

The U.S. Soccer Federation provides these guidelines to help parents, players and coaches prevent dehydration and heat illness in young athletes who are active in the heat:

Weigh each player before and after activity to determine how much fluid he or she loses during activity.<sup>9</sup> If a player is lighter after activity then encourage a little more fluid consumption during the next practice/game. If the player is heavier after activity then encourage a little less fluid during the next practice/game.

According to the American Academy of Pediatrics:<sup>10</sup>

Before prolonged physical activity, the child should be well hydrated.

During the activity, periodic drinking should be enforced even if the child does not feel thirsty and each 20 minutes the child or adolescent should consume:

5 ounces of fluid for a player weighing 90 lbs or less

9 ounces of fluid for a player weighing more than 90 lbs.

Supporting research states:

To ensure that the child is not dehydrated before the start of the practice session or game, the child should drink 12-16 ounces of fluid approximately 30 minutes before getting to the field.

Once the activity is over, players should drink water or a sports drink every 20 minutes for an hour

\* Recent research<sup>11</sup> shows that adolescent males typically lose 1-1.5 liters per hour when performing intense soccer practices/games in the heat, while younger males and females will lose from 0.6 to 1 liter per hour.

3) Teach the youth soccer player to monitor his/her own hydration status with the following tip: If their urine (as it flows, not when diluted in the bowl) is a pale yellow like lemonade then they are likely pretty well hydrated. If their urine is dark yellow like apple juice then they are likely dehydrated. This is an easy and accurate way to assess hydration status and it gets the kids involved on a personal level.

Urine Color Chart

4) Kids need to drink enough of the right fluids to replenish fluid losses during activity.

Flavored beverages that contain sodium (sports drinks) are preferable because the child may drink more of them.

Research shows that lightly sweetened and flavored non-carbonated beverages, like sports drinks, are preferred during exercise and are consumed in greater volumes than water,<sup>12</sup> diluted fruit juice<sup>13</sup> or carbonated beverages<sup>14</sup>.

Research shows that fluids containing sodium chloride (sports drinks) increase voluntary drinking by 90%, compared to drinking plain water<sup>3</sup>.

5) In addition to replacing fluid, children also need to replace the electrolytes, such as sodium, lost through sweat. Electrolyte replacement is important to stimulate an adequate thirst mechanism,<sup>15</sup> help the body hold on to fluid,<sup>16</sup> help prevent muscle cramps<sup>17</sup> and to maintain sodium levels in the blood.<sup>18</sup>



### Youth Soccer Heat & Hydration Guidelines continued

6) Immediately before and during activity, children should avoid fruit juices, carbonated beverages, caffeinated beverages and energy drinks.

- Fruit juices have a high sugar content, which can slow fluid absorption and cause upset stomach,<sup>19</sup> may also lack sodium.
- Carbonated beverages, such as soft drinks, can reduce voluntary drinking due to stomach fullness and throat burn when gulping<sup>20</sup> and lack sodium.
- Energy drinks should be avoided because many contain caffeine and have high carbohydrate concentrations, which slows the emptying of fluids from the stomach<sup>21</sup>.

7) Be sure that each child has his/her own beverage container and that they have the opportunity to keep it cool during the practice. An individual container will allow them to monitor fluid consumption more accurately, can be filled with beverage of personal preference, will help avoid the spread of germs and viruses and the cool fluid will be replenished at a better rate than a container that sits out in the sun.



Additionally, it is important to note that dehydration also hinders exercise performance. So to maintain the same level of intensity while dehydrated the athlete will have to work even harder to keep up with everyone else.

<sup>9</sup> American Academy of Pediatrics. *Pediatrics* 106:158-159, 2000.

<sup>10</sup> American Academy of Pediatrics. *Pediatrics* 106:158-159, 2000.

<sup>11</sup> Ganio M. S., Casa D. J., Yeargin S. W., McDermott B. P., Levreault M. L., Decher N. R., Watson G, Casa T. M.,

Huggins R. A. Sweat rate, fluid consumption, and hydration indices for youth soccer players: effects of educational intervention. *Medicine and Science in Sports and Exercise*. 38(5S), 2006.

<sup>12</sup> Passe, D. et al. *Appetite* 35:219-225, 2000

### US Youth Soccer Adds New Awards

US Youth Soccer is now accepting nominations for two new awards: Goal of the Year and the Save of the Year.

Any US Youth Soccer player in the **Under-6 through Under-18** age groups may be nominated for either award.

Nominations must be postmarked by October 29, 2007.

An unedited, original video clip sent in an .mov (Quicktime) file format burned to a data DVD/CD OR a miniDV or DVCam tape cued to specific goal or save. Any US Youth Soccer player in the Under-6 through Under-18 age groups may be nominated for either award.

US Youth Soccer administrators, coaches, parents and volunteers are encouraged to nominate fellow soccer enthusiasts who inspire you.

Go to the US Youth Soccer website to download nomination forms!





***Please check the website frequently for club updates and changes due to weather.***



## Select & Academy Fall '07 Game Days

AUG 26	GAME DAY 1 (SUN)
SEP 2	NO GAMES (HOLIDAY)
SEP 9	GAME DAY 2 (SUN)
SEP 16	GAME DAY 3 (SUN)
SEP 23	GAME DAY 4 (SUN)
SEP 30	GAME DAY 5 (SUN)
OCT 7	GAME DAY 6 (SUN)
OCT 13	TOURN DAY 1 (SAT)
OCT 14	TOURN DAY 2 (SUN)
OCT 20	RAIN DATE (SAT)
OCT 21	RAIN DATE (SUN)

## 2007-2008 Appointments to FWUSA

## Congratulations

The following volunteers have been appointed by the FWUSA Boards of Directors as Committee Chairs!

Select Match Scheduler	Al & Deb Wildrick	<a href="mailto:dawildrick@verizon.net">dawildrick@verizon.net</a>
Select Coaches Manager	Dan Ybarra	<a href="mailto:dybarra73@comcast.net">dybarra73@comcast.net</a>
Select Equipment Manager	Steve Moeller	<a href="mailto:Moeller5@comcast.net">Moeller5@comcast.net</a>
Select Registrar	John Fyfe	<a href="mailto:jsfyfe@verizon.net">jsfyfe@verizon.net</a>
Citadel Sponsorship	Larry Rowland	<a href="mailto:larry.rowland@yahoo.com">larry.rowland@yahoo.com</a>
Citadel Manager Coordinator	Linda Lozo	<a href="mailto:chubbypizzas@verizon.net">chubbypizzas@verizon.net</a>
Citadel Communications	Jami Beard	<a href="mailto:jbeard@chosenlan.com">jbeard@chosenlan.com</a>
Citadel Tournament Director	Annette Zirkle	<a href="mailto:azirkle2000@yahoo.com">azirkle2000@yahoo.com</a>
Citadel Registrar	Pat Murphy	<a href="mailto:kpmur@comcast.net">kpmur@comcast.net</a>
Citadel Uniform Coordinator	Aimee Black	<a href="mailto:blackfolks432@msn.com">blackfolks432@msn.com</a>



**Citadel Executive Board**

Greg Cochran, President [citadelpres0708@yahoo.com](mailto:citadelpres0708@yahoo.com)

Deb Kunkle, Secretary [debkunkle@msn.com](mailto:debkunkle@msn.com)

Martin Heiny, Treasurer [mdheiny@msn.com](mailto:mdheiny@msn.com)

**Citadel Board of Directors**

Aimee Black, Uniform Coordinator [blackfolks432@msn.com](mailto:blackfolks432@msn.com)

Jami Beard, Communications Director [jbeard@chosenlan.com](mailto:jbeard@chosenlan.com)

Larry Rowland, Sponsorship Coordinator [larry.rowland@yahoo.com](mailto:larry.rowland@yahoo.com)

Annette Zirkle, Tournament Director [azirkle2000@yahoo.com](mailto:azirkle2000@yahoo.com)

Linda Lozo, Manager Coordinator [chubbyspizzas@verizon.net](mailto:chubbyspizzas@verizon.net)

Pat Murphy, Registrar [kpmur@comcast.net](mailto:kpmur@comcast.net)



**Executive Director**

Steve Helsler [fwusa\\_exec\\_director@yahoo.com](mailto:fwusa_exec_director@yahoo.com)

**Select Executive Board**

Cindy Verduce, President [cpverduce@verizon.net](mailto:cpverduce@verizon.net)

Phil Seidel, Secretary [shelby\\_philip5@yahoo.com](mailto:shelby_philip5@yahoo.com)

Angie Moeller, Treasurer [Moeller5@comcast.net](mailto:Moeller5@comcast.net)

**Select Board of Directors**

Volunteer Needed, Communications

Al & Deb Wildrick, Match Scheduler [dawildrick@verizon.net](mailto:dawildrick@verizon.net)

Dan Ybarra , Coaches Manager [dybarra73@comcast.net](mailto:dybarra73@comcast.net)

Steve Moeller, Equipment Manager [Moeller5@comcast.net](mailto:Moeller5@comcast.net)

John Fyfe, Registrar [jsfyfe@verizon.net](mailto:jsfyfe@verizon.net)

Volunteer Needed, Referee Coordinator



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**The Reading Nook**

**Coaching Kids to Play Soccer:**

**Everything You Need to Know to Coach Kids from 6 to 16**

San Marco, Jim/Ascherman, Kurt/DiCicco, Tony

Publisher: Simon & Schuster

Pub date: 2007 on order

ISBN 1416546723

**COACHES AND PARENTS OF SOCCER PLAYERS OF ALL LEVELS,  
THIS IS THE BOOK FOR YOU!**

Revised and updated with new information, drills, diagrams, and photos, this friendly, easy-to-use, fully illustrated guide shows coaches how to run a successful soccer team—no matter how much experience they have or what level of soccer they coach. From building a roster to making sure everyone has a ride home at the end of the game and everything in between:

- SETTING UP THE FIRST PRACTICE
  - TEACHING THE BASICS
- DEVELOPING SKILL THROUGH DRILLS AND EXERCISES
  - LEARNING THE RULES
- ENCOURAGING FAIR PLAY AND HEALTHY COMPETITION

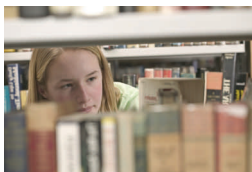
Emphasizing that kids should have fun, stay active, and learn about team spirit and competition, win or lose, the authors detail every step of building a soccer team that plays well and plays healthy, while having a great time.

Whether you're a seasonal professional or new to the game, *Coaching Kids to Play Soccer* has the answers to every coach's questions.

Don't start the season without it!

**About the Author**

**Jim San Marco** is head soccer coach at Edgemont High in New York City. He lives in Briarcliff Manor, New York.



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Checkout Fort Wayne's new public library at [www.acpl.lib.in.us](http://www.acpl.lib.in.us)

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*If you have a book you'd like to recommend for soccer fans, players and/or coaches, please send your recommendation/s to Jami Beard, Citadel Communications Director*

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### Juggling Records

Readers of the Goalpost (FWUSA members) can now be recognized for achievements in juggling! If you can juggle a soccer ball 25+ times without it touching the ground, submit the following to the Communications Director. You will receive a star behind your name for every 25 times that you can juggle!

1. Your full name
2. The club/s and team/s within FWUSA that you are rostered with
3. Your juggling record
4. The name of the FWUSA coach or parent that observed your juggling record
5. The date of your achievement



Report all juggling records at [jbeard@chosenlan.com](mailto:jbeard@chosenlan.com).

**Your juggling records may very show up on the FWUSA website soon so start practicing today!**

### 2007 Sportsmanship Winners

Each year during the State Cup & Challenge Cup, the Indiana Youth Soccer Tournament & Cup Committee (TCC) evaluates and rewards teams who exemplify qualities of sportsmanship and good conduct, both on and off the field.

During the preliminary and final rounds of the Indiana State Cup & Challenge Cup tournaments, teams accumulate points for demonstrating model sportsmanship by players, coaches and spectators.

At the close of the tournament, the TCC makes the final selections for winners in each age group and division.

#### CONGRATULATIONS

**Indiana State Cup 2007 Sportsmanship**

Winners: Girls U18 Citadel '89 Premier

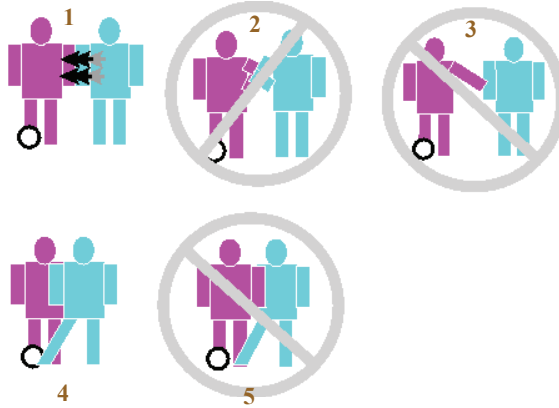
**Indiana Challenge Cup 2007 Sportsmanship**

Winners: Boys U12 Citadel 95



A sense of humor is part of the art of leadership, of getting along with people, of getting things done.  
-- Dwight D. Eisenhower

### A Word About Physical Play



Clean, legal physical play involves shoulder-to-shoulder contact

(Fig. 1) but should never involve the elbow

(Fig. 2). The arm must be straight down and not be used to push away the opponent

(Fig. 3). When tackling from the side, the tackler must play the ball from beside or slightly ahead of the dribbler

(Fig. 4). A tackle from behind (Fig. 5) will almost always result in a foul.

### Helping You Help Your Players

There are literally dozens of books, manuals, videos, training courses and websites available to help you help your players. For coaches, often the easiest and quickest of these resources is the online variety, so we have provided a short list of sites that might help you.

- <http://eteamz.active.com/soccer/instruction/tips/>

The eteamz site is an excellent resource for simple, well explained drills and games. The drills are divided into skill areas including shooting, passing, dribbling, control, and team tactics. Many drills are provided by Jeff Pill but others are contributed by regular site visitors.

- <http://www.eteamz.com/soccer/pills/jpill.htm>

Jeff Pill is member of the United States National Women's Team coaching staff and a regular contributor to the eteamz site. The drills are broken down into skill areas including defending, goalkeeping and basic skills

- <http://www.finesoccer.com/>

Lawrence Fine is the author of *The FineSoccer Way Of Coaching 9-12 Year Olds*. The site includes an archive of hundreds of soccer drills, all with diagrams outlining how the exercise is to be performed. You can also sign up for a series of newsletters on everything from coaching goaltending to kids drills.

- <http://www.expertfootball.com/coaching/drills.php>

A reasonable collection of drills with diagrams.

<http://www.joesoccer.com/info/games.html>

This site contains a collection of youth games broken down into skill categories. Each drill has a cool animation indicating how the game is to be played. The drills are contributed by former U.S. national team player Gregg Thompson.