



# She Shoots She Scores!

Aug 6, 2008

Western Region Women's Soccer

Volume 1, Issue 9

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## MEET TEAM RAMS OF THE WSSL

By Litsa Tryphonopoulos

The Rams compete in the WSSL and this team is made up of women who have varied soccer experiences. Despite this all the players work well together and each brings her own strengths to the squad and contributes to the success of the team. Many of the more experienced players are quick to offer encouragement and friendly advice to help out their teammates. This positive team attitude has been key to the team working well together and has fostered the development not only of the team but of individual players as well.

Many of the players on the team are students who attend UNB and ST. Thomas, while working on their undergraduate and others on graduate degrees. Nurses, x-ray technicians, accountants, mortgage brokers, hair stylists and teachers are some of the occupations represented on the Rams. We have four mothers involved with the team and what a sight to see the coach juggling coaching duties and childcare on the sidelines. This is how welcoming the league environment is.

To date our team has two losses and one tie to add to our 12 victories. We hope the success we have experienced during the season will continue for us during the play off period. The most important points to be made are that Team Rams have fun

together and everyone participates. There is opportunity for many new players to join the league next season and join in on the fun that teams like the Rams enjoy. Come out and cheer on all the teams as we compete in our final games of the season and see if you would like this experience for yourself. See the schedule in the newsletter for further information.

The members of Teams Rams are: Shannon Myers, Amberly Colter, Penny Tryphonopoulos, Kaylee Hopkins, Rianna Holder, Karla Hunter, Lynn Watson, Nicole Leblanc, Amy Northrup, Liz Manwaring, Rebecca Tremblay, Claire Lamont, Stephanie Turner-Chiasson, Courtney Perry, Natalie Reid, Cathy Gingras, Danielle D'Entremont, Kelly Farrish, Ashley Dwyer, Rosalyn Smedley, Carolyn Peppin, Vanessa Sinnicks and coach Litsa Tryphonopoulos.

## Pic of the Week Rams Vs. Wanderers



## Soccer Skill of the Week

### Dribbling

#### Key Factors:

1. Balance
2. Movement
3. Using many surfaces
4. Changing direction
5. Turning with the ball

#### Drill:

20m x 30m rectangle

1 ball for each player.

All players move about the rectangle. Coach yells directions:

“only using right foot –

inside, outside”

“only using left foot –

inside, outside”

Yell the word

“CHANGE”, meaning the players have to change direction. Constantly call “CHANGE”.

Use the word “TURN”.

Coach demonstrates a simple “turn” – one at a time:

roll back – sole of foot

heel back – heel of foot

hook back – outside of foot

hook back – using inside of foot drawing the ball back between legs

After each turn is introduced, the players continue to dribble around the rectangle. The coach yells “TURN” and the players turn with the ball and move off in the opposite direction.

The coach now yells “CHANGE” and “TURN”.

“CHANGE” and “TURN”.

## Fredericton Women’s Recreational League Schedule

Wisdom Cup Friday Aug 8-Sun Aug 10

### Coaching Women’s Recreational Team

by Macky Singh

When I volunteer my time to coach a team in the Women’s League, I expected that the level of the Women’s League would be of good recreational standard. This was based on my perception of Canadian women’s soccer profile at world stage. I really excited and was looking forward to the first training session. Not to blow my own “trumpet”, I have spent the last 10 years coaching national teams in New Zealand and Malaysia and currently I am an employee of Soccer New Brunswick as the Regional Technical Director – West Region.

When I arrived to run my first session with the team known as Spurs, I was some what shocked and a huge eye opener. I wondered what I have got myself into, and I was sure the players had reservations about my involvement as well. Fortunately, it has been a great and pleasurable experience for me to have volunteered my time and coach the team. The players made me feel welcome and appreciated that I volunteered my time coaching them.

Hence this brings me to those individuals who have been thinking of coaching soccer but are not sure where to start or not confident about their ability or wonder what people might think of you as a coach. Well I would strongly encourage that you volunteer to coach one of the women’s teams that play in the Women’s League. The players are very appreciative, very fun to coach, always positive, always willing to train hard and learn and really enjoy playing soccer.

As more and more women are looking to have an active lifestyle, a positive social network, a recreational sports element and a lots of fun they are turning to soccer. This year there are about 100 women of all ages and ability playing in six teams in the Women’s League. It is projected that there will be an increase in more women wanting to play next season and beyond.

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Football is all very well a good game for rough girls, but not for delicate boys.

**Oscar Wilde**  
*Irish writer.*

**Continued from pg. 3**

Therefore more coaches will be needed for teams as the league continue to grow.

As the Regional Technical Director, to assist with the growth of women's soccer, I am planning to conduct a Coaches Workshop for all players and coaches playing in the Women's League next year. The Workshop will provide both coaches and players ideas and activities for them to run their coaching sessions and make playing soccer an exciting experience. Not only that there will be continued opportunities for coaches to be mentored and be encourage to attend coaching courses for any interested players and coaches in the Women's League.

So if you have been considering coaching soccer for a while now and don't know where to start, there I strongly recommend that you coach one of the team's in the Women's

League next season. They will make you feel welcome and appreciate all the help you are offering to coach and teach the basics and further improve their soccer skills and knowledge. As there is a massive need to have more females coaching soccer this will also be a great platform for more women to get into coaching and be comfortable and accepted.

I would like to thank the Spurs team, Women's League management in Rochelle, Shannon and Dawn for welcoming me and allowing me to be part and coach in the Women's League and doing an awesome job.

**FREE KICK MAGAZINE**  
Is a Canadian online soccer magazine. It features soccer stories from around the world, tips for players and coaches and much much more. Check it out [Free Kick Soccer Magazine](#)

## FDSA U16 Premiership Update

By Dayle Colpitts

This past weekend FDSA earned a second place finish in the Hunter River, P.E.I. tournament. The Caps had an eventful first game against Moncton. At the beginning of the game a red card led to FDSA playing a girl down the whole match. The game ended 7-0 in favor of Moncton. Their second game vs. Sherwood, P.E.I. ended 7-0 as well, this time in favor of the Caps however. They played Stratford, one of P.E.I.'s top clubs in the final round

robin match, and earned a 3-1 victory. The Caps' round robin record made them top seed going into the playoff round. They played Stratford again in the semi finals, defeating them 4-0 to advance to the finals. The final game of the tournament was against none other than Moncton. Although FDSA carried the play with great opportunities, Moncton pulled through defeating the Caps 2-1. The FDSA 16U Caps' next NBSL league game is Saturday August 9<sup>th</sup> against Chaleur at noon at Nashwaaksis Lower Field.



Dayle Colpitts Keeper for FDSA u16 Premiership

### Field Locations

For field locations in Fredericton and surrounding area see the link below.

<http://www.fdsa.org/fields.asp>

### Weather Conditions

For up to date weather see the link provided below.

<http://www.theweathernetwork.com/weather/canb0040/>

## Keeper Tips

### By Dayle Colpitts

Throwing the ball is essential for distribution by the keeper. Throwing enables the team to maintain possession and start an attack. The baseball throw is the best way to distribute the ball over medium distances. For shorter distances, the roll is more effective. For long distances, the overhand throw is best.

The baseball throw can be easier for younger keepers with smaller hands. When doing the baseball throw, you should hold the ball in your palm and throw it using a side-arm motion, like throwing a baseball. Keep two hands on the ball for as long as possible when winding up behind your head to throw. Snap your wrist and follow through to your target.



### Women's Health Info of the week

Soccer star and new mom Mia Hamm has teamed up with the Society for Women's Health Research to remind women about three nutrients that are vital to the health of their babies: folic acid, calcium with vitamin D and DHA omega-3, an essential fatty acid and building block of infant nutrition that may promote a healthy pregnancy and prevent late preterm birth.

### Full Story

### Player Profile



Name: Cleo Tetrault

Team: UNB Varsity Reds

Number: 5

Position: Left Wing

Career: Recreation and Sport Management Student

Number of years played: 17

Hometown: Wolfville, NS

### Additional Links

<http://www.westregionsoccernb.org/>

<http://www.nmsoccer.ca/>

<http://www.oromctosoccer.org/index.php>

## **Western Region Women's Soccer**

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She Shoots She Scores is currently looking for local support by providing information, stories and statistics for women's soccer in the Western Region. If you would like to contribute to She Shoots She Scores, you may contact Cleo Tetrault by email or phone.

**Website Coming Soon!**