

# Weston AYSO Region 644



June 9, 2005

Welcome to the fifteenth edition of the AYSO Region 644 bi-weekly newsletter.

In this week's edition, Section 1 is designated as the AYSO Region 644 roundup which will highlight what has been going on in our region over the past two weeks and what is up-coming.

Section 2- Youth Scene: How to Make Drills Work is the title of the article written by Alan Maher. Mr. Maher discusses that exercises work best when they are constructed to work right from the beginning. They become more challenging when new restrictions are added. Limiting touches of the ball, reducing the working space of the group or adjusting the number of players to the allotted space — all have a role to play in player development through coaching exercises.

In Sections 3-6 we have four articles outlining different aspects and activities related to the game of youth soccer. In the Keepers Corner we discuss a fitness program developed to increase strength without the use of weights. In Section 4 titled High Pressure we discuss putting on defensive pressure in your opponents third of the field and the proper positioning of your forwards and mids in order to transition from offense to defense and back to offense again. Section 5- Soccer Activities- we continue with the high pressure and low pressure defensive theme with a set of progressive games that demonstrate how to play high/low pressure defense and how to play against it. Section 6 is titled simply "Defense" and points out that while playing in a defensive position you have two options, 1) go to the ball or 2) mark a man.

Section 7 is our Soccer News Articles From Around the Country. Article one comes from the LA Times and presents the possibility that world class player David Beckham may, sometime in the near future, consider coming to Major League Soccer. The second article is from the Salt Lake Tribune and highlights Landon Donovan whose two goals highlighted a 3-0 whitewash of perennial nemesis Costa Rica. The final article is from the ExplorerNews.com out of Tuscon, Arizona and highlights a new youth sports organization in that city called the Southwest Youth Sports Organization. This organization encompasses the concept of fair and fun play across multiple sports.

Section 8- Today's health and youth sports development article is from the Times Herald-Record in Hudson Valley New York and is titled "Roids are the Rage". The author discusses the frightening reality that more and more of our children are taking steroids in order to improve their performance on the athletic field.

I hope that you enjoy this edition of the AYSO 644 Newsletter. Everything we do here in AYSO is ever evolving. If you have any comments or suggestions, please do not hesitate to email to me at [Strikersoccer1@aol.com](mailto:Strikersoccer1@aol.com).

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## About Publix

Second Publix Sabor Open in Hialeah

**Store Location:**

**Hialeah Mercado  
1585 West 49 Street  
Hialeah, FL 33012-2924  
(305) 828-2180**

**Hours of Operation:**

**7 a.m. to 11 p.m., Monday - Saturday  
7 a.m. to 10 p.m., Sunday**

**Pharmacy Hours:**

**8 a.m. to 8 p.m. Monday - Friday  
9 a.m. to 7 p.m. Saturday  
10 a.m. to 5 p.m. Sunday**

LAKELAND, Fla., May 16, 2005 — On Thursday, May 19, at 7 a.m., the Publix at Hialeah Mercado opened its doors as Publix Sabor. This 61,000 square foot store location, which originally opened on March 22, 2003, was renovated into the company's second Publix Sabor location.

This store offers a wider variety of products and services. The produce department has been expanded to carry a variety of sliced or chunked tropical fruits, salads and features a new tropical juice bar with over a dozen flavors available in single-serve and half gallon servings. The deli department offers customers delicious authentic, Hispanic favorites, such as: seafood rice, chicken fricassee, ox tail, roast pork and over 50 new recipes created especially for Publix Sabor all available by the pound, a la carte or by a la completa (complete meal). The meat department features a full-service custom cut meat case to accommodate customer's special requests. Sushi is also available. New to the bakery department is an ice creamery offering ice cream cones, crème cakes, sundaes and shakes in tropical fruit flavors, as well as traditional favorites of vanilla and chocolate. The bakery also features over 100 authentic pastries.

Redesigned for Publix Sabor is the large seating Café where customers can enjoy a pressed sandwich, churros or mariquitas. In addition, a walk-up window where customers on the go can get their café con leche' (coffee with milk) and a warm pastry. Other services and products include: money transfers, bill payment services, calling cards specific to countries around the world, fragrances, skin care, designer jewelry and handbags. While English is the primary language, the Publix associates and signage throughout the store is bilingual.

"We have added the products and services to enhance the shopping experience of all our customers with the traditional customer service, quality, variety, value and freshness our customers have grown to expect over the past 75 years," said Maria Brous, Director of Media and Community Relations.

For more information please visit [www.publix.com/sabor](http://www.publix.com/sabor).

## **Section 1- AYSO 644 Roundup**

**Can you still register your child for our fall 2005 soccer season? The answer is a resounding yes, but divisions are filling up fast. Last fall season we had 2,575 children playing AYSO soccer here in Weston with about 100 more on the waiting list. Please don't have your children wind up on the wait list and possibly shut out of the most popular and energetic program in South Florida. You can register online at [www.eayso.org](http://www.eayso.org) or you may download a registration form from our website at [www.ayso644.org](http://www.ayso644.org). You may also pick up registration forms from the Weston Regional Park Community Center and from Soccer Max on the corner of Flamingo Road and Sunrise Boulevard in Plantation, Florida. The registration fee is \$135 for those postmarked after May 31, 2005. You will need to mail the registration form (three copies) along with a check payable to AYSO Region 644 and a copy of the child's birth certificate if they did not play with us last season to: AYSO 644, 1112 Weston Road, #225, Weston, Florida 33326. For further information please visit our website at [www.ayso644.org](http://www.ayso644.org), you may call us at 954-349-9786 or send an email to [Strikersoccer1@aol.com](mailto:Strikersoccer1@aol.com).**

**AYSO Region 644 is excited to announce that Pat Cordell and Sean Cordell have joined our organization as trainers for both the participants and coaches in our ever expanding program. Pat and Sean bring significant experience with coaching youth soccer players, each placing teams in the final 8 of the State of Florida FYSA playoffs, coaching both here in Weston as well as in Coral Springs. Pat, Sean and their staff will hold coaching clinics, camps as well as weekly training sessions by age group and we look extremely forward to their wealth of knowledge, expertise and child friendly approach to youth athletics.**

**In two weeks we will be unveiling an exciting new announcement which will literally turn the soccer community here in Weston "Upside Down". We will be raising the bar for excitement and fun in youth sports. Be part of the excitement and the first in the area to know about it. We will make the announcement first right here at the AYSO Region 644 bi-weekly newsletter.**

**We are extremely pleased to announce that two of our divisions have received automatic bids for the 2006 AYSO National State Games to be held in Chicago, Illinois in July 2006. The two divisions that have received automatic bids are the U-14 Boys and U-19 Boys divisions. Players in all division from U-10 on up will be allowed to try out for the 2006 Florida State Games to be held in Ocala, Florida in January 2006. Players from these teams will comprise the National Games teams. Players in divisions not selected for automatic invitations may get an opportunity to play in the National Games as we will be assertive in our resolve to place as many of our teams in the tournament once the invitation window terminates in early 2006.**

**Please consider coaching and assistant coaching as we are always looking for coaches. We have training courses lined up for Saturday September 10, 2005 from 9am until 4pm at the Weston Regional Park Community Center. At this clinic we will help you learn the game of soccer, teach you the fundamentals and show you age specific activities to instruct the kids.**

**Important upcoming dates are: First day of practices Monday August 29, 2005, Regular Season begins on Saturday September 24, 2005 and Picture Day is Sunday October 2, 2005.**

**AYSO Region 644 is proud to announce that in September 2005 we will be beginning our initial VIP program. AYSO VIP Program provides a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on mainstream teams. VIP Teams may include those who are blind or visually impaired, amputees or conditions that impair mobility, mentally or emotionally challenged, autistic, downs syndrome and cerebral palsy. Kids with special needs are estimated to make up approximately 10% of the school-age population. Special schools and classrooms can isolate these children so the VIP Program has been structured to integrate the children into the rest of AYSO by using "buddies" to help the player both on and off the field. Our goals**

for every participating player are: 1) Have fun playing soccer, 2) Understand the fundamentals of the game, 3) Learn teamwork and fair play, 4) Increase positive self-esteem, 5) Become more physically fit, and 5) Meet and be comfortable with new people.

The VIP program helps more than just the players. Buddies and other volunteers increase their appreciation and understanding of individuals with special needs. They find their lives greatly enriched by their involvement with their new VIP friends. For parents thinking that they would never see their children playing a sport or making new friends, VIP gives them joy and hope. They are able to relax and enjoy watching their children having fun like other kids, perhaps for the first time.

It is our goal to make this program free of charge beginning in September, 2005. We will be looking for sponsors to offset the costs of the VIP program. Please contact our AYSO Region 644 hotline for further details and sponsorship opportunities. Our hotline number is 954-349-9786 and ask for Valeska.

Coaches, do you want to lock in your practice times and days? Avoid the long lines for picking your practice days at the coaches meetings and don't get locked out of coaching next year by not getting your volunteer application in on time by just emailing me at [Strikersoccer1@aol.com](mailto:Strikersoccer1@aol.com) . Please indicate your child's name, birthdate and the days and times you would like to schedule practices for. I will email back to you a confirmation of the time and field location, and you are all set. It is that easy.

Our region has grown to an amazing 2,575 players. But with this growth is a need for more volunteers. If you have the time or can make the time available and want to help the children in our community, please contact me at [Strikersoccer1@aol.com](mailto:Strikersoccer1@aol.com) and we will get you on the road to the most satisfying thing you can do in your life....volunteering.

Finally, we are always looking for sponsors. Our sponsors help defray the cost of running the program. Everyone in our region is a volunteer, however there are a lot of costs such as instructional books, uniforms, trophies, medals, city fees, etc. Please consider being a sponsor. Sponsorship packages can be sent to you if you are interested. It is great exposure for your business and the 2,575 children and families from AYSO that will see your banners, website listings, t-shirts, newsletter designations will greatly appreciate it.

## Section 2- **YOUTH SCENE: How to Make Drills Work**

They should be easy to understand, taken in small steps

*By Alan Maher*

There are a few simple guidelines for developing coaching exercises. Books devoted to drills rarely satisfy the particular needs of a coach, and at best can only point the coach in the right direction.

Some of the best and most effective drills for your team may be those you create to address the specific needs of your team. I would like to present a few rules to help a coach in this process.

### **Rule #1: Make it work**

No exercise should be presented if it is too difficult at its onset. Make it easy to understand and execute. Give a clear statement of what is to be done. Provide objectives and purpose. Then proceed in small steps, but at a rapid pace. Make the steps concentrated.

As an example, walk through the drill instead of running, so the movement clearly is seen and understood. Also, pass the ball with the hands, not the feet, to show accurately how the ball is to travel within the exercise. If the drill is not working right, increase the space between the players to allow more time for them to react in terms of controlling a moving ball.

## **Rule #2: Make it better**

Once an exercise is going well, it can be made more challenging for the players.

Limit the amount of touches. Go from unlimited touches to three, then two touches, and finally to one-touch passing. If this fails, go back up to two touch, etc. Remember that the demands on players must be increased in terms of intensity in order for it to be realistic and player improvement realized.

Reduce the space. As the space gets smaller in a game-like situation, the players must concentrate more on the accuracy of their passes and their movement off the ball. So begin in a large space and then make it smaller. This can be done simply by walking around and moving the cones closer together. Don't even mention to the players that it is being done. Look for their response and react accordingly.

Routinely add players. Just add more players in a given space. This increases the demands on players in terms of field vision and movement and makes the game-like situations more realistic.

## **Rule #3: Introduce opposition**

It would appear to be rather obvious that things would go better without opposition in the beginning, but we constantly see practice sessions where there is an exercise run with opposition from the beginning, even when the players struggle for success. Introduce wall passing and then add an opponent. Teach a takeover dribble and then add an opponent. Do the up-back-through passing sequence and then add an opponent. Go back to Rule #1 — make it work. You might also play your attacking players together as well as your defenders together in exercises, thus working on familiarity with each other.

## **The golden rule**

The golden rule is to help in developing attacking success, overload on the side of the attacking team, perhaps in a two to one ratio. That is, two attackers for every defender. Again, go back to Rule #1. If attacking success doesn't occur, add more attackers. If attacking success does occur, increase defenders. Realistically we know that match conditions mean that defenders outnumber attackers. But, always make things work.

There are other basic physical activity factors to consider when creating new exercises for your team.

Consider these factors when deciding what you want to accomplish with a specific training exercise (drill). Build the exercise around these factors, but keep it simple. One exercise can be utilized to achieve several different outcomes. It always depends on the point of emphasis.

- **Time:** How many times in a minute do you want the exercise done? Or how many times in a row do you want it done? Or, how long do you want it done?
- **Velocity:** How hard do you want the ball hit? The harder it is struck, the harder it is to control by the receiving player. How fast do you want a player to run? The faster a player runs, the harder it is to receive the passed ball.
- **Direction:** Where do you want the ball passed? To the feet of a player? In front of the running player? In the general direction of the running player? Up field? Each pass has a different degree of difficulty. What degree of difficulty do you want and need?
- **Height:** Do you want the ball passed on the ground? Or in the air? It is much harder for the player to receive a ball out of the air quickly. It also is more difficult to deliver a ball that is chipped over the heads of opponents.
- **Distance:** The distance that a ball travels is crucial to the whole game of soccer. Short passes need to be more accurate, as the distance is short, as is the time for the player to get into a position to receive the passed ball. Longer passes allow the player receiving the ball more time to get in the path of the ball. Longer passes also allow opponents time to get to the same ball. But long passes frequently take the ball from an area of pressure and trouble. Short passes can pass on pressure from one player to the next.

Exercises work best when they are constructed to work right from the beginning. They become more challenging when new restrictions are added. Limiting touches of the ball, reducing the working space of the group or adjusting the number of players to the allotted space — all have a role to play in player development through coaching exercises.

Finally, the factors of time, velocity, direction and height can change a drill to make an exercise more challenging and realistic (game-like) for the players.

*Editor's note: Alan Maher is a member of the Soccer Journal editorial board and is an author and contributor on youth soccer coaching. He travels annually to Europe to increase his understanding of soccer coaching*

### **Section 3- Keepers Corner**

Welcome to the much anticipated (or at least long promised) Goalkeeping newsletter on Strength Training. The first thing I want to do is thank David and Sara from Innovative Fitness in Charleston WV for their help in designing this program. I asked them to help put together a fitness program to increase strength designed specifically for keepers who don't have access to a weight room or can't get into a weight room on a regular basis. Today's program is more of a general workout program and next week I will put out a more specific program geared toward keepers in particular. The great thing is the only pieces of equipment necessary are three small pieces of tubing.

Each of the exercises, which utilize the tubing, should be done as 3 sets of 15 reps to start. There is a tendency to start off doing too much since there aren't any weights involved with this but realize this is resistance work so it is as effective as if you were working with weights. Also realize the technique must be done correctly for this to be effective. I will recommend the color tubing to use when doing each exercise. Please understand, if you are using a different type of tubing that yellow is the easiest, green is medium and red is the hardest. Finally, make sure you go through a solid warm-up before beginning.

First we will start with the Standing Incline Press. This should be first attempted using the green tube. Stand in a narrow staggered lunge position (one foot in front of the other). Place tubing under arch of rear foot and soften both knees. Grasp handles with overhand grip. Abduct the arms 30-45% away from torso in a knuckles up position. Elbows and wrist should be in alignment. There should be no tension in upper trapezius. With firm wrists, press forward, up and together finishing in a thumbs together position at eye level.

Next do a Standing Fly. (Red tube) Stand in a narrow staggered lunge position. Place tubing under the arch of rear foot and soften both knees. Grasp handles with an underhand grip. Place outside of hands on hipbones with hands facing up. Keep elbows bent throughout entire exercise with wrists firm. Raise arms up and together. Squeeze pectorals by touching forearms together at mid-chest height. Palms of hands end facing head at eye level. Upper and lower arms form 90-degree angles.

Next will be the Standing Lateral Raises. (Yellow tube) Stand in a staggered, narrow or wide stance. Place tubing under arch of front foot and soften knees. Grasp handles; maintain a slight bend in elbows and position arms straight down from shoulders with thumbs pointing forward. With firm wrists, lift arms up and away from sides of body. Progressively rotate shoulders back as elbows rise to shoulder height. Finish with thumbs up and palms facing forward, elbows soft and in alignment with shoulder joint. Hands just in front of ears.

Next is the Standing Overhead Press Up. (Green tube) Stand in a narrow, staggered lunge stance. Place tubing under arch of rear foot and soften both knees. Grasp handles and raise elbows directly over shoulders with palms facing each other and thumbs pointing down. With firm wrists, press up and progressively pronate forearms, straightening arms fully. End with hands directly over shoulders and palm facing forward with knuckles facing ceiling.

Next is the Seated Reverse Grip Row. (Red tube) Sit with knees comfortable bent, center tubing under middle of both feet. Grasp tubing in between both feet and pull toward you to create a loop. Place loop back over feet. Keep feet together for less resistance and apart for more. Grasp handles and sit upright, keeping a natural arch in lower back. Extend arms fully in a palms up position. Lead with elbows, driving them back behind body

until inside of wrist contacts lower rib cage. Finish with chest expanded, wrists firm shoulder blades pulled back and together.

Next is the Seated Arm Curls. (Red tube) Sit with knees comfortably bent and center tubing under middle of both feet. Grasp tubing in between both feet and pull toward you to create a loop. Place loop over both feet. Grasp handles with thumbs up and sit upright. Keep feet together for less resistance and apart for more resistance. Bend and flare elbows, turn palms toward chest while curling fully. End with palms of hands in contact with lower chest and knuckles facing each other.

Next is the standing Overhead Press Up. (Yellow tube) Stand in a narrow, staggered lunge stance. Place tubing under arch of rear foot and soften both knees. Grasp handles and raise elbows directly over shoulders with palms facing each other and thumbs pointing down. With firm wrists, press up and progressively pronate forearms, straightening arms fully. End with hands directly over shoulders and palms facing forward with knuckles facing ceiling.

Next is the back Squat. (Red tube) Position feet in a moderate stance with big toes directly under hips and toes out slightly (20-30 degrees if external hip rotation). Place tubing under arches of both feet. Grasp handles and raise hands to shoulder length. Keep head over hips and focus eyes slightly higher than head. Keep chest expanded and shoulder blades squeezed together. Bend knees, tilt pelvis and maintain a natural arch in lower back. Sit back until upper legs are just above parallel in relation to floor. Keep heels down with body weight over ankles. Middle of kneecaps aligns with last two toes at bottom of squat and naturally move inward over big toes as legs are strengthened.

Next is the Bent Trail Leg Lunge. (Red tube) Stand in a narrow staggered lunge walk and place tubing under arch of the front foot. Grasp handles and raise hands to shoulder height. Take a drop step with other leg and land on ball of foot. Bend knees and descend to form a 90-degree angle with upper and lower position of each leg. The kneecap of lead leg should be approximately over the last shoelace. Keep heel down and weight distributed evenly through front foot. Heel of trail leg is up off floor and ball of foot is in contact with floor. Keep head over hips and eyes focused directly forward. Keep chest expanded and shoulder blades squeezed together. Return to start position and repeat drop step.

Next we work on the abdomen. As a start do 15 reps in each set (3 sets). Start with standard crunches. Then go to knees up (lying on the back with the knees to the chest. Next are legs straight up over the abdomen. Finally try legs up and as you go up your legs go down and wide. In each of these, you don't have to go up very far but one of the keys is to raise your chin up and not forward.

Finally we work on the back. Lie on your stomach and with your arms out in front of you. Lift your legs up and hold for a count of 5. Then lower back down and rest. After these sets, do front lifts where your legs stay down and you raise your upper body. Finally, conclude with superman who is when you raise both your legs as well as your upper body and hold for a count of 5.

After doing these exercises, make sure you get a nice long stretch. This is one of the most important times to stretch, as it will actually influence your flexibility and dexterity.

If you combine this program with the conditioning program listed at <http://goalkeeping.hypermart.net.cond1.htm>, I honestly feel you will be almost in shape to be a soccer player. All you have to do after this is play the games and train hard and you will be prepared.

#### **Section 4- High Pressure**

Welcome to the Soccer Newsletter. Today's topic is the defensive positioning of the forwards and midfielders in a high-pressure defense.

I am going to discuss this with the assumption that the team is playing a 4-4-2. The reason I typically use this formation in my example is that I do believe it's the most commonly used formation and also there is not much of a difference between this formation and things like 3-5-1. I will write further about formations in a later newsletter.

If the keeper has the ball for the opposing team and throws it out to her right marking back, the nearest forward to her on the defending team should make a run toward the ball that is bent from the middle out. By approaching the ball at this angle, it will force the opponent to take the ball down the line. This is exactly the intended result. The main function of this first defender is to make sure the ball does not get played back to the keeper or to anyone else that will allow the ball to be switched around the back. The second forwards primary responsibility is to go back and towards the middle to help clog up the middle.

As the opponent with the ball approaches the sideline, which she will do thinking she has the forward beat and not realizing that she is doing exactly what the defending team wants, the outside midfielder will step up to double team the player with the ball. The key here is that the outside midfielder can't step up until she is told there is coverage behind by either the marking back or a center midfielder. When this coverage is there and communicated, the outside mid steps into the double team and the covering player steps to the outside midfielder on the opposing team. At this point, the player with the ball can't go forward as the outside midfielder is jamming that space. She also can't go to her left as the nearest forward is taking away that passing lane. She can't go to her right, as the sideline is too close. Her only two good options are to try to split the two approaching defenders by passing into the middle of the field or to kick the ball aimlessly downfield. In order to prevent a splitting pass, the inside midfielders and stopper along with the second forward who came toward the middle and back must step to the nearest opponents to take away any option in the middle of the field. Any attempted splitting pass should be negated this way. This leaves only the long ball as an outlet for the player with the ball. When all of this shifting is taking place, all of the backs must step up which will allow them to compress the field and win any errant pass. By stepping up (it's extremely important for the keeper to step up as well in order to handle balls played over the defenses heads), all balls should be won or at the very least the attacking players should be running in the wrong way in order to stay onsides. The outside midfielder on the opposite team should be back and toward the middle since there is no way for her mark to receive this ball. This outside midfielder actually becomes a second sweeper (if the marking back on the side of the ball is the one to step up to the outside midfielders mark, the sweeper will have stepped over to cover her mark which means that it is vital that the outside midfielder from the opposite side of the field get back and offer defensive support).

If the opponent with the ball is able to play the ball back to her keeper, both forwards must get back and to the middle. Chasing the ball at this time is going to be most ineffective and leave the team exposed. This is true unless there is an errant pass back.

When the forwards make their bending runs, they must do it at full speed but under control. Mistiming this run can cause tremendous amount of chaos for her teammates so this must be a controlled run. However, if the opponent has received the ball with her back to the field then this would be a time for the forward and mid outside mid to take a chance and really run at this player since the chances of her turning, finding an open player and successfully getting out of pressure are very slim. Know when to take chances and when to be safe.

There are two keys to high-pressuring in the offensive third of the field. The first is to practice it a LOT. Even more important is for there to be good communication. If one player steps up and her teammates aren't prepared for this, disaster will strike. With a lot of patience and good communication, this is an extremely effective way of making the quick transition from defense to offense.

## **Section 5- Soccer Activities**

The last set of games in this progression is also a great way to work on both high pressure and low pressure defense.

This game works best with two keepers and two full sized goals on a field that is appropriate for the number of players (for example, a 6 v 6 game would work well on half of a full sized field).

The game is real simple. Team A starts with the ball and is up 1-0 with 5 minutes to play. All soccer rules apply (throw ins, offsides, etc). Team A should play a patient type of possession soccer and if/when they lose the ball they should work on playing a very safe low pressure type of defense, never allowing the opposing team to penetrate their defense.

Team B is to play a high pressure attacking type of defense with an emphasis on winning the ball at all costs.

Although negative reinforcement is discouraged in coaching, it sometimes is an effective way to increase the level of intensity. Have the losing team be in charge of getting water for the winning team. Team B will have to work hard throughout this 5 minute game in order to win since they have started a goal down. Not only will this work on high/low pressure it also works on proper time management and maintaining possession vs taking chances.

After the 5 minute game (and break afterwards), have them switch and play another game with Team A starting behind a goal and Team B up a goal.

This drill is easy to set up and start but really takes a great deal of coaching in order to get it to work well. Too many players don't understand how to use a clock effectively (either when up or down a goal) and this is a great way to teach a team how to win (this might sound like an easy thing but many teams have no idea how to win a game in the last few minutes of a match.

Doing this game (you might have noticed that I use the terms game and drill interchangeably sometimes) on a regular basis ( couple of times per month) will really help your team understand how to play high/low pressure defense as well as how to play against it.

Use this drill regularly and you will quickly see a more clear understanding of the game of soccer by your teams.

## **Section 6- Defense**

Today's subject deals with defense.

Some of the questions I hear when people are talking about defense is whether a zone is better than man to man and should they play a flat back four vs. a stopper sweeper system etc. The answer is actually quite simple. In most systems, with a few exceptions, the basic rule of the thumb is defensively you should either go to the ball or mark a man.

The most dangerous person on the field is always the person with the ball. Because of this, the first thing to do is make sure that someone (and possibly more than one person) should go to the person with the ball and defend against her. The other players should find a player and mark her. If you are playing a man-to-man defense, you probably know whom to mark up ahead of time. If you are playing some type of zonal defense, you will find a person in your zone and mark her. It's very rare for a player in a zone to simply be marking "space" rather they find a player in their space and mark her.

Now once you have found your player to mark, you also have to be able to provide support in either the second or third defenders role. However, your primary person you are responsible is the individual player you are marking.

This means that when you find yourself on defense the first thing to decide is should you go to the ball? If there is someone (or a few players) in a better position to go to the ball and mark that person, the next thing is to decide is what player should you be marking. Once you have done this, you can then make all kinds of adjustments in terms of positioning but until you have done either of these two things, you are NOT being much help defensively.

So, in short, when on defense you should either go to the ball or mark a man (now wasn't that simple?).

## Section 7- News From Around The Country

June 5, 2005 [latimes.com](http://latimes.com) : [Sports](#) : [Soccer](#) : [Galaxy](#)

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### Becks Appeal

- The lure of a player such as Beckham has Leiweke dreaming big for MLS

By Mike Penner, Times Staff Writer

So David Beckham spends a day last week at the Home Depot Center kicking some soccer balls and getting hit with more camera flashes than the Beatles at Shea Stadium and humoring the media theme of the day — Will Becks ever play for the Galaxy? — by smartly not saying no to the idea, but cagily not saying yes, either.

What did it all mean?

#### ADVERTISEMENT

Was it all just an elaborately staged promotional ploy designed to drum up a media turnout for a news conference to plug the David Beckham Soccer Academy, to open in November at the Home Depot Center?

Or was Beckham speaking the truth when he said of one day playing for a Major League Soccer franchise, "Yeah, I would definitely consider it. I wouldn't say no to opportunity"?

Some facts: Beckham, 30, is currently under contract at Real Madrid, with two years left on that deal. He hasn't ruled out signing an extension. If he does leave Real Madrid, his next rumored stop, according to the British press, is either Chelsea or Arsenal, clubs that finished 1-2 in the English Premier League this season. His current annual salary with Real Madrid is \$8 million. With one or two exceptions, the maximum annual salary in MLS today is \$250,000.

It is a long shot, a moon shot, but that hasn't stopped Tim Leiweke, president of the Galaxy's AEG ownership group, from dreaming about pie in the sky.

"All I can do is dream," Leiweke said. "To dream about that, suddenly the Galaxy becomes a world [renowned] team. And even more than everything it does for us on the pitch, the most important thing there is what it does for [the Galaxy's international reputation]. Suddenly you have a team in America that is [like] the Cosmos.

"It would be huge, but I'm not going to get too far ahead of myself. So we'll take this one step at a time. I'm happy that we got him out here for this. This is a good thing."

Some would call this line of thinking wishful at best. A nice dream. A stab in the dark.

Leiweke prefers a different phrase: Dream big.

"In any business, in any work, in anything you do in life, dream big," he said. "And this is the big dream. I guess we've picked the whopper. But why not ... be the best that you can be?"

That is the theme Leiweke and AEG will take to MLS officials and owners this week at a meeting at Philip Anschutz's ranch near Denver. At the meeting, Leiweke will present owners with a 12-point plan he hopes will shape the league's future.

On the agenda is a plan to pursue big-name European players, such as Beckham, which would involve substantial new money investments by the owners. MLS leadership has resisted such a strategy to this point, citing the tactic as one of the reasons the North American Soccer League, overloaded with over-the-hill European stars, collapsed in the mid-1980s.

Other points in the plan:

- Expanding rosters to accommodate the influx of these international players.
- Forming working relationships with European clubs that would enable MLS teams to cross-market with these clubs, play exhibition matches against them and borrow players on an on-loan basis.
- Allowing teams more local control over marketing and advertising.

"We're talking about how to make the sport better, how to make the league better," Leiweke said. "We'll throw some ideas out there for everybody to consider.

"It's revolutionary thinking on how to continue to grow the league. The league is doing well. We see it out here. The Galaxy, even before Landon [Donovan's signing] but certainly with Landon, we've become a very important part of the fixture in L.A. After 10 years, that team is one of the top teams in the marketplace now. And we're proud of that.

"But we're not going to rest until the league and the sport are top two [in America]. That's what we've got to do. That's our goal. Top two."

## **United States' Landon Donovan: Donovan still impressing**

Mutual love affair: U.S. midfielder does plenty to wow the Salt Lake City crowd, and vice versa

By Peter Richins  
The Salt Lake Tribune

For years, Landon Donovan has loved Salt Lake City.

Now, after scoring two goals for the USA in front of 40,586 fans at Rice-Eccles Stadium in Saturday's World Cup qualifier, Salt Lake City soccer fans have reason to love Donovan back.

"It's just beautiful," Donovan said of the city after the national team's 3-0 victory over Costa Rica. "There's skiing almost year-round, which is cool."

But Donovan was not looking for fresh powder on Saturday. Instead, he was all business against Costa Rica from the beginning. In the

sixth minute, he scored his first goal in a 2006 World Cup qualifying game after a cross from Steve Ralston was deflected right to him at the top of the box.

Donovan also scored a goal in the 63rd minute that broke apart all of Costa Rica's second-half momentum.

"The second goal broke their backs," USA coach Bruce Arena said. "Obviously, the first goal was a tremendous goal, and [he was] opportunistic on the second goal, which was a big goal at the time where our opponents got after us."

It was Donovan's girlfriend, a member of the LDS Church, that first brought him to Utah when he was 18. The pair spent a Christmas vacation in Utah, and Donovan has been hooked ever since.

"I just fell in love with it," said Donovan, 23.

USA #10 Landon Donovan celebrates scoring a goal against CR in the USA 3-0 victory at Rice Eccles Stadium. (Danny Chan La /The Salt Lake Tribune)

"There are few places that are just as clean and as picturesque; the mountains are gorgeous, the people are friendly, and the city is just beautiful."

To clarify, not every Utah city has Donovan's heart. The national team practiced in Provo in the week prior to Saturday's game.

"I wouldn't necessarily say I love Provo, but Salt Lake City, I enjoy

it; I love it," Donovan said.

Perhaps feeling comfortable in the capital city helped Donovan perform in the game. His two goals brought his career total to 21 tallies in 62 games. He now has registered either a goal or an assist in 11 of the past 12 World Cup qualifiers he has played in.

Thus far in the World Cup qualifying season, Donovan has had three assists. He assisted Eddie Lewis in games in Trinidad and Tobago and in Mexico. He also assisted Eddie Johnson against Guatemala.

Donovan is one of the highest-paid players in Major League Soccer. The 5-foot-8, 148-pound midfielder plays for MLS's L.A. Galaxy. Against Real Salt Lake in Los Angeles, Donovan scored two goals and had an assist. In Utah, Donovan played all 90 minutes but did not score.

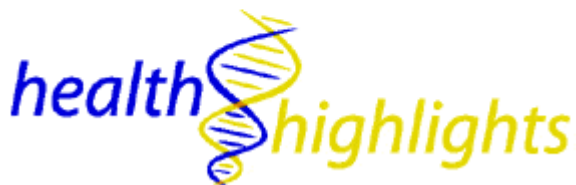
Donovan may have a history of punishing RSL in the professional league, but that hardly means he holds anything against the city. Quite the opposite: Donovan can tell Utah fans love soccer.

"The crowd was tremendous," he said. "They were passionate, they were loud, they knew what was going on in the game and I really think we can come back here. It was incredible."

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## SPORTS

### Southwest Youth Sports focuses on the kids

By Christopher Wuensch, [CWuensch@ExplorerNews.com](mailto:CWuensch@ExplorerNews.com)

June 8, 2005 - With rising costs and cutthroat competition governing a vast majority of youth programs in Tucson and afar, the Southwest Youth Sports organization is attempting a different approach on an old-time concept.

Created in January, the upstart organization is taking initiative in transforming the way youth sports are run - strictly for the kids.

The program is based on three simple concepts: fun, family and physical fitness.

"It really goes back to when I grew up, and the corner lot pickup games," said Southwest Youth Sports founder Charlie Sommers. "That's really how we wanted to develop it."



The first season proved to be a success. Sommers, who expected to enroll between 500 and 600 children and teens, ended up with closer to 1,200, ages 3 to 15. Leagues were established on the north and east sides of Tucson, with each program checking in with about 600 kids each, competing in soccer, tee-ball and baseball.

Although the organization is designed for those who are ages 3 through 15, the majority of participants in the spring, 60 percent, were under the age of 8. Sommers said the bracket of 12 to 15 isn't necessarily the organization's target market because most teenagers and their parents are looking for more competitive leagues at that age.

"If anyone played sports growing up, it teaches you a lot about life and it can teach you good things," Sommers said. "Just because you're not the elite athlete at age 12 doesn't mean that you can't enjoy the sport and play it just for the love of it."

The programs on the east and north side offer basketball, flag and tackle football, soccer, tee-ball and baseball, and cheer in eight-week formats. Although teams practice on any field available, all games are played at Cross Middle School, 1000 W. Chapala Drive.

The new organization is designed to be as fun and hands-on as it is cost effective. While many club teams can cost a parent as much as \$300 a month, Southwest Youth Sports charges a fee of \$45 per season and doesn't require parents to participate in any fund-raising events.

All league expenses are covered by the registration fee, including equipment - the league's biggest expense - officials and uniforms.

For children whose families struggle financially, Southwest Youth Sports offers a scholarship fund to allow them the opportunity to play. In the spring, 70 qualified for a scholarship. This cost the league about \$2,000. To avoid taking such a hit in the future, the organization has teamed up with Peter Piper Pizza to help raise funds for the scholarships.

Judging on past success, Sommers is confident that the organization can thrive in due time. Before returning to Tucson, where he served in the U.S. Air Force, Sommers helped establish such programs in Texas cities including Dallas, Fort Worth, San Antonio, Austin and Houston.

"I've been on the competitive side of sports and I think there's a level for that," said Sommers, who has worked in youth sports for 15 years. "There's a need for that in kids, but I think what we've done as a society - you start hearing the horror stories and kids going after each other with bats, so I really felt the need to be something that really holds the parents true to say this is not about you, this is about fun and about the kids and it's about letting them play. I think that's a thing that we've lost in an organized format."

To make sure that the league is run to the highest standards and stays true to its format, a board of volunteer parents is created before each season. Everyone involved in the league, with the exception of game officials, is a volunteer.

In Sommers' experience, keeping a local spirit in the league has far-reaching effects in the community. Everything the organization buys and uses - equipment, uniforms and printing services, to name a few - is bought through local vendors.

Registration for football and cheer has already begun for the fall season and will include ages 3 to 15. The upcoming sign-up date in the Northwest is June 20 at Peter Piper's Pizza at the corner of Ina and Thornydale roads and at the corner of Old Spanish Trail and Harrison Road.

For more information, contact Southwest Youth Sports online at [www.southwestsports.org](http://www.southwestsports.org) or by phone at 990-2622.

## Section 8- Roids are all the Rage

June 05, 2005

### Roids are all the rage

By Kevin Gleason

Times Herald-Record  
[kgleason@th-record.com](mailto:kgleason@th-record.com)

#### Related stories:

- [Temptations of steroids lingers long after kicking 'a good thing'](#)
- [Pa. school tests for drugs, but steroids 'not problem'](#)

Steroids are the dirty lie that slithers through high school hallways and explodes onto the playing field. The illegal performance-enhancing drugs very well could be in every high school in the Hudson Valley. Maybe every school in America.

At least three suicides in the past three years, in Texas and in California, have been attributed to young athletes experiencing depression after quitting steroids. Combine the potential for other devastating long-term effects and it's obvious why there's growing concern nationally and locally.

But the underground nature of kids doing steroids makes it hard to realize the numbers, no less help the users. There are social and criminal ramifications. There is a layer of shame that keeps kids from admitting use to themselves, no less to confidantes.

"If I was on (steroids) right now, I'd lie to you," Army powerlifting coach Rick Scarpulla says. "You'd lie to your wife; you'd lie to your mother; you'd lie to your friends."

National statistics show disturbing steroid-use trends:

- The Center for Disease Control and Prevention reports 6.1 percent of students in grades 9-12 have taken steroids without a doctor's prescription.
- The same organization says 6.4 percent of male high school seniors and 3.3 percent of female seniors have taken steroids.

Among freshman girls, 7.3 percent have taken steroids.

- The National Institute on Drug Abuse says steroid use among high school seniors has more than doubled the past decade.

"There are kids that are reckless," says Caleb Holocher, a sophomore linebacker/tight end for Delaware Valley (Pa.) High. "They are like, 'I don't care; I'll do whatever it takes.'"

Dozens of people interviewed for this story – including athletes, ex-athletes, coaches and teachers – describe a thriving steroid culture in the mid-Hudson.

Scarpulla, of Otisville, estimates 15 percent of local boys' high school wrestlers, football players and track athletes have tried steroids. Some of them afford the juice, he says, by dealing it.

Scarpulla has been exposed to thousands of athletes as a private coach. He started lifting in 1976, has coached youth football for several years and runs a private gym in Fair Oaks, just outside Middletown, where Scarpulla trains kids and adults. He says he won't allow users in his gym.

"I don't think there are many sports untouched," he says. "You can buy it at any gym in the country. You don't even have to look. It will find you."

Delaware Valley (Pa.) football coach Keith Olsommer concurs. "Kids can get steroids as easy as going into a grocery store or a convenience mart to get cigarettes," he says.

STEROIDS HAVE BEEN around schools for at least two decades. But the consensus is that steroids have been growing in popularity the past five years.

Steroids seems to be the next step for kids using legal supplements such as creatine. Many local school coaches consider the use of supplements a widespread problem and are concerned by little data on long-term effects.

"You see kids jacked," Pine Bush senior second baseman Tom Mass says, describing muscled opposing players, "and you just know."

"Oh, I think it's a tremendous problem," Newburgh Free Academy football coach C.T. Chatham says. "If people turn their head to it and think that it's not out there, they are

naive."

Chatham guesses about 5 percent of high school kids have tried steroids. He says that in 10 years as head coach, he's suspected two players of using steroids. But coaches tread lightly broaching the subject with kids, not wanting to sound accusatory.

There is debate to the degree of teen steroid use in Orange, Ulster, Sullivan and Pike counties. Some players and coaches think the area falls below national figures.

Wallkill athletic director Jeff Hartman acknowledges the possibility of use in his school, but says, "I don't see any evidence of it going on."

"My personal opinion," Warwick football coach Greg Sirico says, "I don't believe there is a steroids issue in scholastic sports right now. I do think that supplements are an issue."

But most people close to high school sports are confident there's a problem of some sort.

"It's not like the coke problem or the heroin resurgence in the Hudson Valley," says Bill Steele, who coaches baseball and teaches sports nutrition at S.S. Seward High. "I'd say it's a problem. That kid's a ticking time bomb. You don't know when it's going to go off."

"Should we be concerned about them?" says Walter Eaton, the assistant director of the New York State Public High School Athletic Association, which governs scholastic sports in New York. "Absolutely."

SO WHAT IS being done to curb use? In many cases, not much.

What are coaches doing?

They should be keeping open lines of communication with players, closely monitoring them in the offseason as well as in season, and making sure not to send messages that would condone usage. Many coaches oversee their program's weight-training sessions, as opposed to having kids train in local gyms where steroids can be plentiful.

But, says an Orange County coach speaking on the condition of anonymity, "I know there are coaches who think that their kids are on it but don't have the (guts) to do anything about it."

Keeping their eyes open isn't good enough. Coaches must know what they're looking for.

"I don't think we have a problem here," Vacaville (Calif.) High football coach Ed Santopadre told The New York Times. "But you know, I'd be the last to know. They'd try to keep it from me."

Efrain Marrero, one of Santopadre's former players, was 19 when he killed himself on Sept. 26 after quitting steroids cold turkey.

"The biggest problem is that sooner or later, guys have to come off it," Scarpulla says, describing the depression and anxiety associated with quitting steroids. "As quickly as you go up, you come down."

What are parents doing?

"Most moms and dads don't even think it's out there," Chatham says. "We, as adults, have to know this is happening. We can't be naive."

"I think a lot of parents, like anything else, are not as involved with their kids as they should be," says Jerry Greenlaw, a Warwick youth wrestling coach and father of two teen athletes.

"Know your kids," Marlboro High athletic director Dennis Burkett says. "That's the big thing."

What are schools doing?

Delaware Valley (Pa.) is the only school in the four-county region that tests students for drugs – but steroids are not included. Athletes and students involved in extracurricular activities are tested once. Then random tests are administered monthly throughout the school year.

There are penalties for each failed test. A third positive and the student is permanently banned from participation.

"I think it works an awful lot," Olsommer says.

But most steroid education in schools consists largely of a few minutes instruction in health class. NYSPHSAA runs an educational program called Action on Target. But it isn't steroid specific.

The association plans to enact a five-year program, with seminars to address pressing current issues. The first topic, set for September? Steroids.

"The biggest thing to do as adults is never send a mixed message to them," Hartman says. "Never give an opening that maybe this is OK to use."

Why, though, would kids try something that can lead to any number of health problems, up to and including death?

Aren't kids sufficiently spooked by the possibility of shrunken testicles and impotence from steroid use?

Apparently the same vanity that leads today's kids to get pectoral implants pushes them toward steroids. Some juicers have no interest in sports; they just want to look good.

"Vanity," Scarpulla says when asked the main reason kids do steroids. "Everyone wants to be 'the man.' "

Throw in the constant patter of negative influences – TV, videos, video games, peers, pros and the breakdown of two-parent family – and add the pressures of athletic prosperity: Maybe we should be surprised by kids not on steroids.

"It's tricky," Cornwall football coach Dave Coates says. "Kids see athletes getting the big salaries – like (Jason) Giambi, who definitely benefited from usage."

"Kids aren't thinking about their health – a lot of them," Chatham says. "They are having unprotected sex; driving crazy in cars and drinking."

Steele describes two popular modes of thinking among kids:

Potential health problems are too far down the road to worry about.

And ...

It's not going to happen to me.

"Guys can say anything they want. ... 'It's not going to happen to me,' " Scarpulla says.

"Well, it is going to happen to you."

### **The warning signs**

Bill Steele coaches baseball and teaches sports nutrition at S.S. Seward High in Orange County.

He played football at SUNY Cortland and watched as teammates rooming with him openly did steroids.

Steele lists the main warning signs:

Acne. Teens get acne. Steele's talking about widespread acne, "all over the chest and their arms; their back. It's almost a dead giveaway."

Severe back pain.

Stiffness. "He looks like an old man when he walks."

Violent episodes, known as 'roid rage. "One of the first signs is when a kid has a violent outburst. It's not in the kid's character and now he's punching the hell out of somebody for something stupid."

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