

Weston AYSO Region 644



January 15, 2007

Welcome to the AYSO Region 644 Bi-Weekly Newsletter. Each issue of our bi-weekly newsletter brings you tips, drills, explanation of laws of the game and soccer news from around the country right to your computer. Upon subscribing, you will receive your free newsletters to your email box every two weeks. Be the first to learn about online registrations, training dates, tryouts for our select teams and coaching and referee clinics. To subscribe to these free newsletters, go to our website at www.ayso644.org and click on subscribe to newsletter on the left side of the home page.

Our AYSO Select teams met with lots of success this past weekend at the AYSO Florida State Games in Wellington, Florida. Our U-16 Boys coached by Alan Dagen defeated West Palm Beach 1-0 in overtime to win the U16 Boys division. Our U14 girls coached by Steve Jahoda and Linda Connolly defeated Tropical Park 2-0 to win the U14 girls division. Our U19 boys coached by Mauricio Duque, U14 boys coaches by Blas Belmonte and Richard Calume and U12 boys coached by Jerry Willenborg and Gil Nehamkin all made the finals in their respective age groups. The select teams now turn their attention to Presidents Day tournament in Jupiter Florida. The AYSO Select program is designed for the advanced player ages U10 through U19. Players in the select program receive additional soccer training from Cor4 Soccer and participate in all of the AYSO Soccer Friendlies, Florida State Games Tournament and assorted tournaments during the year such as the Plantation Thanksgiving Tournament and tournaments in Disney, Jupiter and Cocoa Beach.

Our main focus is the development of the player both in soccer skills as well as love of the game. For additional information please contact Byron Merino at 954-349-9786 or email him at BMerino@myacc.net.

Our VIP program, a soccer program for emotionally and physically challenged individuals, has grown to almost 80 players. Through sponsorships and internal organizational funding this program remains free of charge to all of its participants. If you are interested in the VIP program as a sponsor please contact Valeska McDonald-Munoz at 954-349-9786 or email her at vmmm@teacher.com.

AYSO Region 644 is pleased to announce that beginning with the Spring 2006 season, Puma will be the official soccer uniform supplier for AYSO Region 644. Puma, U.S. based in Boston, MA., has the long-term mission of becoming the most desirable Sportlifestyle company. With great quality uniforms and sports apparel, we are not only excited at outfitting our players but also our coaches in Puma uniforms and coaches polo shirts.

Spring league player evaluations continue on Saturday January 27th. All players will be required to attend one of the evaluation dates. Evaluation times are posted on our website at www.ayso644.org. We have parent meetings scheduled Monday January 22 through Thursday January 25 at the AYSO Soccer Building by soccer field 2 at the Weston Regional Park. These meetings are approximately one hour in length and are offered two times per night, beginning at 7pm and then again at 830pm.

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 me at Strikersoccer1@aol.com.

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Keepers Corner

Inclusion of Goalkeepers in Team Training Sessions

Saturday, 16
December 2006

By: James Holman Head Goalkeeper Coach Norwich City FC,
English Championship, Forwarded by Academygk.com.

Anyone know the feeling of getting 10minutes 'shooting practice' at the end of a training sessions to "work the goalie"? Sound familiar?

What does a short session shooting at the goalie achieve? The common misunderstanding is that it will keep the goalie on his/her toes while we fire balls repeatedly at him/her for a period of time. Unfortunately this is commonly a misconception and actually, all it might achieve is:

1. increasing the fatigue of the goalie, after they have probably spent the rest of the session working with the outfield players,
2. diminishes confidence due to potential dip in performance – because of the increased fatigue
3. allows the outfielders to practice their shooting
4. can leave the goalies feeling disappointed and finishing training on a negative note.

Evidently, this type of activity can be used in order to increase camaraderie and fun exchanges between outfield players and goalies, based on 'who can beat who', but this can only be done on an equal playing field... i.e. not at the end of a session when the goalie is fatigued and the outfield players get lots of rest/recovery time.

The above explained scenario is very common among youth/school teams due to the simple fact of time and knowledge available to the coach and basic premise that in the majority of cases youth/school coaches have limited knowledge of the requirements of a goalie and therefore fall unfortunately into the trap of concentrating attention on a) the majority of which are outfield players and b) a knowledge comfort zone.

All too often the goalies get left out of training because there is not enough knowledge about how to turn training into a session that both outfield players and goalkeepers can benefit from. There have been huge progressions in the development of goalkeeper's and goalkeeper coaching over the past few years and the benefits have been significant.

However, goalkeeper coaches are still considered a luxury and so at many clubs and teams, at all levels from grass roots to professional, it is often left to outfield coaches to include and develop goalkeepers in practices that are aimed at the out field players.

As a large percentage of 'keepers don't have easy access to quality, specialised goalkeeping training, the responsibility for providing them with situations in which they can develop their game falls squarely on their coach.

A common complaint amongst the goalkeeping fraternity is the lack of relevant coaching they receive when training with their teams. This is usually because their team/club coaches don't believe they have the relevant know-how or expertise to help their Number 1's. Also, there are usually only 1 or 2 goalies, when there can be up to 15 or 16 outfield players and unfortunately the majority usually get the attention!

Involving the goalkeeper in team training sessions simply requires some imagination on behalf of the coach. Rather than using lines or end zones as a target, one question the coach should always ask is: Can this practice be done to goal, therefore including our goalies?

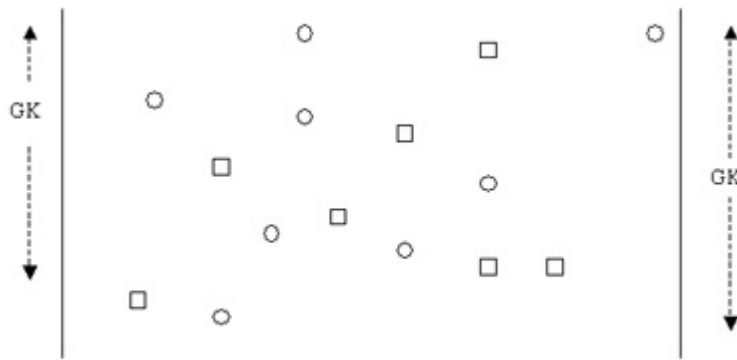
Using a goal wherever possible is beneficial to everyone involved. Not only do goalkeeper's get the chance to work on their game but outfield players always prefer practices in which they get the opportunity to shoot on goal. For some practices, it can give the outfield players a tangible, relevant target to aim towards. For example, instead of perhaps keeping the ball for a certain number of passes, can the practice end in an attempt on goal? Does there have to be just one goal? IN many cases there can always be more than 1 or 2 goals for the outfield players to shoot at.

This said, it is still important to note that the biggest change in goalkeeping over the past 10 to 15 years is the increasing demand for a goalkeeper to be comfortable and effective with the ball at his/her feet. This means that many outfield practices have become very important for goalkeepers, especially when working on the technique of control/receiving the ball and passing/distribution, and goalkeepers should relish the opportunity to get involved with such activities. Such activities can also give outfield players the opportunity to take a turn playing goalie thus realising and beginning to understand what it is like to be in goal.

AcademyGK.com has forwarded this article and training session. The session below is to help you intergrate the keeper into the training session with some highlighted goalkeeper coaching points.

Session – Team Position with Intergration of the Goalkeeper. Goalkeeper working: Back Passes, communication , support positions

This session is a basic keep ball session that many of you will have seen before but I have highlight the key adaptations that include the goalkeeper in an affective and realistic way.



Organisation:

Two teams of how many player you have. Adjust the size of the pitch accordingly.

One goalkeeper at each end. The goalkeeper can work anywhere along the line

Rules and conditions of play to involve the goalkeeper.

- * To score a point the team must chip the ball in to the goalkeepers hands
- * To score a point the team must pass the ball to the goalkeepers feet (they can score with either goalkeeper)

To progress this drill:

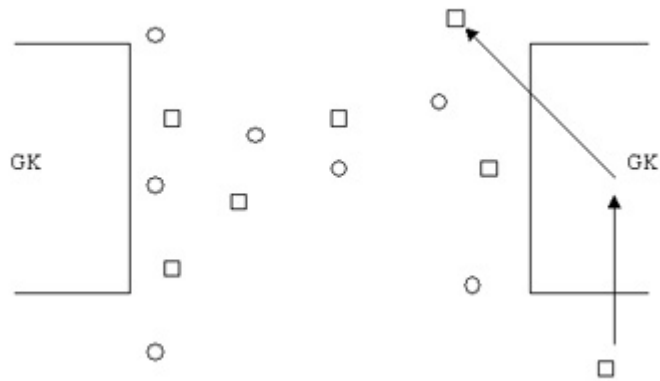
The goalkeeper must now distribute the ball back in to a team mate successfully to score a point. To score the goalkeeper must deliver the ball to the goalkeeper at the other end after he receives it. Play starts again from that goalkeeper with possession going to the other team. When using his feet he must use one touch

An opposition player can enter the end zone to put the Goalkeeper under pressure

Coaching points for the goalkeeper:

- * The goalkeeper must work all the way along the line and make himself available for the ball.
- * He must communicate
- * When dealing with pass he must get his head up so he knows what he can do with ball before it reaches him.

Session Variations:



Organisation:

The one change is that goalkeepers are now positioned in a box similar in orientation to an 18 yard box.

Rules and conditions for the goalkeeper:

The rules stay similar to the previous drill but in order for the drill to work successfully we will add some conditions.

- * Arrange the teams in to a simple formation. In the example above I have done used 3-2- 2 for both teams
- * Use a half way line to divide the pitch. This is used to keep a 5 v 3 overload in the defending half and allow the goalkeeper to be involved more.
- * Encourage the Strikers to treat it like a game so they try to prevent the ball being played forward, this will bring the goalkeeper in to play.

Progressions:

- * The goalkeeper can only pass in to the attacking half.
- * One of the mid fielders from the opposite half may join in when his team is attacking (in the example this will result in a 5v4 situation and make it more difficult for the goalkeeper).

A great resource for goalkeepers and coaches, Academy GK - www.academygk.com. Join academyGK today, for FREE, and open up a whole new world of goalkeeping expertise.

More Keeper Stuff

Today's Newsletter deals with the most important parts of the body in goalkeeping.

In my opinion, the three most important parts are the hands (pretty obvious), the eyes and the feet. I believe everyone would agree on the hands although there are some disagreements regarding the positioning of a keeper's hand. I have been reading how some coaches believe that the best way to receive a ball above the waist is catching using the traditional W catch while others believe that the hands should be closed down a bit into something that resembles more of a diamond. Which is the better technique? Truthfully, like most things, it all depends upon the individual. Factors that have to be taken into consideration are hand size, hand strength, height etc. Personally, I prefer a compromise of the two.

The eyes are the second most important part of the body for keepers. When you see a keeper who makes great saves and then lets in the easy goal, it is typically a result of being too lazy to watch the ball into their hands. Frequently, the difference between a good keeper and a great keeper is their ability/willingness to watch the ball all the way into their hands. Great keepers do it and good keepers don't (bad keepers don't move their feet as I will talk about next so it doesn't matter whether they watch the ball since they don't get to it). I did a drill this fall with a couple of keepers in which they simply had a catch and they had to watch the ball into their hands and stare at it for an additional count of two (since they were keepers I had to make sure they could count that high). After a short time of doing this, I had them go to catching the ball one handed but still having to watch the ball for a count of two after receiving it. They were shocked at how many balls they were catching and holding. All the result of using their eyes.

The feet are the third extremely important part of the body. As a general rule, a keeper MUST get their body behind the ball. I don't care how easy you think a ball is to catch. Nor do I care how good your hands are or how well you watch the ball into your hands or how well you watch a ball into your hands, if you don't move your feet to get your body behind the ball you will not be successful. I watch a lot of keepers make unnecessary dives because of an unwillingness to move the feet. One way to develop this ability is to do a drill where you are not allowed to touch a ball if you can't get your body behind it. Have a person serve the ball to you so you are challenged to move to get behind the ball. After a couple of times of having to sprint after the ball since you had to let it go because you didn't get your body behind the ball, you will find it becomes much easier to get behind the ball. Another way to work on your footwork is to stand approximately one yard behind the goal line and have hit at you (and to the side of you). As soon as the ball is played, the keeper has to get in front of the goal line and behind the ball. This will force you to move your feet and get behind the ball every time.

If you really concentrate on the three most important parts of the keepers' body, you will notice a significant improvement in their play.

Soccer Drills

The second part of this progression is to set a field up as shown in diagram 1

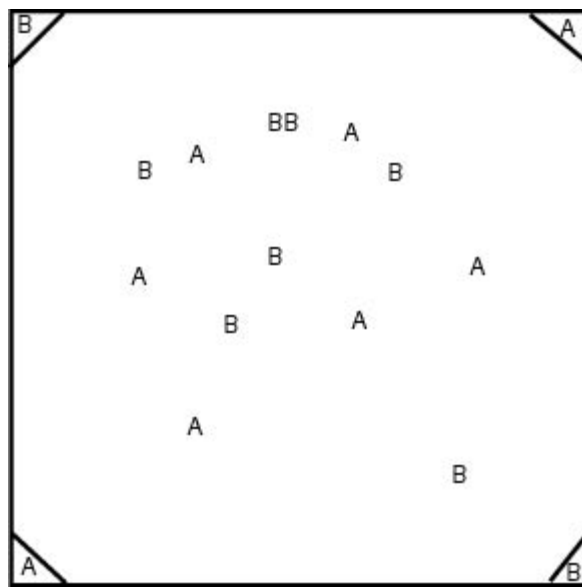


diagram 1

The dimensions will depend upon the numbers playing but with 16 or so players, you would use half of a full sized field. The corners have a small area designated by cones (the two sides of the triangle that make up the right angle should be 3 yards long).

The 16 players are broken up into two teams (team A and team B). Team A would place one player in the upper right corner and also one in the lower left corner. Team B would place one player in the upper left corner and the lower right corner.

Team A scores a goal by passing the ball into either of the players in their corners and then that player must one touch the ball to a third player for the goal to count. If the goal is scored, the player who originally passed the ball into the triangle then goes in the corner and the player who originally was in the corner joins the others on the field.

Just like in the previous drill, players will originally try to dribble toward the goal and then pass it to their teammate. Also, just like the previous drill, this will NOT be effective. Building on the last drill, explain how in order to score a goal, their must be three players involved (however, now it's almost four players). Instead of trying to dribble the length of the field, the player with the ball should look for two players working together and play the early first pass to them. Then those two players will play the ball into the corner and make the proper runs in order to get open. (pretty cool progression!)

As the players get more accustomed to this game, they will automatically start to get better spacing as they realize that instead of forcing the ball into one corner, they can change directions and go the other way if they have proper balance.

Any balls that go out of play are kick ins and even a kick in can be played into the corner to initiate a goal.

Of all of the drills that I have ever used, this might be the most enjoyable for me because of how quickly I tend to see improvement and then combined with the next drill, how well they are able to take this improvement and actually apply it in a game situation.

The next step in this progression is to change the field slightly to look like the one in diagram 2

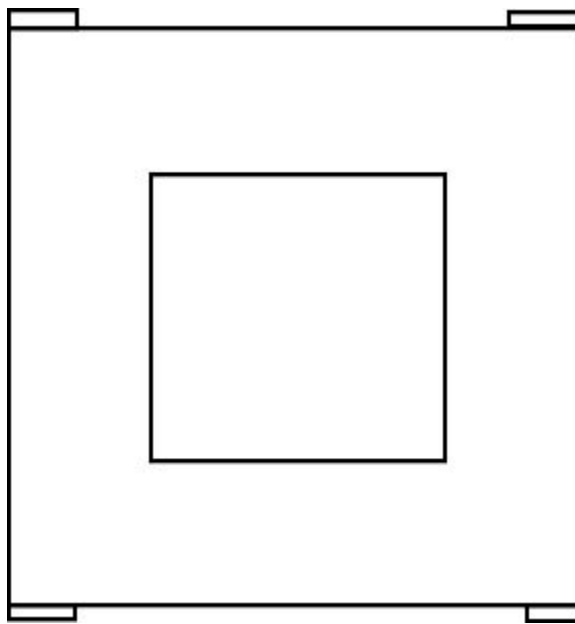


diagram 2

This field has the same dimensions but now, instead of triangles in the corners, there are small 2 yard wide goals (just place a goal in each corner and then another one 2 yards in on the end line. Also there is a square in the middle.

Again, there are 2 teams but now to score, the ball must be played through the the goals. Team A would be scoring into either the top left goal or the bottom left goal and Team B would be scoring into either the top right goal or the bottom right goal (this part is set up like a standard 4 goal game. The rectangle in the middle represents a one touch zone (for younger players this can be a two touch zone). By having the goals in the corners, it encourages the players get wide early and by putting in the one touch zone, it discourages the players from trying to dribble from one side of the field to the other. You will start to see players doing a much better job of spacing with players running through the center to receive the ball and play one touch soccer.

The other thing this central zone does is encourage both width and depth. Instead of playing all balls either square or forward, they will realize the advantages of player balls back and around the zone (just like you want them to switch balls around the back of the field in a real game).

One of the reasons I like this game so much is that the spacing comes almost naturally and I believe the more a player can realize on their own without it having to be explained in great detail, the more they will really progress.

To make this game even more difficult, you can also put in a one touch finish restriction. This simply means that in order to score a goal, it must be played one touch into the goal. This will help them to get back into the thought process of working in 2's and 3's instead of just playing by themselves.

Training in Small Spaces

Today's subject will deal with showing you how you can train either by yourself or with a friend during this time of the year when many people are limited in their ability to train outdoors.

The first thing I would like to recommend is that you play any chance you get. Many recreation centers have open gym times after school and while most of the people who use these facilities use them for basketball, there shouldn't be anything to stop you from using it for soccer. Go down there with a ball and a friend (and if you can't find a friend to go with you, go by yourself). If you have one available, it would be even better to bring an indoor ball or a futsal ball (you should be able to pick these up at your local soccer stores). If there are three others who want to play, play a 2 v 2 toward goals (you can actually use the middle third of a basketball court between the two three point arcs so you could play without interfering with basketball games going on). If it's only you and one other person, play 1 v 1 to goals. Play for short periods of time but play hard and you will find that not only can this be a great deal of fun, but you can also get a really good workout.

If there is an indoor soccer facility in your area, not only should you join the leagues but also, many of them have free play after school (they might charge a couple of dollars for to play to cover insurance issues). Play 5 v 5 or whatever numbers are available. Frequently, when you play in this type of environment, you will have different ages and skill levels but again, the key is to play as much as you can and if it means playing against players a few years older than you then that is great, learn from them. If it means playing with players a few years younger than you, great again, help teach them.

Many churches or schools will rent out their gym for a few hours if it's available. Get a group of kids together (with an adult to provide supervision) and play futsal. If each player were to pay a couple of dollars per session, it would offset the cost of the facility and then it's just a matter of picking teams and playing. The key though is that someone has to take charge and say "LETS DO IT!" If you wait for your coach or parent to do this for you, you might be waiting a very long time. If you want to be a player, then take the initiative and play!

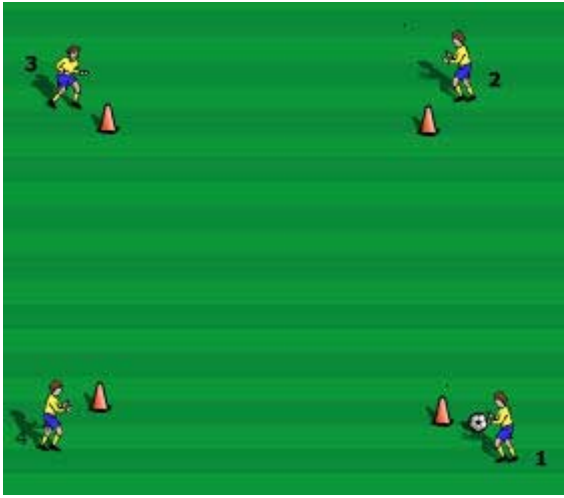
If you can't get to an indoor facility, then you will have to make do with what you have. Do you have a basement you can kick around in? Or how about a garage? You need very little space to get some training (if you have a two car garage and there is only one car in there, then it's plenty of space for training). Consider working on moves to make it easier to beat a player off of the dribble (I wrote a long newsletter describing different moves which can be found at http://finesoccer.com/soccer_edition_56.htm but I do need to warn you that the drawings leave a LOT to be desired). You can also purchase some tapes that have individual moves as well as skills that can be worked on in small areas. One of the most popular tapes would be the Coerver Coaching Tapes, which can be found at <http://www.coerver-coaching.com/> (please note, I have nothing to do with Coerver coaching or their products and I don't use them but I have seen the tapes and feel they are helpful).

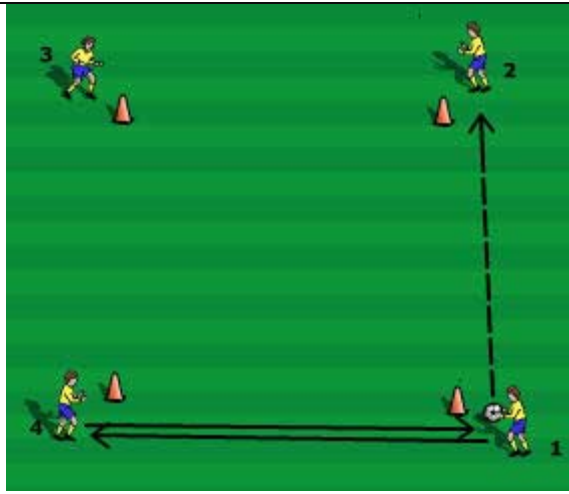
There are a number of other drills you can use that I do quite frequently (I use these indoors and outdoors and they require either one or two people maximum. You can find them online at http://finesoccer.com/finesoccer_drill_28.htm; http://finesoccer.com/finesoccer_drill_29.htm and http://finesoccer.com/finesoccer_drill_30.htm check them out when you get a chance.

The main purpose of this newsletter is to let you know that there are many things you can do in limited spaces and in bad weather that will continue to allow you to get better as a soccer player.

Training Sessions

U16 Boys Session 3

Equipment needed: 16 Balls, 6 Bibs, 2 Goals		
Practice Field		
Phase	Activities/Diagrams	Coaching Cues
Warm Up :	The players ran and stretched on their own	This is the first time this year we have trained outdoors and the team seem real excited about the good weather. We have 16 players at training
Warm Up	Groups of 2's with one ball per group. Players are 5 yards apart and they have to juggle the ball back and forth without the ball hitting the ground and with a maximum of 3 touches per person before the other person has to touch the ball at least once. They try this for a 4 minute period and then switch roles	This is to get some movement and ball touches in while also getting them to concentrate
	<p>Groups of 4's with one ball per group, 4 Cones are laid out in a rectangle that is yards wide and 10 yards long. A player is outside of each corner. See diagram below</p>  <p>Player 1 passes to player 2 and then player 1 switches places with 4 Player 2 passes to 4 and then 2 and 3 switch places. See diagram below</p>	This is working



Next it's done with the same thing with the ball on the other side.

Next a second ball is added so that while 1 is passing to 2 on the right side, 4 is also passing to 3 on the left side and then the 1 and 4 switch roles

Next the same thing but after each pass, the players have to sit down and then get back up quickly and then switch sides

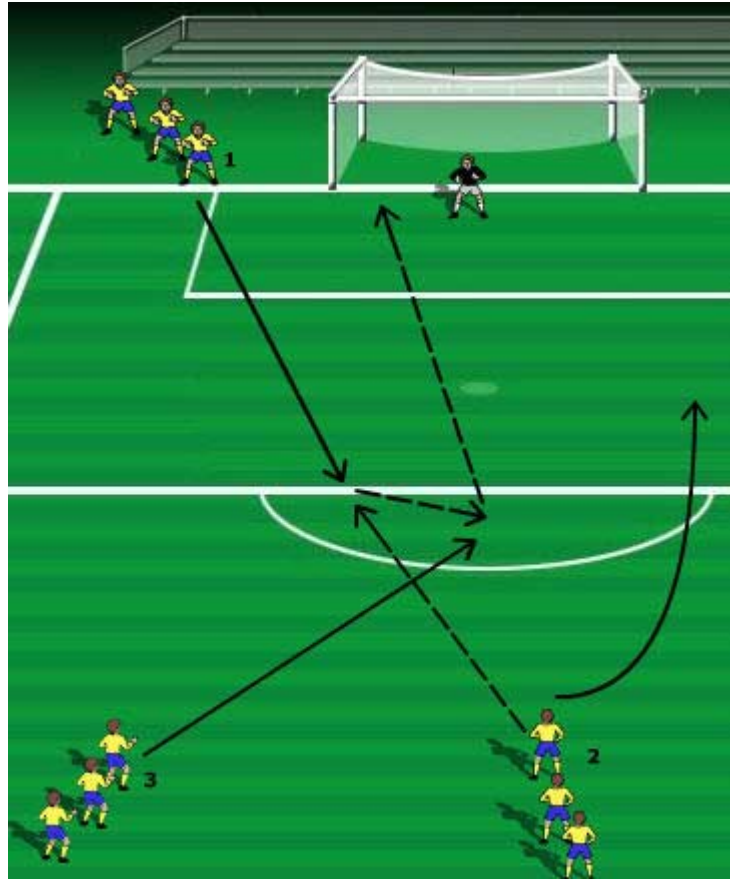
Next the same thing except now instead of sitting down the players meet in the middle, jump up and do a legal shoulder charge into each other and then go back to the side they came from.

Each of these is done for approximately 4 minutes each and at full speed

Short, short, long. Four players in a group with 2 players 25 yards from the other two players. Player 1 chips the ball to player 4 who one touches the short ball to player 3 who one touches it back to 4 who chips it to 2 who has switched roles with 1. See diagram below



the shooter



Next player 3 plays the ball to 2 who either shoots or serves a ball from out wide

Game Related	<p>Next we add a defender to mark the checking player and it's 1,2 and 3 attacking against one defender. There is no pattern</p> <p>Next we add a second defender up to mark 1 and 2</p>	Now it's forcing the players to be more creative
Game	6 v 6 with keepers. The rule is that a regular goal counts as 1 and a goal coming off of a forward checking back to the ball counts as 3	This rule is put in to encourage the players to continue looking to stretch the field, check back and use the space
Game	6 v 6 but now the rules are lifted and it's regular soccer	The players do an excellent job of maintaining the checking run
Cool Down	Players jog and stretch	

Referee Section- Ball In or Out of Play

Law 9 - The Ball In and Out of Play

[Text](#) | [Thumbnail](#) | [Commentary](#) | [FAQ](#)

Thumbnail

The ball is **in play** when one of the prescribed means of (re)starting play has been properly executed. these include the kick-off, throw-in, goal kick, corner kick, free kick, penalty kick and drop ball. (see the [comprehensive table of restarts](#).) The ball is **out of play** "when it has wholly crossed the goal line or touch-line... [or] when the game has been stopped by the referee." This is a simple (and elegant) concept.

Commentary

Unlike basketball or American football, the position of the player or the player's feet is irrelevant. **Only the position of the ball matters.**

The soccer field (pitch) may be imagined as a three dimensional box with invisible vertical planes rising from the outside of the two touch-lines and the outside of the two goal-lines. As long as the ball is within those invisible planes or is in contact with one of those planes, it is not out. It must entirely leave the box to be out. This is a very simple concept, but, particularly for those accustomed to basketball or American football, there are times where the ball appears to be out of play when it is not. For example, a ball rolling along outside the touch line remains in play as long as part of the ball is over the touch line. A player may run outside the touch line to play it.

It is the job of the referee (aided by the assistant referees) to determine when the ball leaves the field.

Questions on Law 9

9.01 Can a player step out of bounds and still legally play a ball on the touch line or goal line, without first coming back in bounds?

Yes. Only the position of the ball is relevant. A player may leave the field and re-enter it as long as this occurs during the normal course of play. The referee watches the position of the ball, not the player's feet.

9.02 Can a ball go out of bounds in the air and still be in bounds if it curves back in before it hits the ground, or gets deflected by a player who has not touched the ground out-of-bounds (e.g. like basketball)?

No. If the ball goes out of bounds in the air and curves back in, it was out and play should be halted, most likely by the AR, who is stationed on the touch line (or on the goal line, in the case of corner kicks) to observe exactly this type of situation.

9.03 Is a ball touching the line in or out? What if it no longer touches the line, but the edge of the ball is still vertically over the line even though the rest of it is out?

In both these cases, the ball is still in. In order to be out, the ball must completely leave the field; if part of the ball is vertically over the line, then the entire ball has not left the 3-dimensional field.

9.04 The ball appears to have gone out of bounds, but the referee hasn't blown the whistle or done anything yet. Is the ball in or out of play?

The final decision is in the hands of the referee. When in doubt, players should continue playing and listen for the referee's whistle.

9.05 Sometime after the game has started, while the ball is in play, an obvious foul occurs but the referee hasn't blown the whistle yet. Is the ball dead from the moment of the foul, or only from the moment the referee blows the whistle or otherwise clearly indicates for play to stop?

If the foul is called, the ball is dead from the time of the foul. (If the foul is not called or the referee uses the advantage clause to allow play to continue, then there is no dead ball.)

9.06 On which restarts does a player have to wait for the referee's signal to put the ball into play?

Kickoffs (at the beginning of a half or after a goal) and penalty kicks require the referee to signal before the restart. Referees almost always make this signal with their whistle. No other restarts require a referee's signal and players may immediately restart play on their own initiative. However, a referee has the discretion to delay a restart (e.g. to allow substitutions, to caution a player, to enforce the 10 yard restriction of a free kick). In those cases where the referee delays the restart, he/she will usually indicate the restart with a hand signal.

Players should be coached to quickly restart the game when it is to their advantage. A scoring opportunity may be created by an alert player who quickly puts the ball back into play with the appropriate throw-in or free kick. Some referee clinics teach referees to be alert for these possibilities and to allow them to proceed if the situation warrants. **Note:** when a defensive wall is being set up before a free kick, the referee may tap his whistle or point to it: in this case, players must wait for a whistle before executing the free kick.

9.07 The ball hit the frame of the goal and rebounded onto the field of play. My players didn't know what to do -- was the ball still in play?

The ball most likely did not leave the field of play. (Occasionally a ball will even roll along the crossbar of the goal and then fall back into the field.) Players should realize that the ball is not out in this situation and should be ready to play the ball.

9.08 What if the game is being played on a field that doubles as an American football field, where the goalposts for the football field also serve as the frame of the soccer goal with double horizontal crossbars, the lower one serving as the crossbar for soccer, and the upper one being the crossbar for football, and the ball strikes the upper crossbar?

A soccer goal should not have two crossbars. If it does, the coach should discuss the effect of the higher crossbar with the referee before the game. The league or field probably has some ground rules, written or unwritten, which say a ball striking the higher crossbar is out! Barring some type of ground rule, the laws of the game would suggest that as long as the ball did not completely leave the field of play, it is still in play. Similarly, any other unusual structure on the field (a tree, an overhanging branch) may lead to some type of local ground rules which should be discussed with the referee before the game begins.

9.09 What happens if the ball hits the referee, and rebounds out of play or into the goal? What if the ball inadvertently hits the assistant referee? Does it make any difference whether the assistant referee is standing on the line or just outside the line?

The referee, like the corner flag, or a rock in the field, is merely part of the field of play. If the ball strikes the referee, play should continue just as if the ball bounced off a rock. And if the ball bounces into the goal, it is a goal! (This is one reason referees try to stay out of the goal area if they can!)

Similarly, if the ball hits the assistant referee, it should still be played (as if it hit a rather unusual blade of grass!) If the ball passed completely out of the field, it is out; if it did not completely leave the field of play, it is still in. The ball's contact with the referee or assistant referee is irrelevant.

9.10 Since players may run outside the touchline to play the ball, how far from the field should players, fans and coaches be?

Players, coaches and fans should be at least a yard from the field in order to allow room for players to play the ball on the touchline and to allow assistant referees to judge whether the ball is in or out of play.

9.11 A ball is heading out of bounds. Just after it crosses the touch line, but before the ball has left the field of play it is (a) picked up by a player on the field, (b) picked up by a teammate who is not one of the players, (c) picked up by the mother of one of the players, (d) hits a lawn chair and bounces into the field, (e) hits the assistant referee and bounces into the field. Should the game be stopped? if so, what's the restart?

- a. This is "handling" by a player. It is a penal foul and the opposing team should be awarded a direct free kick from the spot where the ball was handled.
- b. This is outside interference while the ball is in play (see Law 8). Play restarts with a drop ball. The referee may caution (give a yellow card to) the team member who interfered with the ball (the caution would be for unsporting conduct).
- c. This is outside interference while the ball is in play. Play restarts with a drop ball. In most leagues the referee is not allowed to caution (give a yellow card to) a fan, but the referee will likely take steps to assure such interference does not re-occur.
- d. As for 'c.'
- e. Since the ball did not leave the field of play then play has not stopped! Keep playing!

9.12 A player restarting the game with a throw-in throws the ball down the touchline and it lands out of play. Sometimes the referee lets the player retake the throw-in; other times he awards a throw-in to the other team. Why?

If, in the opinion of the referee, the ball entered the field (that is, at least some part of the ball crossed over the outside edge of the touch line), then the ball was properly thrown into play and then subsequently curved out of bounds. Thus the ball left the field and was last touched by the thrower and a throw-in is now awarded to the opposite team.

However, if, in the opinion of the referee, the ball did not enter the field, a throw-in did not occur. The ball is returned to the thrower so that he/she may restart the game.

9.13 The Red team is awarded a throw-in. Red player number 8 runs off the field and picks up the ball. Red player 9 runs toward Red 8 and calls, "Let me do the throw." Player 8 lobs the ball underhand to Red 9, while Red 9 is still on the field. Is this legal?

Most referees would recognize that Red 8 is not attempting a throw-in and would then wait for Red 9 to step off the field and make the throw-in. However, since Red 8 had the ball out of bounds and, by tossing it to player 9, put the ball into the field, it is possible that the referee will consider this an attempted throw-in. If the referee believes Red 8 was attempting a throw in, he might call an illegal throw-in on the Red team or, worse yet, call a foul on Red 9 for handling the ball. For this reason, Red 8 should place the ball on the ground outside the touch line and thus leave it for Red 9 and not risk an inadvertent turnover.

9.14 On a corner kick the ball strikes the near goal post and rebounds into the field of play. However, the assistant referee raises his flag and rules the ball was out of play. Why?

It is possible that the ball, when kicked from the corner flag, curved over the goal line, completely leaving the field of play, and then curved back into the field where it then hit the goal post. The ball is out of play, not because it struck the goal post, but because it completely left the field after it was kicked. (The restart should be a goal kick.)

News From Around The Soccer World

Real chief slams Beckham over MLS move

Real Madrid president Ramon Calderon has launched another bitter attack on David Beckham, claiming the former England captain will be 'an average cinema actor living in Hollywood'.

Any hopes of an amicable agreement between Beckham and Real over the remaining six months of his contract look doomed following Calderon's astonishing outburst.

The Real president also said coach Fabio Capello's decision not to pick Beckham again was justified because not a single club had been in contact to request the 31-year-old's services.

Beckham had been free to talk with other clubs since January 1 and last week announced he had turned down a two-year extension with Real and signed a five-year, £128million deal with Los Angeles Galaxy.

Calderon said: 'David Beckham will be an average cinema actor living in Hollywood. 'The proof that our technical team was right in not considering his continuity has been ratified by every single technical team in the world, because no one, with the player having been free, has wanted him.'

Beckham, who met up with the rest of his team-mates to have lunch in a restaurant in the Spanish capital today, is now prepared to sit it out for as long as necessary - even it means spending the next six months watching the Spanish giants from the sidelines.

Hopes of an early move to LA Galaxy appear to have been quashed, and the former England captain is stuck in limbo.

It is understood however that there is no possibility of the midfielder attempting to end the impasse by offering to buy out his contract and his chosen course of action is now to turn up for every training session and try to prove to Capello that he is worthy of consideration for the first team.

Beckham's position in having signed an agreement with a different club six months before the end of his contract is by no means unique - indeed Henrik Larsson was in just that situation last season at Barcelona.

The Sweden international, now in a loan spell at Manchester United, agreed a move to his home-town club Helsingborg last February but remained a key player for Barcelona and turned the Champions League final against Arsenal their way when he came on as a substitute.

Barcelona coach Frank Rijkaard believes there is no reason why Beckham should not be playing.

He told *Spanish daily Sport*: 'I wouldn't sideline the player on those grounds. You have to look at what is in the best interests of the team as a whole.

'Everyone wants to be a winner and if a player has a contract elsewhere there is no reason why he cannot still play.'

LA Galaxy general manager Alexi Lalas said Beckham's move to the USA has been structured around him arriving in August.



He said: 'Our position is unchanged with regards to David Beckham. We look forward to welcoming him in the summer and we respect his chance to honour his contract with Real Madrid.

'All our plans are that we will welcome David here in the summer.'

Behind The Bench

Making the right choice



Don Winsor
The Pilot

Let's be practical about this; if you want your child involved in sports you must first consider how much sports differ, especially when the child is just starting out. The following could comprise a shopping list to search out when you are in a quandary as to what your little tyke should become involved in to get the most enjoyment from his or her first sporting experience.

- * The amount and cost of the equipment
- * The amount of physical contact
- * Emphasis on individual skill
- * Emphasis on team performance
- * Size of the team
- * Opportunity for each child to participate

If several sports are available in your community, allow your child to sample a range of activities. Younger children may benefit from exploring several options before settling on one or two. The more young children can try different sports and activities and find something they're good at doing, the more they'll enjoy the activity.

Try team sports such as hockey, soccer, baseball, basketball, volleyball, as well as individual sports such as figure skating, swimming, tennis, running, gymnastics, and golf. Observe your child as you go. Is your tyke comfortable with contact sports? Does he or she have the hand-eye coordination to compete in certain sports that use a ball, bat or stick?

Remember also to assess youth sports, to gauge whether your child is in good hands, consider the quality of coaching. Look first for emphasis on safety and inclusive participation. Does the coach require the players follow the rules and use the proper safety equipment? Do only the best players play? Is the fitness or conditioning manager certified and sensitive to the fact that your child is not fully physically mature? Observe instructions. Children should be taught proper movement and body positioning to avoid injuries, especially in the game of hockey, when taking a check along the boards.

Also consider a coach's attitude toward the game. If a coach consistently yells at an umpire or referee or the children or lets only the most skilled players into the game, your child may become discouraged. Get to know the coach and, if possible, talk to the coach's former team members about their experiences.

Once kids get to be 11 or 12 years old, they may be ready for a greater emphasis on competition and winning. But surveys have shown, time and time again, this attitude of win-at-all-costs drives many children away from sports.

It could be very important as well to watch and see whether the children in your child's sport are grouped into teams simply by age. It's been shown that in some instances, this increases the risk of injury. Or are they grouped according to physical maturity and skill? Do they take time to warm up and cool down before and after each practice or event? How the organization assigns teams and emphasis warm-ups and cool-downs may serve as an indication of the organizations interest in injury prevention.

Finally, what do you think your role as a parent is in all this? It's quite simple really - sit back and watch! Overall be positive and encouraging. Emphasize effort and improvement over winning or personal performance. Attend games and practices as your schedule allows, and act as a good model of sportsmanship yourself. Above all, keep your child's sport in perspective.

This is the foundation age, the age when habits are formed. Thus you have the opportunity to play a major role in your child's formative years. You can help insure that the proper habits come into play as your child rises and develops through his/her sporting life, and that's an awesome opportunity.

If your child decides to quit a sport or specific activity, look for signs of stress that seem tied to sports or overtraining. Your child can take up the same or another sport later, or build fitness through other activities, such as martial arts or dance. Whether your child swims, runs track or plays frisbee, keep your eye on the long term goal - encouraging your child to be a fit, healthy and happy adult.

That's 30 for this week. Remember, "It's easier to build a child than mend an adult and an ounce of pluck is worth a ton of luck!" Until next week.

U.S. Soccer: Younger Generation Under Scrutiny

1/10/2007 4:04:00 PM

By Ridge Mahoney

The next World Cup cycle gets underway in January, when interim head coach Bob Bradley hosts his first training camp and sends out the USA to play Denmark at Home Depot Center.

A replacement could be in place by the spring, yet Bradley has been named the under-23 head coach in any case. Failure to qualify for the 2004 Olympic Games, a large crop of promising younger players and Bradley's success at developing talent in MLS spurred U.S. Soccer to hand him both jobs.

If U.S. Soccer indeed insists on sending its strongest squad to the Gold Cup (June 6-24), because it is the regional championship and entails for the winner a place in the Confederations Cup, it will have to give the experienced European players a rest in July before they report back to their clubs.

Bradley could then use the Copa America (June 27-July 15) to test under-23 players, as several countries have done in the past. However, those with European clubs may not be cleared to compete if the tournament conflicts with preseason training.

FORWARDS

Best must improve

Once Bradley decides where to play Landon Donovan and Clint Dempsey, the rest of the attack takes shape. They are the daring, risky, game-breakers whose improvement is essential to the USA's hopes of beating the best teams in the world.

No more Brian McBride. No more rugged, reliable, relentless roustabout who can pressure defenders, win balls in the air, check back and spin into good spots, drag defenders with timely runs, and finish with either foot as well as his head.

There are players cut from the same mold, starting with Brian Ching, who shares some of McBride's attributes: his size, his courage, his predatory instincts in the penalty area, and his bad luck with facial and other injuries. Yet his failure to get on the field during the 2006 World Cup deprived him of opportunities to show what he can do against the toughest foes.

Ching, 28, will get a chance to take McBride's place, and the partnership he formed with Donovan in San Jose during the 2003 and 2004 seasons will aid his cause. He's coachable, likable and dependable, yet may be destined to lurk on the fringe of the USA squad.

At some point, maybe, Eddie Johnson will wake up. The strength, pace, drive and scoring instincts that attracted interest from European teams during his youth days are still there. Incoming Wizards head coach Curt Onalfo may be an intriguing

Johnson's career, which has veered off course since he suffered a foot injury in May 2005.

Since then, Johnson has played 12 games for the U.S. and scored one goal. He had just two goals in 19 games for Kansas City last season and unless he finds a foreign club, he'll bear a lot of the Wizards' scoring load left by the departure of Josh Wolff, whose transfer to 1860 Munich could mean he doesn't play for the USA until late spring.

Wolff, who started his MLS career under Bradley in Chicago, hasn't lost the zip that stretches opponents and gets him in behind defenders. He should see time this summer in the Gold Cup.

The long-term prospects for Wolff, who will be 33 in 2010, aren't as bright as those of Taylor Twellman, who is three years younger. As long as Twellman keeps scoring goals in MLS, he can't be shoved out of the picture. Neither can his Revs teammate, Pat Noonan, whose poise and touch in pressure situations haven't been fully exploited by the national team because of injuries.

Kenny Cooper has played just one year in the first team of FC Dallas, yet that was enough to confirm his quality. He's built (6-foot-3, 200 pounds) for power, and he has good speed and excellent touch. Unlike some big forwards, he can hit the target consistently from distance and like Ching, he's a solid pro in the locker room. At age 23, he's also destined to improve, perhaps exponentially.

Among the longer longshots is another former Fire player, Ante Razov, who will sweat blood for Bradley, who brought him to the MetroStars and then Chivas USA. He'll be 33 in March, but a cameo isn't out of the question. Can Edson Buddle, 25, put aside his problems at Toronto FC and utilize his tools under Bradley? How much of a shot will Bradley give another player he coached in Metroland, Mike Magee, or Fire products Nate Jaqua and Chris Rolfe?

Olympians: There's no natural striker who immediately stands out at the U-23 level (players born, on or after Jan. 1, 2005). Bradley coached Eddie Gaven in New York, and he's been tried at central midfielder, wide midfielder, and second forward in MLS. He should get a long look with the U-23 team, and so could Jacob Peterson, who scored four goals for Colorado in his rookie MLS season while usually playing wide midfield rather than the forward position he dominated at Indiana. Lee Nguyen, who left Indiana after his freshman year, hasn't been able to break into the first team at PSV and could be loaned out. Former U-20 Sammy Ochoa plays sparingly at Mexican club UAG. Charlie Davies, Joseph Lapira and Sal Zizzo (more of a winger) were among the top college attackers in 2006.

MIDFIELDERS

Overloaded on left side

DaMarcus Beasley and Bobby Convey should be mainstays in midfield but since both are left-sided players Bradley faces the same dilemma as did his predecessor, Bruce Arena: how to play both at the same time? More importantly, what are their prospects for progression in the English Premier League?

Convey missed much of the first half of the season because of injury after sparking a potent attack as Reading roared to the League Championship title. Unless he suffers a recurrence, he'll get sufficient opportunity to prove he can handle the rigors of the EPL and thus bid for a starting spot with the USA.

Injuries hampered Beasley in his second season at PSV and another gloomy season is in store at Manchester City, where he is on loan, unless he gets steady playing time.

There's another lefty on the horizon, and that is Justin Mapp, who dazzled much of the time playing in the middle for Chicago. He still has holes in his game, on both sides of the ball, and needs a lot of seasoning. In the offensive half of the field, he's dangerous.

Kerry Zavagnin, Eddie Lewis and Frankie Hejduk turn 33 in 2007. A few 30-ish MLS players %97 Chris Klein, Ben Olsen, Pablo Mastroeni %97 could stay in the picture for a year or two, but there's plenty of younger guys ready to be tested, such as MLS Rookie of the Year Jonathan Bornstein, 22, whom Bradley coached at Chivas USA.

Ricardo Clark, 23, broke into the national team in 2005. This year, we'll see how good he can be. He's quick, covers ground like a gazelle, has good smarts, likes to get forward occasionally to take a crack at goal, and enjoyed a fine season helping Houston win the MLS title. Brian Carroll showed some promise in the run-up to the World Cup, and despite his MLS troubles Kyle Martino deserves a look.

Olympians: A fine rookie season for Sacha Kljestan under Bradley at Chivas USA tips him as a likely regular for both the under-23 and national team camps. He grafted toughness and tackling onto the attacking gifts he displayed at Seton Hall and with the under-20s two years ago. Benny Feilhaber, who has jumped from the reserves to the first team at Hamburg in less than a year, has the strength, mobility and touch ideally suited to the modern game. On his third tour of duty with the U-20s, Freddy Adu will get a shot to run the show at Real Salt Lake City. How he does could determine his immediate future with the U-23s and national team. Another strong prospect for the U-23s and eventually regular national team duty is Bradley's son, Michael, who is in his second season at Dutch club Heerenveen.

DEFENDERS

Candidates galore on backline

There are candidates galore to fill the backline, starting with 2006 World Cup veterans Oguchi Onyewu and Carlos Bocanegra. Onyewu, who has been courted by major clubs, may leave Belgian club Standard Liege during the January transfer window. Fulham manager Chris Coleman has used Bocanegra a couple of times at defensive mid this season.

Cory Gibbs, Heath Pearce, Zak Whitbread and Bocanegra are all possibilities for the left side. Whitbread, a member of the U.S. under-20 team at the 2003 world championships, couldn't crack the lineup at Liverpool and has started at Millwall of the League Championship for the last 13 months.

Right back Steve Cherundolo is only 27, so age isn't a problem, but his status could be jeopardized if Hannover is relegated to the German Second Division. He and Galaxy veteran Chris Albright are the same age; their main competition at this point is Jonathan Spector, who is also eligible for the under-23s and is being severely tested at relegation-threatened West Ham. Michael Parkhurst and Bobby Boswell are in the hunt. Olympians: Many former and a few current U.S. under-20s are eligible. Hunter Freeman has played 47 games for Colorado in his first two pro seasons, and Marvell Wynne ended his rookie season with the Red Bulls much more strongly than he started it. Left back Michael Harrington went on trial at German club Kaiserslautern following a stellar career at North Carolina, where he started 84 of his 87 games. He heads a pool of defenders who will come out of college either this year or next. Also in that group are Julian Valentin, who is in the U.S. pool for this summer's FIFA U-20 World Cup, Greg Dalby, and Jay Needham. Another current U-20, Nathan Sturgis, may be a vital cog in 2008.

GOALKEEPERS

Howard in line to take over

The list doesn't end with Tim Howard, whose excellence for Everton has won the praise of Manchester United manager Alex Ferguson, who loaned him in the first place. Yet Howard, 27, started off brilliantly for United, remember, only to lose his spot via a few costly flubs. Completing the season steadily will earn him a trip back to Old Trafford and cement his place in the U.S. team, where he should be outstanding for a decade.

Kasey Keller has yet to retire from the national team and neither has Marcus Hahnemann. They are both older than 30; yet so are the top MLS keepers %97 Matt Reis, Joe Cannon and Kevin Hartman.

Brad Guzan, 24, is a shade too old for the Olympic team. This season, his third as a pro, is an important one, as he played fewer games than Chivas USA teammate Preston Burpo in 2006. Troy Perkins and Matt Pickens were solid.

Olympians: San Diego State's Tally Hall may bypass MLS for Europe, and Maryland's Chris Seitz, both All-Americans, might take that route as well. Former U-20 keeper Quentin Westberg finally made his French First Division debut last fall at Troyes.

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