

October 22, 2005 Corner Kicks

In this week's edition of Dribbles and Kicks we have on page 2 an article from Pat and Sean Cordell which discusses training tips and the benefits of short sided games. On page 4 is our weekly article from Dr. Patrick Felton, Medical Director of the Sports Medicine Outreach Program through the Weston Regional Health Park. Dr. Felton discusses lower leg pain and shin splints. We have also included on page 4 a brief discussion of field positions and responsibilities. This is one of the many articles that has appeared in our AYSO bi-weekly newsletter that you can request online at www.ayso644.org.

Our weekly training program continues this week with the U-7 Girls and U-12 Girls divisions set for this coming Tuesday, Wednesday and Thursday nights. A complete schedule of the weeks and times are located on our website at www.ayso644.org.

On Sunday October 23, 2005 we will be having our first AYSO Fan Appreciation Day at Florida International University. All AYSO players wearing an AYSO Region 644 uniform will be admitted free to the FIU vs. East Carolina men's soccer game. At half time four of our teams from the U-8 and U-10 girls divisions will participate in two on-field mini games.

Are you receiving the AYSO Bi-Weekly Newsletter? The bi-weekly newsletter is a 16 page emailed newsletter that discusses upcoming events and registrations here in AYSO Region 644 as well as coaching and training tips. It also has a section for soccer news from around the world which brings world soccer news right to your email address. We also have a section related to health and youth sports. If you are interested in getting the newsletter please email Strikersoccer1@aol.com and request it. Previous issues are archived on our website. We had taken a two month sabbatical but the newsletter will make it's comeback the first week of November. Don't miss out on another issue.

State Games tryouts are just around the corner. If your child is in the U-10 or above divisions and is interested in playing in the AYSO Florida State Games next January in Ocala Florida please mark your calendar for Sunday November 6 and Sunday November 13. We will be having our tryouts for the State Games teams on these dates. U-10 Boys and Girls will try out on fields 4-5 from 11am-1pm each of

those dates. The U-12 Boys and Girls will have tryouts on fields 4-5 from 1pm-3pm. The U-14 Boys and Girls will have tryouts on fields 4-5 from 3pm-5pm and the U19 Boys and Girls will have tryouts on fields 6-7 from 3pm-5pm.

We have a winner!!!!!!!!!!!!!! Last week's 50-50 ticket winner is holding the ticket number 202315. If you have that ticket, please come to the soccer pavilion by field 4 to claim your prize, \$200.

As a fundraiser for our teams that will be going to the AYSO National Games next July we will be selling 50-50 tickets each week. For those who don't know what 50-50 tickets are, for a fee of \$1 (or 6 for \$5) you can purchase a ticket which has a grouping of numbers. If we select your number you win one-half of the prize money with the other half going to fund the travel expenses for our region's national teams. Winning numbers will be posted in the Dribbles and Kicks the following week. Tickets will be on sale throughout the soccer fields from 9am- 5pm each game day Saturday.

AYSO Region 644 is pleased to announce registration dates for the spring 2006 soccer season. Registrations will be held on Saturday October 29, 2005, Saturday November 5, 2005, Saturday November 12, 2005, Saturday November 19, 2005 and Saturday December 3, 2005 at soccer field 4 at the Weston Regional Park from 10am- 6pm. Registration fee for the season will be \$110. All games and practices will be held at the Weston Regional Park. The games will be held on Saturdays and the league will run from mid January through April. The U19 division may play 3v3 depending on the registration numbers. Please indicate your practice day preferences on the registration form as well as write "Spring League" on the top of the registration form. We will make all efforts to accomodate these practice day needs. You may also download a registration form from our website at www.ayso644.org and mail it along with a check payable to AYSO Region 644, 1112 Weston Road #225, Weston, Florida 33326. If you have any questions, please email Strikersoccer1@aol.com or call 954-349-9786

Have a great week.

Richard M. Schwartz
Regional Commissioner

Training Tips from Cor4 Soccer

As part of our effort to provide the most effective and efficient training to the players of Weston AYSO Region 644 we need to address the topic of economical training. This refers to making the best use of our limited practice time as coaches and trainers. We cannot stress enough that players should have a ball at their feet as often as possible during these practices or training sessions. Two areas that will have a huge impact on this is the elimination of running laps or conditioning and limiting the amount of time spent on full sided scrimmages, 8v8 or 11v11 depending on your age group.

First, soccer is an anaerobic as opposed to aerobic sport. This means that the game is played with bursts of energy and quick recovery times before another burst is required. This type of training can be accomplished with the ball so you are appropriately conditioning players while working on their ball skills. Some simple ways to incorporate this into your practices is by stressing change of pace in drills. Whether it's exploding out of cuts/moves or passing and exploding/sprinting to open space, the affect will be the same; a burst of energy followed by a short recovery time, etc. Another outstanding way to incorporate this type of conditioning is with 1v1 or 2v2 drills. This provides players a short period of intense exertion and focus (usually under 60 seconds) followed by a short recovery period (60 seconds while a second group goes 1v1 or 2v2).

The second area that will greatly enhance the efficiency of your practices is to increase the use of small-sided games, 3v3 or 4v4 as opposed to 8v8 or 11v11. This allows each player to be involved in the entire scrimmage. There is no place for a player to 'hide' or 'get lost' as in a full sided scrimmage where they may only come in contact with the ball once or twice in a 20-minute scrimmage. Small-sided games demand players play both ways and encourages 1v1 dribbling as well as shorter combination passing and possession passing as opposed to kicking or sending the ball down the field and hoping for the best. While some basic tactics, positioning, etc. do need to be addressed with your team, the small sided games will greatly enhance the 'game within the game' and allows players to develop the creativity required to solve game situations and work the ball up the field through a series of small sided situations.

Should you have any questions or need tips on drills, creating a training session, etc. you can find information at our website www.eteamz.com/cor4soccer. Also, feel free to e-mail us directly at seanc70@hotmail.com.

Thank you,
Cor4 Soccer
www.eteamz.com/cor4soccer
Phone: 954-802-6925

Hometown Concessions

Are you hungry for a hotdog, hamburger, pizza or just need a nice cold refreshment? How about candy or popcorn? If so, there are two concession stands that are open each practice and game days near field 3 and 7. Hometown Concessions has been a wonderful partner to the Weston Sports Alliance for the past 4 seasons. They contribute 12% of the proceeds that we all spend at the soccer fields back to the soccer program, allowing us to defray the program cost to you and making our program the least expensive of all youth athletic programs in Weston.

VIP Program

AYSO Region 644 is excited about our newest program that we offer and that is the VIP Program. The VIP program provides a quality soccer experience for children and adults whose physical and/or mental challenges make it difficult to successfully participate in the core program. We are so grateful to our wonderful sponsors who have, through their most generous contributions, allowed us to provide this program free of charge to the participants. For more information please contact Valeska McDonald-Munoz at 954-349-9786.

Lost and Found

Have you lost anything at our fields? Or have you found any items? If so, please come to the pavilion between fields 4 and 5 to claim or submit lost items.

A Word From Our Sponsors

“Let the Games Begin !”

The 2005 AYSO 644 Season Sponsors wish each of you a great upcoming season full of fond soccer memories. Likewise, we would like to take this opportunity to thank our sponsors for their generous support for which our program is dependent upon to be successful. AYSO has established a tradition of patronizing its sponsors, and we would encourage each of you to personally thank those that you may already do business with, or consider them if you find the need for their services. AYSO is exceptionally grateful for their year-over-year support through both their financial contributions, as well as the time spent by the majority of them volunteering as coaches, referees, and team parents within our program.

Please read the listing of our sponsors on the right, or look them up on our web site: www.ayso644.org. Take the opportunity to thank them and call on them for assistance if you have the need or are indifferent about your current provider.

It's Never to Late to Sponsor a Team or a Field.

AYSO 644 2005 Season Sponsors

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Lower Leg Pain (Shin Splints)

Patrick M. Felton, DPM

Lower leg pain is usually caused by overload of the muscle which attaches to the inside and back of the tibia (shin bone). This is a common problem in individuals who participate in sports that involve considerable running, such as soccer. When addressed promptly, this condition usually resolves quickly.

Symptoms usually consist of noticing pain at the beginning of the activity, which usually lessens as the individual continues the activity. As the activity continues the pain will reappear and increase in intensity. In more severe cases, an individual may continue to experience the pain even after the activity ceases. In rare cases, the individual may notice pain with everyday walking.

On physical exam, there is generalized tenderness along the shin bone, with small, discrete areas of increased pain to touch. Swelling is rarely seen. When swelling is present, however, this may be a sign of an advanced problem such as a stress fracture of the shin.

It is important to identify the causes of the problem. Positional/postural issues with the feet must be addressed, as well as tightness and/or weakness of target muscle groups. Quality of support of the shoe gear must be evaluated. X rays are taken to rule out any underlying problems such as stress reaction/fractures of the shin bone. In addition to addressing these issues, supportive measures such as icing, anti-inflammatory medications, a special shin splint compression sleeve, physical therapy anti-inflammatory modalities, and reduction of activity will aid in recovery. In severe cases, immobilization in a walking boot (CAM walker) or a cast to allow the area to rest and recover may be necessary.

Dr. Felton has been involved as Medical Director of Sports Medicine Services for AYSO 644 since 2000. Dr. Felton has Sports Medicine experience dating back to 1988. Dr. Felton practices in Weston at the Weston Regional Health Park and in Coral Springs at Coral Spring Medical Center. Office number is (954) 446- 6991. Website address is

www.drfelton.com.

Names/Responsibilities Various Field Positions

This article explains the names and responsibilities of the various positions on a field. Let's start from the back and work forward as is done when talking about a formation (when you hear 4-4-2 that means 1 goalkeeper which is implied, 4 backs, 4 midfielders and 2 forwards). The first position is the goalkeeper. The goalkeeper's primary responsibility is to keep the ball out of the goal from a defensive standpoint.

Next are the fullbacks (also known as backs or defenders). They have primarily defensive responsibilities. To break these players positions down a bit more specifically, there are marking backs (whose primary responsibility is to mark or guard a specific player to prevent them from scoring or creating scoring opportunities). There are also sweepers (whose primary responsibility is to provide support to the other defenders. Usually the sweeper will play behind the other backs and will help them whenever her help is needed). In front of a sweeper is a stopper who will either mark the center forward (if playing against three forwards) or the first center midfielder down field. When a team uses two marking backs, a sweeper and a stopper it's called a diamond defense because the two marking backs are frequently even with each other with the stopper in front of them and the sweeper behind them (making the shape of a diamond). Another version is to play a zone in back at which point you would have two outside backs and either one or two center backs. Instead of making the shape of a diamond, they tend to play a bit more in a straight line since they are more responsible for a particular area of the field rather than for a particular player. It should be understood that while I am writing from a defensive standpoint, these players can and should go forward to attack.

Next we have the midfielders (also known as halfbacks, mids and links). These players are responsible for both attacking and defending and basically keep the forwards and backs connected (hence the term link). There are frequently two outside midfielders who are responsible for creating space offensively and taking away space defensively. Frequently, these players do more running and have a higher work rate than any other position. Next we have the forwards (also known as strikers and target players). People consider their primary role to be to set up and score goals. The term striker is used because these players are expected to strike the ball to score goals. The reason for the term target player is that frequently these players are expected to establish a presence up front so that the backs and midfielders can play it up to them to get the ball into the attack. Usually, I will use the term target player for a big strong forward who will be able to receive the ball and either turn and strike the ball toward goal or she will be able to hold the ball to allow the other players to run off this target player. If a player is more geared toward making runs to receive the ball, I tend to use the term forward. If there are three frontrunners (yes, that is yet another term for this position), then frequently you will have a center midfielder and two wingers. The center forward frequently will be a target player while the wingers will stay much wider and try to create space to either dribble into, pass into or serve the ball from.