

MOUNT LAUREL UNITED NEWS LETTER 2012

HAPPY NEW YEAR

I WOULD LIKE TO WELCOME YOU ALL TO THE MLU NEWS LETTER FOR THE MONTH OF JANUARY 2012. THESE NEWS LETTERS WILL BE OUT ON A MONTHLY BASIS AND WILL COVER COACHING IDEAS, TEAM ACHIEVEMENTS AND ALSO CLUB EVENTS. IF YOU WISH TO HAVE YOUR TEAM HIGHLIGHTED OR HAVE SOME NEWS TO SHARE THEN PLEASE CONTACT WAYNE GROCOTT AT TECHNICAL@MLUSOCCER.ORG AND SUBMIT YOUR NEWS.



Since 1998, FOX Soccer has featured captivating live match coverage from the most-watched sporting league in the world. The EPL (English Premier League) was formed in 1992 with the top clubs of the English football league system & features some of the best players in the world. List of upcoming live games to watch:

Saturday Jan 14th

Chelsea V Sunderland – 10:00am

Aston Villa V Everton – 12:00pm

Sunday Jan 15th

Swansea City V Arsenal – 11:00am

Saturday Jan 21st

Game – 10:00am

Bolton V Liverpool – 12:30pm

Sunday Jan 22nd

Manchester City V Tottenham (my team) – 8:30am

Things you didn't know about the beautiful game

During the very first international football match between Scotland and England in 1872, players not only wore “knickerbockers” or long pants but bobble hats or caps too. The head dresses were a normal part of the footballing attire at the time and lasted well into the 20th century.

The first meeting of the Football Association on 26 October 1863 in London did not end in total agreement among the 12 attendees. One club walked out, refusing to accept the non-inclusion of hacking (kicking below the knee) among the original rules.

Penalties or referees found no place in the original rules of the game. Gentlemen would never intentionally foul, it was assumed. In fact debating techniques were almost as important as ball skills in those days as players could appeal against decisions first to captains and then to umpires before referees, named so because they had originally been referred to by umpires, found their place on the pitch in 1891.

It was only in the 20th Century that the penalty spot was introduced. In the decade before penalties, originally called the kick of death, could be taken anywhere along a line 12-yards from goal.

The word soccer does not come from the United States but was a term used by public school and university students, most notably at Oxford, in the 19th Century to shorten the new game “Association Football”. The predilection to shorten words with “er” extended to Rugby too, known as ruggie.

Goalkeepers, in their own half, could handle the ball both inside and outside the penalty area before 1912.

Before 1913 when a corner was taken, instead of deciding on an in swinger, out swinger or taking a short one, there was nothing to stop a player dribbling the ball by himself. The rules were changed after several players teed themselves up before scoring.

London's Kensington High Street traffic lights are the inspiration for the red and yellow cards used in today's game. English referee and then FIFA's Head of Refereeing Ken Aston was driving through central London thinking of ways to better illustrate a caution or sending off when the change of green to yellow to red of the lights gave him the idea



The NSCAA Convention

JANUARY 11 – 15, 2012

When it comes to soccer events around the world, few can parallel the National Soccer Coaches Association of America's Convention. No other event matches the fun, excitement and learning opportunities this annual gathering offers to soccer coaches at all levels of the game.

Being A Better TEAM Player

Welcome to the Fine Soccer Kids Newsletter. Today's subject deals with being a better team player.

The main part of this newsletter was written over a year ago as a Soccer Newsletter but since I have spoken to a couple of teams about this recently I think it's important enough to repeat here as a Fine Soccer Kids Newsletter. Please understand that the reason for me repeating this is NOT because I don't have anything else to write but rather, until players start understanding this concept, they will struggle with soccer (and somewhat with life).

Many people are familiar with the "me" syndrome which is where players are in it simply for themselves and don't care what is in the best interests of the team. Given the choice between doing what is in their best interests or in their teams best interests, the players afflicted with the "me" syndrome will chose themselves over the team. If they can score a goal a game and lose most games or score the occasional goal and win most games, they chose the option of scoring and losing. A team with players suffering from the "me" syndrome will end up being unsuccessful. Many people are familiar with the "me" syndrome.

The "I" syndrome isn't as well known but can cause almost as many problems as the "me" syndrome. The player suffering from the "I" syndrome thinks that the way for the team to be successful is for her to do more and try to take over. This is the person you see at the end of the game who tries to dribble through everyone to score the winning goal. The person with the "me" syndrome does this for the glory while the person with the "I" syndrome does it for the good of the team. Unfortunately, neither really works. If you have 5 players with the "I" syndrome, you will have 5 players at the end of the game trying to do what each thinks is the best thing for the team. Frequently, this result in a frantic finish with players running all over the place but unfortunately, it doesn't usually work. The person with the "I" syndrome thinks she is doing what is in the team's best interests but in reality she is really being counterproductive.

The player with the "we" syndrome will do what is in the best interests of the team even if it means taking a step back for the team. While the "we" player and the "I" player have the same interests the "we" player understands that the best interests of the team takes more than just personal effort. An example is that in the last few minutes of the game, while the "I" player is trying to do everything on her own, the "we" player is trying to find the best way to succeed any way possible whether it directly relates to their own effort or not. The "we" player ends up being the successful one even if sometimes the "me" and "I" players sometimes get the short-term glory.

A player can change from a "me" player to an "I" player to a "we" player but only if they understand the concept. Without knowing that being a "me" or "I" player is a problem, they will never know they have to get better and become a "we" player.

If you are a player, the first step in becoming a better team player is to ask yourself which whether you are a "me" player, an "I" player or a "we" player. Then if you are not happy with your HONEST answer, set out to do something about this.

Rewritten by: Lawrence Fine

COACHING TIPS

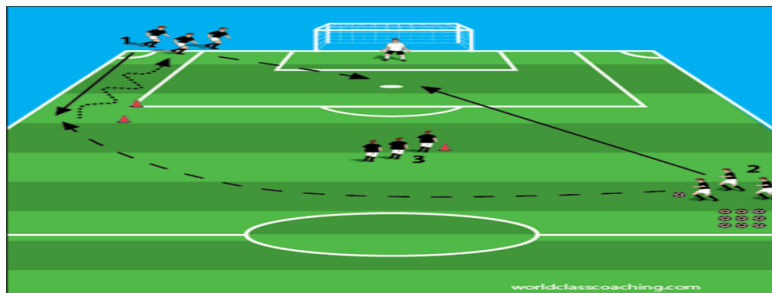
SELF APPRAISAL

We often talk about the importance of preparation to make sure that our training sessions are as effective as they can be. But it is just as important to evaluate after our session to learn more about our own coaching performance.

There are several things to do at the end of a session, some players need to talk, a parent might have an issue they want to discuss, it's late and you want to avoid the traffic! Make sure you set aside a few quick moments each week to review your performance. It does not have to be every day, although keeping a log might be helpful. Consider preparing yourself a checklist of questions to help organize your thought, the list might include:

- Did I have realistic plan in place before the session started?
- Did the players improve in the areas that I wanted?
- Were the practices too difficult or too easy?
- Did I conduct myself properly?
- Did I ignore the players or concentrate too much on some?
- Did I communicate effectively?
- Did everyone have fun (myself included)?
- What worked well?
- What could be better?

Make sure you revisit your answers when preparing your next session



Crossing and Finishing

With a supply of balls on the half-line, the team works to one goal with a keeper.

Player 1 checks back to the cones and receive a cross field pass from Player 2.

Player 1 turns, attacks the end line and crosses into the penalty area for player 2 to finish. Players work left then right. A second runner is added (player 3) to make a near post run.

The team worked on various types of crosses: low and hard, near post, far post, bent, etc.

SOCCER SLANG

K

Kick-off - The method of starting play at the beginning of the match. The referee and the two team captains decide on who gets first ball and who gets choice of side.

L

Laces - The part of the foot covered by the shoe's laces. This area of the foot is most commonly used for power shooting or for sending long balls.

Laying the ball off - A pass from a player into open space for another player to gain control of.

Let it go - If the ball is rolling to the touch line or the goal line, it can be a signal to your teammate to allow the ball to exit the field of play. This should only be called when an opponent was the last player to touch the ball, so that you will have possession for the throw-in or goal kick.

Lifting the ball - Any shot or pass that causes the ball to go into the air. This may be accomplished by leaning back when you are in contact with the ball.

M

Man on - A signal yelled out to a teammate indicating that an opponent is about to challenge him/her for the ball.

Man-to-man guarding - A system of play where each player is assigned another player and it is his job to stay on that player when the opponents have control of the ball. When his team regains possession, he must lose his check and move into open space.

N

Narrowing the angle - A goal keeper will try to make a player on breakaway play the ball to one side by moving out from his goal area.

O

Officials - The referee, linespersons, and fourth official make up the officials for a soccer match.

Offside - A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position. You cannot be offside on a goal-kick, corner kick, or throw-in.

Offside position - A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second last opponent.

On-side - the opposite of offside.

Offside trap - A defensive tactic used to catch the opposing strikers off guard. As soon as the ball is cleared by the defense, the entire defensive line rushes towards the center line, leaving the strikers in an off-side position.

One-touch pass - A pass where the player must play the ball with only touching the ball once. There is no room for a control touch.

Overlapping - If an attacker on the wing cannot cross the ball because an opponent prevents him, the attack can be kept moving by a pass to an overlapping player who runs up on his outside. The overlapping player may then be able to find space to cross.

Own Goal - to accidentally put the ball in your own goal - which counts as a goal for your opponents.

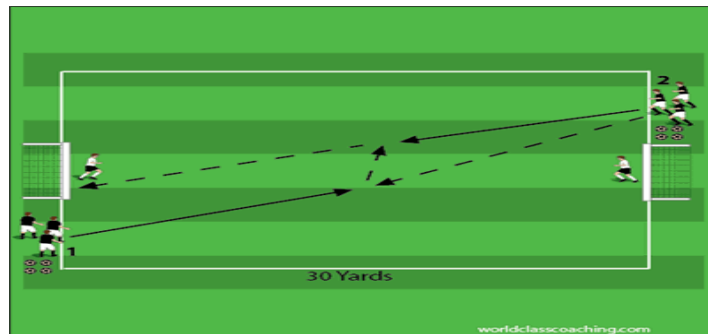
A story about Soccer Referees

Those who complain about referees should be willing to take a certification course and become referees to make the situation better. Referees (in every sport) make calls that affect games and often have doubts about whether they made the right call and sometimes those doubts don't ever go away.

There's a terrific article (many years ago) in an issue of Soccer-America about Pierluigi Collina – in recent years considered the best soccer referee in the world. Collina talks about Esse Baharmast, the US ref, who made a critical penalty kick call late in the 1998 World Cup game (in France) between Brazil and Norway. As many of you will remember, the kick was converted and Norway won the game 2-1 and finished second in Group A ahead of Morocco. No official camera caught the action. The replay (showing no foul) was shown over and over in the US and you know it was shown all the time in Europe as evidence that Americans could not be trusted to referee high level soccer.

In fact the outcry was that Baharmast had made up the call and that no US official was ready to be the center ref at such a big match. He was called racist and terrible by most every newspaper in Europe. Collina was with Baharmast for the next two days and said that the US ref was a destroyed individual who thought that he had ruined every chance for an American to ever ref a World Cup game again. Even FIFA called his actions into question. Everyone in the world was certain that Baharmast was wrong. Fortunately a few days later a Swedish TV channel produced a film showing an indisputable foul where the attacker was pulled down blatantly in the box by his shirt. On that camera view it was an obvious call.

Remember that incident, next time you dispute a call from your seat 100 yards away from the action. Want a better view of the action – get certified. Refs have the best view on the field. One of Collina's favorite quotes is, "I believe in the traditional role of accepting decisions as part of discipline of sportsmanship and fair play."



Shooting

Goals 30 yards apart with goalkeepers. Half the group is beside one goal, half beside the other - both groups have a supply of balls.

Player 1 checks towards player 2. Player 2 passes to player 1 who lays off for player 2 to shoot at goal.

The emphasis is on quick, quality passing, receiving and finishing. As soon as the ball is shot, the next ball is played in from the opposite end.

BANANAS

Bananas contain three natural sugars - sucrose, fructose and glucose - combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. A banana can help overcome or prevent a substantial number of illnesses and conditions, making it a must for our daily diet – below are just a few examples:

Depression: According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration have just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex, UK) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Overweight and at work: Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine", eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%" - It is also rich in potassium and is one of the best value foods around.

A banana contains:

86 calories in a medium banana

1 gram of protein

3 grams of dietary fiber

26.9 g carbohydrates

23.9 g sugar

467 mg Potassium

43 mg Magnesium

27 mg Phosphorus

7 mg Calcium

1.3 mg Selenium

.4 mg Iron

95 IU Vitamin A

11 mg Vitamin C

.7mcg Vitamin B6

.67 IU Vitamin E

Sooooo..... "A banana a day keeps the doctor away!"



MLU would like bring to your attention that there is **NO PARKING** on any grassy areas near the training and game fields – thanks...



5-21
the reason they can play so good
is cause their parents aren't
yellin' at 'em from the sidelines