



The Goalpost

CONGRATULATIONS!

The Citadel Futbol Club is pleased to announce that several coaches, managers, and volunteers were presented with awards at this year's Indiana Youth Soccer Association's Award Banquet.

Mr. Hani Rabi, Director of Coaching of the Citadel Futbol Club, was presented with the "Club Director of Coaching of the Year Award" for his work in directing the coaching activities associated with the Citadel Futbol Club. Hani directs the activities of over 20 professional coaches in addition to personally serving as coach for two teams. "Hani's dedication to the young people of our region is exemplary, as is his ability to develop new and innovative soccer programs for the youth of our region," said Larry Rowland, President of Citadel Futbol Club.

Additionally, Mr. Matt Hein and Mr. Russ Lawson were among the top four candidates in their respective coaching categories. Mr. Hein, a former standout soccer player for IPFW, now coaches both the boy's and girl's U10 teams. Matt was recognized for his coaching contributions to the girl's U10 team, and was among the finalists for the "Girl's Coach of the Year" award. Mr. Russ Lawson, coach of the boy's U18 team, was recognized as a finalist for the "Boy's Coach of the Year" award. "Both Matt and Russ are highly dedicated coaches who not only help teach their players soccer skills, but also help them develop as young men and women," said Hani Rabi, Director of Coaching for the Citadel Futbol Club.

Mrs Linda Lozo, was one of the four finalists for the "Manager of the Year" award. Linda is responsible for communication between the Club and all of the individual teams. "Linda's service to the teams, players, and parents of the Citadel Futbol Club is essential to the Club's success," said Hani Rabi, Director of Coaching for the Citadel Futbol Club.

Ms. Bonnie Doty was recognized as having created the best youth soccer web site in the State. "Ms. Doty has been the web developer for the Citadel Futbol Club since 1995, and her commitment to creating a highly interactive web site resulted in her being given this award from the Indiana Youth Soccer Association," said Larry Rowland, President of the Citadel Futbol Club.

The Citadel Futbol Club is pleased to announce that it has once again been selected as the host for both the Indiana State Cup Preliminary matches, which will be held on May 17-18. Additionally, the Club will again host the Indiana State Cup Finals on May 31 and June 1. "We are delighted that the Indiana State Cup Finals will again be held in Fort Wayne for the second year in a row," said Larry Rowland. This is the first time that the Indiana State Cup Finals have been held in Northeast Indiana two years in a row. The Preliminary State Cup matches will be played at Kreager Park, while the Indiana State Cup Finals will be played at IPFW's Hefner Fields.

Finally, The Citadel Futbol Club is pleased to announce that the Fort Wayne Invitational will held on June 14 and 15. The Fort Wayne Invitational draws soccer clubs from many of the surrounding states as well as attracting numerous teams from throughout Indiana. The Fort Wayne Invitational will be played at IPFW's Hefner Fields.

For more information regarding both the Citadel Futbol Club and the Select Soccer Club, please visit www.fwunitedsoccer.com.

March '08 Issue



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

Sponsored by:

Dupont Hospital [CLICK HERE TO DISCOVER THE DUPONT DIFFERENCE.](#) FWUSA OFFICIAL SPONSOR

From the Citadel President Larry Rowland

The Citadel Division is about to wrap up a terrific Inter Club League season this weekend. This Saturday league featured mixed teams, giving our players the opportunity to play with different individuals. This setup has enabled the players to develop new friendships, which in turn strengthens the Citadel culture.

A small group composed of board members from both the Select and Citadel Divisions have been working together to revise the existing FWUSA bylaws. These updates will enable the club to operate more efficiently, and will be voted upon at the FWUSA annual meeting held later this year.

A new Player/Parent Handbook is being developed, which, when approved, will be available online. This new resource will provide important topical information for those affiliated with the Citadel Futbol Club.

Outdoor practice begins the week of April 7, 2008. Given the unending presence of winter, it seems hard to believe that we are one month away from our teams practicing outside at Kreager Park. Let's all think positively about sun and warm weather!

Several of our teams have participated, or will be participating in pre-season tournament play. Three teams will be participating in an Indianapolis-based tournament next weekend, while two of our teams played this past weekend in Cincinnati. Good luck to the players and teams that are participating in these tournaments.

As our teams move outdoors for practice and matches, we will endeavor to take pictures of our players and include them in future issues of the Goalpost.

Also please remember, in an effort to maintain open lines of communication, Citadel offers a "Citadel Comments" email address for just for you at

Citadelcomment@yahoo.com.

Larry Rowland, President-Citadel





From the Select President

It has been an interesting few weeks since I took over as the Select President. As a little background on me, I have been involved with Select since 1996, when my son (now at St. Francis) started playing in the league. I have been involved with coaching, refereeing and administering throughout the intervening 12 years. This is, though, my first time as Select President. While many think that winter is the "off-season" for outdoor soccer, the Select Board has been working diligently to get many issues worked out so that the players can take to the pitch.

The Select League is just about ready for the upcoming Spring season. Each of the age groups have 4 or more teams in it, to allow for good round-robin play.

We are again starting up the Future Stars program, to allow for younger players to get training and play while the family is at Kreager Park. This program was very successful and we fully expect it to grow back to its former prominence.

The Select High School League has had to be suspended for this Spring, because of unforeseen circumstances. Various issues went into this difficult decision, but Select was not able to facilitate play at Concordia Seminary and could not get adequate fields at Kreager Park. We will be working hard to get this back into play for Spring 2009.

Your Select Board has a new board member. Preston Benzinger has agreed to take over as the Coach's Manager. Many coaches have probably heard from Preston, as he has jumped right in to help out teams that need players and players that need teams. The off-season is a difficult time for some teams if they lose players. It can be difficult to find replacement players during the winter. The board tries to help these coaches out and Preston is the point-man for this. When he contacts you, please respond promptly. I am sure that he would appreciate it.

Terry Stefankiewicz is again hosting the National Soccer Festival. Games will be played April 11th and 12th at Hefner fields. Indiana and Ohio State are only 2 of the schools that will be in Fort Wayne to play. What better way to see nationally ranked soccer teams right in your home town? Tickets for each night, or a weekend pass, are available. This is right before our opening day, so get the team together, watch some great soccer and get ready to watch them play on Sunday. With our continued support, Terry will be able to maintain the high level of teams coming to Fort Wayne. Everyone wear your Select Jersey and let's see how many players we can get to this Festival!

Regardless of the snow outside, the Spring season is quickly approaching. If you have not yet purchased your uniform at Soccer Etc. you should do so soon. They currently have adequate stock in-house, but that can change. Also available at Soccer Etc. is a line of Select Fan Wear. These are sweatshirts and other clothing that parents and families can purchase to support their player. Check them out!

Now everyone Think Spring!

Steve Moeller, President-Select

Select League





CITADEL SCRIP NEWS

Volume 1 Issue 5

March 2008

We would like to take this opportunity to thank all of you who have supported and helped promote the Citadel SCRIP program the past 8 weeks at the Ash Center. It's not too late to start saving money for your soccer expenses!

Cash and Carry SCRIP at the ASH Centre ended on March 9, 2008. Orders will need to be dropped off and picked up on Monday's at Stephen Trotter Law office (address below) until outdoor practices begin in April at Kreager Park and we resume Cash and Carry. (Look for us under the pavilion at one of the tables when you drop off your player.) Also, **please use a current order form** (you may print a current order form off the Citadel website) and disregard all old order forms as they lead to mistakes and confusion.

SCRIP Updates

- **Golden Corral is no longer available from our national broker. Also, Don Pablos SCRIP has been discontinued and is no longer available.**
- **Georgetown gift certificates have changed to \$25 denominations;** \$10 gift certificates are no longer available. The percent remains unchanged at 3%.
- **Pizza Hut has decreased their percent to 6%** effective immediately. The denomination remains \$10.
- We have also been informed that Great Lakes **will no longer be carrying Value City Department Store SCRIP.**

We are excited to announce that Club Soda has joined our SCRIP list. These cards come in \$25 denominations at 8%.

SCRIP Reminders

- SCRIP orders may be dropped off and picked up from Colette at Stephen Trotter Law Office (6079 Stoney Creek Drive) on Mondays.

You may drop off your order personally to Colette's home (prior arrangements made) or it can be mailed to Colette Boylen at

605 Nuttman Avenue, 46807.

If you have any questions, please contact a Citadel SCRIP Coordinator: Colette Boylen (744-9157) or Jodi Deiser (420-8999).

A Note from the DOC

From the Citadel Director of Coaching:

Coach Hani Rabi



We continue to employ top level professional coaches, please join me in welcoming Jim Lipocky to our Citadel family. Jim will be coaching our U15GW. Below is more information about Jim. We also added new staff coaches including Blake Sharp, Janna Kunkle, Gino Servello, Martin Wyss, Jamie Werling and Cesar Borjas. Please visit our Web Site for more information:

http://www.fwunitedsoccer.com/citadel_coaches.shtml



Jim Lipocky holds a USSF National "C" License and an NSCAA National Diploma. Jim is the Indiana Tech Head Women's Soccer Coach. Coach Lipocky is a native of Akron, OH and he brings over twenty years of coaching experience to Citadel. Coach Lipocky was a member of the Kent State Golden Flashes soccer team and began his coaching career at several local high schools in the Akron area and coached at the club level for Ohio Premier. His first collegiate coaching position was at Felician College (Lodi, NJ) where he started the men's soccer program. After Felician, Coach Lipocky was the Head Women's Soccer / Softball Coach at Daniel Webster College (Nashua, NH) and the Head Women's Soccer Coach at the State University of New York Institute of Technology (Utica, NY). At Daniel Webster College, he coached two-time All-Conference player Cori Morrison and at SUNYIT, he trained Brittany Aversa, who would become the school's all time leading scorer. In November of 2007, he accepted the Head Women's Soccer position at Indiana Tech. Coach Lipocky resides in New Haven with his wife Cynthia and their sons Aidan and Cian and their daughter Kiera.



We also added Blake Sharpe DBS991@aol.com, to our coaching Staff.

Blake played Citadel for 8 years and was on the ODP State team U13-U16. He was a 4-year varsity starter at Canterbury School. Blake was the 2003 Indiana Gatorade State Player of the Year and was 2-time NSCAA High school All-American, Indiana IHSAA State Champion 2001, and the IHSAA's 2002 Indiana State Player of the Year. Blake was also a 4-year starter at University of South Florida. He played for Fort Wayne Fever PDL team '03-'05. He also participated in the Canterbury Soccer Camp as a coach from 2003-2006. Blake has also been a member of Fort Wayne Sport Club Men's team since 2000.



A Note from the DOC

From the Citadel Director of Coaching:

Coach Hani Rabi



Someone asked me the other day about how much time I spend over the weekend at the ASH Centre and my reply was how much I enjoy being there. My typical weekend starts by going to the ASH Centre on Saturday mornings at 7:00 A.M. and watching/organizing/referring the Winter Citadel Inter-League Club games until 3:00 P.M.

It is with great pleasure that I attend all the games and watch our Citadel players play soccer the right way. The parents' support has been outstanding.

On Sunday, Citadel players' day start after church around 12:00 P.M. where I attend and organize different scrimmages between our teams.

At 1:00 P.M. we have the coaches game where our coaches demonstrate their skill, and others demonstrate how old they are, LOL, but it is very competitive and a lot of fun!!

At 2:00 P.M. I have the Parents Conditioning Program where many of our moms and dads attend and work very hard for about 40 minutes then they scrimmage and have fun. The key is only those who attend the conditioning program can scrimmage.

At 4:00 P.M. we begin our Technical Training Program where our Citadel coaches work with our younger kids age 12 and under led by Matt Hein, Carlos Cruz, Paco Castillo, and Cory Rodgers.

At 5:00 P.M. we train our older players and concentrate on agility, coordination and speed training lead by myself and Mitch Ellisen.

This is a typical weekend for me during the winter and I would not have it any other way.



Wizards Youth Soccer Night

FORT WAYNE WIZARDS **YOUTH SOCCER NIGHT**
 WITH THE WIZARDS • 2008

FRIDAY
MAY 23

vs.
Great Lakes Loons
 (Los Angeles Dodgers)

GAME TIME:
6:00PM

PRE-GAME PARADE ON THE FIELD
 • Players and teams are encouraged to wear their jerseys!

ON-FIELD GAMES AND CONTESTS
 • Will be soccer-themed during the game!

SPECIAL GAMES ON THE CONCOURSE
 • The Speed Pitch will be converted to record kick speeds!

RUN (AND DRIBBLE) THE BASES
 • Come on the field & dribble around the bases after the game!

PURCHASE YOUR TICKETS TODAY!

- EXCLUSIVE TICKET PRICE: GRANDSTAND SEATS: ONLY \$6.00!
- GRANDSTAND TICKET/HOT DOG & SOFT DRINK COMBO: \$10.00!
- DEADLINE TO ORDER TICKETS: FRIDAY, APRIL 25

YOUTH SOCCER NIGHT • TICKET ORDER FORM
 Friday, May 23rd • Game Time: 6:00pm

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: (____) _____ ext. _____
 Email: _____

METHOD OF PAYMENT: Credit Card Check (Payable to Fort Wayne Wizards)

VISA Mastercard Amer Exp

Card #: _____ Exp: ____/____

3 Digit # on Back (For Security Reasons): _____

SEAT TYPE	#	PRICE	TOTAL
Grandstand Tix		\$6.00	
Ticket/Voucher		\$10.00	
Ticket locations based on availability			TOTAL

Return your ticket orders and money to your coach by Friday, April 25

QUESTIONS? Brent Harring • Fort Wayne Wizards Baseball • 1616 E. Coliseum Blvd. Fort Wayne, IN 46805 • Phone: (260) 407-2816 • bharring@fortwaynewizards.com



Citadel Family Fun Fest

2nd Annual Citadel Family Fun Fest

May 9, 2008

******New this year: Silent Auction******

The Family Fun Fest Committee would like for every team to put together a "theme" basket to be awarded to each basket's top bidder during the evening's silent auction. Possible theme ideas include: soccer (of course), Colts, ultimate sports fan, chocolate, movie night, and gift cards galore. Be creative and have fun choosing your theme! Once your players decide on a theme, they are encouraged to bring in items to help fill their team's basket.

Once the baskets have been filled, a team representative can drop them off in the pavilion at Kreager Park on April 30.

The team that has the highest selling basket will receive a pizza party (and bragging rights).

ALL funds raised through the silent auction will go toward off setting the costs of the Family Fun Fest.

QUESTIONS? Contact Kerri Williams at KerriLWill@aol.com or Aimee Black at aimcblack@gmail.com



Kudos Korner



- Congratulations to our **91BW** Coached by Hani Rabi and Tom Hanewald on going undefeated during last week's Show Case tournament in Ohio where they won two games and tied one.

Academy Citadel Select

- Congratulations to Citadel Coaches Victor Ramirez & Miguel Navarro and to the players of **U11B Blue** for being moved into the NISL Gold Division for spring '08!
~ Jami Beard, U11B Blue Team Manager
- I'm very proud of our **U11B Blue** players and coaches, they have shown me great improvement this winter and this improvement has led me to talk to the league and make the decision to allow them to play in the Gold Division. Congratulations!
~ Hani Rabi, DOC

Anyone can submit names for the Kudos Korner!! We are an organization full of dedicated volunteers and paid professionals . Let's recognize our coaches, board members and parent volunteers within the FWUSA!

Select League News

Select Future Stars Spring 2008



Select please to announce the reinstatement of the Select Future Stars program. This is for youths 5 - 7 years of age (U6 - U8 age groups). The program will provide training and a scrimmage game at Kreager Park each Select Game Day. Players can register individually for this program. To do so please download the [Select Registration Form](#), the \$65.00 fee (checks made to FWUSA Select) and a copy of your child's birth certificate, and mail all to:

John Fyfe 1828 Kenwood Ave Fort Wayne, IN 46805

Depending upon the number of registrations, players will be grouped into zones and placed on "teams" to train and play with. Each Sunday, the players will receive 30 minutes of skills training, and then participate in an organized game. Select will work with volunteer parents to act as "coaches" to these teams, helping to make sure that all players have a safe and enjoyable experience, while learning the game of soccer.

If you have any questions about this program, please contact [Steve Moeller](#), Select President at moeller_5@verizon.net.



Citadel Inter-Club Winter League Playoffs & Championship Schedule

Citadel Winter Inter Club League Standings

U10 – U12

Division I	Won	Lost	Ties	Total Points
C-3 Citadel Monkeys	3	0	4	13 (1 st Place)
C-1 Citadel Lions	3	3	1	10
C-2 Citadel Tigers	2	4	1	7

Division II	Won	Lost	Ties	Total Points
C-5 Citadel Rabbits	5	2	0	15 (1 st Place)
C-6 Citadel Hawks	2	3	2	8
C-4 Citadel Bears	1	4	2	5

U13 – U14

Division I	Won	Lost	Ties	Total Points
C-7 Citadel Bulls	6	0	1	19 (1 st Place)
C-10 Citadel Owls	4	2	1	13
C-8 Citadel Cheetahs	2	4	1	7
C-9 Citadel Penguins	0	6	1	1

U15 – U17

Division I	Won	Lost	Ties	Total Points
C-11 Citadel Cardinals	6	0	1	19 (1 st Place)
C-13 Citadel Elephants	4	2	1	13
C-12 Citadel Stallions	2	4	1	7
C-14 Citadel Zebras	2	5	0	6

Division II	Won	Lost	Ties	Total Points
C-18 Citadel Blue Jays	3	2	2	11 (1 st Place)
C-17 Citadel Wood Peckers	2	2	3	9
C-16 Citadel Wolves	2	2	3	9

Saturday Mar. 8, 2008 Championship

U10-U12

7:30 A.M. C-1 vs. C-6 (Consolation Game)

8:20 A.M. C-3 vs. **C-5** (Championship Game) **Rabbit's** Championship Coach: Eddie Navarro 

9:10 A.M. C-2 vs. C-4 (Consolation Game)

U13-U14

10:00 A.M. C-8 vs. C-9 (Consolation Game)

10:50 A.M. **C-7** vs. C-10 (Championship Game) **Bull's** Championship Coach: Mitch Ellisen 

U15-U17

11:40 A.M. C-13 vs. C-17 (Consolation Game)

12:30 P.M. C-12 vs. C-16 (Consolation Game)

1:20 P.M. C-14 vs. C-15 (Consolation Game)

2:10 P.M. **C-11** vs. C-18 (Championship Game) **Cardinal's** Championship Coach: Hani Rabi 



Citadel Inter-Club Winter League Play

CITADEL FC



FORT WAYNE



Dupont Hospital – Heart Health Tip

It's no secret that heart disease can kill. That's the bad news. But there's good news, too, because according to the American Heart Association, "heart disease can largely be prevented." This is done by controlling your weight, dieting if you are overweight, and exercising to keep your heart healthy.

In addition to living a healthy lifestyle through diet and exercise, it's important to know the primary warning signs for heart attack. For instance, did you know the risk factors, warning signs and symptoms of heart disease, chest pain and stroke can be different for men and women? Here's an example: Women are as likely as men to suffer chest pain or discomfort as the most common heart attack symptom, but they are more likely than men to experience other common symptoms, such as back or jaw pain, shortness of breath and nausea or vomiting.



Indiana Youth Soccer Association Coaching Development Courses

Coaching Clinic Type: D Coaching Course

Dates: 3/7/2008-3/16/2008

Times: (See Below)

Location: Canterbury High School-Fort Wayne, IN

Location Address: 3210 Smith Rd, Fort Wayne - (260) 436-0746

Clinician: Pat Teagarden and Ken Harkenrider

Course Information: Two weekend course: Friday (7,14th) 6-9 p.m. Saturday (8, 15th) 9-5 p.m. Sunday (10, 16th) 9-5 p.m. Candidates must hold an E Certificate and attend all dates and times.

Member Cost: Free, **Non-Member Cost:** \$200.00

Coaching Clinic Type: D Coaching Course

Dates: 3/14/2008-3/23/2008

Times: (See Below)

Location: Indiana Youth Soccer Office-Lawrence Park

Location Address: 5440 Herbert Lord Road Indianapolis, IN 46216

Clinician: Mis' Mrak

Course Information: Two weekend course: Friday (14th,21st) 6-9 p.m. Saturday (15th,22nd) 9-5 p.m. Sunday (16th, 23rd) 9-5 p.m. Candidates must hold an E Certificate and attend all dates and times.

Member Cost: Free, **Non-Member Cost:** \$200.00

www.indianayouthsoccer.org





Citadel Executive Board

Citadel Comments, Citadelcomment@yahoo.com

Larry Rowland, President larryrowland2@mac.com

Deb Kunkle, Secretary debkunkle@msn.com

Pat Murphy, Treasurer MurphyTreasurer@comcast.net

Citadel Board of Directors

Aimee Black, Uniform Coordinator aimcblack@gmail.com

Jami Beard, Communications Coordinator jbeard@chosenlan.com

Volunteer Needed, Sponsorship Coordinator

Annette Zirkle, Tournament Director azirkle@verizon.net

Linda Lozo, Manager Coordinator chubbyspizzas@verizon.net

Martin Heiny, Registrar mdheiny@msn.com



Executive Director

Steve Helsler fwusa_exec_director@comcast.net

August 23 - 25



Select Executive Board

Steve Moeller, President Moeller_5@verizon.net

Phil Seidel, Secretary shelby_philip5@yahoo.com

Angie Moeller, Treasurer Moeller_5@verizon.net

Select Board of Directors

Volunteer Needed, Communications

Al & Deb Wildrick, Match Scheduler dawildrick@verizon.net

Preston Benzinger, Coaches Manager

Heidi Bercot, Equipment Manager hmbercot@hotmail.com

John Fyfe, Registrar jsfyfe@verizon.net

Steve Moeller, Referee Coordinator Moeller5@comcast.net

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.

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

Juggling is a key training element which is often overlooked. Juggling allows the player to gain a feel for the ball. These touches build confidence and makes players aware of parts of their body used to control or pass the ball. With a larger range of comfort with the ball, imagination is often sparked in game play.

Juggling should become a daily routine that only takes a few minutes a day. Develop good juggling technique.

- Use all parts of the body (head, chest, thighs, and feet) and alternate feet. Don't get caught only juggling with your dominant foot!
- Focus on good controlled touch to realize the full potential of juggling. If a player does not have good body control this will lead to bad touches.
- Be able to control the ball in different situations. So if a player has a bad touch, they should try to recover it rather than starting over.
- Be able to maintain good body position.
- Find rhythm and harmony between the player and the ball.
- Practice while standing still, then progress to walking slowly and then with some pressure by either time or opponents.
- Practice juggling about 20 minutes each day.



Achievements In Juggling

Elizabeth Helser Citadel U16G	****	116 (alternating feet)	Hani Rabi, DOC	02/08
Hannah Dolfuss Citadel U10G/U11GW	**	73	Coach Hein	02/08
Max Baker Citadel U10B	**	53	Coach Hein	02/08
Hannah Tkac Citadel U10G	*	41	Coach Hein	02/08
Ryley Dejong Citadel U11B	*****	166	Coach Jozsef	02/08
Alex Baker Citadel U10B	*	47	Coach Hein	02/08
Derek Sutton Citadel U11B	*****	161	Coach Jozsef	02/08
Brennan Cochran Citadel U11B	*****	298 (alternating feet)	Hani Rabi, DOC	02/08
Derek Sutton Citadel 11BU	*****	143	Coach Jozsef	02/08
Hunter Cone Citadel U11B	***	90	Coach Jozsef	02/08
Walter Li Citadel U11B	**	60	Coach Jozsef	02/08
Bradley Lancaster Citadel U11B	*	43	Coach Jozsef	02/08
Chris Clemens Citadel U12B White	*	47	Hani Rabi, DOC	02/08
Kyle Payne Citadel U12B Blue	*	42	Hani Rabi, DOC	02/08
Delaney Carroll Citadel U11G	*	41	Hani Rabi, DOC	02/08
Cassi Schwartz Select U10 G Blue Ice	**	51	Coach Preston	01/08
Bailey Beery (age 9) Citadel FC Girls	****	108	Hani Rabi, DOC	01/08
Derek Sutton (age 9) Citadel FC Boys	**	55	Hani Rabi, DOC	01/08

Soccer End Zone Game

The **soccer end zone game** is a great soccer drill that will help coaches focus on all aspects of attacking and defending in soccer.

Incorporating end zones into the game gives players a chance to learn to attack space behind the defense and allows defenders to learn how to deny space behind them.

Soccer Drill contributed by: Chris Johnson

Rated 4.66 by viewers

Drill Information: This is for ages U10, U12, U14, U16. It is best ran with at least 8 players but no more than 16 players. The drill should be ran approximately 20 minutes on a 1/2 field.

The coach will also make sure they have the following equipment: cones, alternate jersey.



Setup: Create a 50X30 yard grid with 5 yard end zones on each end of the field. Split the team into 2 evenly matched teams.

Instructions: A team scores a goal by getting the ball from one end zone (by passing or dribbling into the zone) and immediately attacking the end zone and gaining possession in the end zone on the opposite end. If the other team wins the ball before they are able to successfully gain possession in both end zones no point should be awarded.

Variation: Limit the number of touches.

Coaching Points:

- Focus on basic passing, moving, support.
- Focus on basic defending and attacking skills.
- Focus on quick counter attacks.

Focus:

Technical Dribbling, Technical Passing, Technical Receiving, Tactical Defending, Tactical Attacking, Tactical Support, Tactical Possession, Tactical Transition, Tactical Movement with/Without The Ball, and Tactical Switching Point of Attack.

Angle of Support Possession Drill

This soccer passing drill is a great drill for teaching young players angle of support and spacing.

Soccer Drill contributed by: Chris Johnson

Rated 4.62 by viewers

Drill Information: This is for ages U6, U8, U10, U12. It is best ran with at least 3 players but no more than 18 players. The drill should be ran approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones and alternate jersey.



Setup: Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.

Instructions: The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in “un-defended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations:

- Play in 1 or 2 touches.
- Add a defender

Coaching Points:

- Make sure players are thinking and moving quickly to the next supporting position.
- Explain Defended Space (see diagram).
- Help players with good angle of support.

Focus: Technical Passing, Technical Receiving, Tactical Support, Tactical Possession and Tactical Movement With/Without The Ball.