



Grand Island, New York

Coaching Newsletter

JANUARY, 2010

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COACHING RESOURCES:

- nyswysa.org
- gisoccerclub.org
- usyouthsoccer.org
- nscaa.com
- Kenmoresoccer.com
- Rhinosoccer.com
- Epic-center.com
- Sahlensportspark.com



Exciting Time in the Club's History

*Your GISC held their second annual Board Retreat in early January. The great dialogue allowed the Board to further define and clarify roles, set goals and focus on initiatives.

*I am hard at work researching and organizing our club's first formal attempt at having a recognized, established curriculum. This curriculum would define the exit outcomes

for each level in the areas of skills, tactics, fitness levels and knowledge. My intent would be to roll out the work at the May 2



Travel Coaches Clinic.

*Something for us to keep an eye on; on the boys side we do not have a team beyond U-15. That is a real concern. I would categorize that as a weakness in your club which ultimately impacts our schools and obviously the kids on GI. We may need to brainstorm how we can speak to that.

Update on the Alliance Friendlies

I recently met with representatives from various clubs in an effort to resurrect the winter 'Friendlies' that we conducted last year. Included in the meeting were reps from Hamburg, Amherst, Kenmore and Lockport.

One change that will be made is

that some actual training will take place at each site prior to any play. No other specific details are available at this time but coaches in the U10-U12 Divisions should count on some interaction with these other clubs. It appears that Amherst will be hosting training and play

for the following GISC U-10 teams on various Saturdays (schedule forthcoming); Mendel, Doermer & Nobrega. All other teams will be scheduled most likely in Lockport (Kenan Center). U10-U12, save these dates for sure; March 27 and April 3 from 1-5 pm. More to follow!

Annual Clinic for Travel Coaches

Save the date!!

Sunday, May 2, 2010

Registration begins at 7:30, program runs until approximately 8 am-2 pm

Grand Island Middle & High Schools

Look for an Evite or flyer and please pre-register

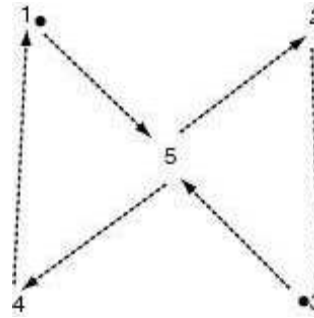
A requirement for all Travel Head and Assistant Coaches



Grand Island, NY

Drill of the Month-Distributing

Five players, two balls, 10 x 10 yd grid. Player #1 and #3 have a ball. On command Player 3 starts by passing the ball to 5 who then passes to 4. As soon as 5 touches the ball to 4, 1 passes to 5 who then passes to 2. The two balls keep moving in the pattern shown in the diagram.



The emphasis during this activity should be a) passing to the correct foot so that your teammate can keep the ball moving effectively (*using the diagram above, when 5 passes to 4, it would be to 4's left foot and when 3*

passes to 5 it would be to 5's right foot). b) the distributor in the middle must pivot quickly and strike firm passes, maintain a strong athletic base and lean

forward to strike the ball, c) your goal should be to get to the point sometime in the season where all passes are one touch, d) it's important that the passes be hit with the correct pace in order to keep the pattern going. Coaches can change things up by beginning the set with the balls in positions 2 & 4 and moving the ball in the opposite direction. You can also have two groups competing on total sets done.

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."

John Q. Adams



Nominations for Annual Awards Sought

Last year at our spring clinic luncheon we began an important tradition of recognizing the people that work so hard to make the GISC the best that it can be.

We accepted nominations and selected honoree's in three categories; *Legacy Award, Volunteer of the Year and Travel Coach of the Year.*

Our inaugural Legacy

Honoree was Clive Roughsedge, one of the founding fathers of the GISC. He spoke emotionally about the club and thanked everyone profusely. Our Volunteer of the Year was outgoing House Coordinator Terri Pitts who donated hundreds of hours and our Coach of the Year was Brett Banker who guided the GI Fire, one of the better teams the club

has ever had for upwards of six years. We are now accepting nominations in those same categories based on the individual's contributions to our club from *May 2009 up until May 2, 2010. Take a moment to consider nominating someone. Forms are available on our club's web site, or soon will be. Or, e-mail me and I'll forward forms to you.*

FYI...Random Thoughts

*Remember that you need GISC Board approval before conducting any **fundraising** activities. Contact VP, Chris Hollander, 773-8729.

***Coaching Courses**— a) Youth Mod, Amherst, March 7, 3-7 pm, free! b) D License-Amherst, April 9-11 & 16-18 and c) E License at the Kenan

Center in Lockport on 4/17 and 4/24. *All three clinic are expected to be listed on nyswa soon. Register on-line.*

*Please adhere strictly to the rules set forth when using school gymnasiums. This year we have been deluged with complaints. Communicate rules with parents & players!

