



# Pitch-Side

Official Magazine of West Region Soccer NB

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**Inside This Issue:**

Club Coaches Workshop	2
U4 & U6 "Let Them Play" Concept	2
Soccer New Brunswick Announce New ED	3
WRS Players Selected for 2009 New Brunswick Representative Teams	3
Feature Article: Not So Great Expectations - U10 Player Development	4
Coaching Session: 2 v 2 Attacking	5
Scoreboard	6

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## Welcome - Dear WRS Members,

The soccer season throughout the West Region has officially kicked off and the weather is finally getting warmer. Its great to see many individuals of all ages, sizes and gender out playing and enjoying the "beautiful game".


Its exciting the see many parents getting involved in helping out the U4 & U6 programs at all the clubs. This is a great development for the kids and the sport, as they develop a strong bond with their parents, start to understand their body and how it moves, while playing with the ball. The smiles and laughter that this kids express are very honest emotions.

The Fredericton Hyundai WRSL is well underway, as is the New Brunswick Women's Premier Soccer League. The two Leagues has created some excitement and with some close matches being played, particularly the U14 Girls Div 1.

I would like to personally wish all the best to all the West Region players that

have been selected to represent New Brunswick teams, that will be competing in various National competitions throughout the nation this year. Its definitely a proud moment for this players to be selected to represent their province.



Finally, if there is any interested readers, coaches, parents, players, administrators and officials that would like to contribute articles, photos or offer any comments for the magazine, please send it to me via email, so we can include it in future issues. 

Yours in Soccer

**Macky Singh**

SNB Regional Technical Director- West

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## Club Coaches Workshops


West Region Soccer (WRS) had recently conducted various Club Coaches Workshops for its affiliated clubs in the region. A total of 166 coaches attending. Clubs that hosted the Workshops were, Fredericton District Soccer Association (FDSA), New Maryland Soccer (NMS), Oromocto Area Soccer Association (OASA) and Douglas Soccer. The WRS coaching staff of Joe Crossland, Jon Crossland and Macky Singh conducted the workshops.

The coaches workshops were designed to educate and prepare the new and current coaches that will be coaching this summer at all age-grade levels. The coaches were involved physically in all activities, so that they would understand and develop their appreciation of the activities and games being demonstrated.

The emphasis was to in-cooperate a ball for each player in every activity. As the ball is seen as a "toy" it is important that players develop their learning, confidence and ball mastery as often as possible, playing with the ball.

The workshops were divided based on age appropriate sessions to ensure that the coaches would be able to use the activities in their own environment. The coaches were also informed about the characteristics of a child and the different developmental stages and players should be assessed by ability not age so that they are developing appropriately.

Feedback from the coaches who attended the workshops were very positive as the workshop provided them with direction and tools of what they should be doing during their training sessions. All of the coaches are volunteers and some with limited background in soccer, the workshops were vital to ensure that the coaches offer a positive and enjoyable experience for their players.

Coaching resources were also provided to all coaches in terms of weekly session plans and a manual with detailed information such as characteristics of a child at a certain age of development, coaching process, technical skills etc. 

**I'm absolutely committed to getting the right result!**



## U4 & U6 "Let Them Play" Concept

To often children playing soccer are exposed to the adult version of the game, which is not appropriate for their development and learning. Hence West Region Soccer is currently working with clubs to change the structure for the U4 & U6 soccer programs that will provide a better learning experience for their players.

Oromocto Area Soccer Association (OASA) are currently implementing the changes while New Maryland Soccer (NMS) and Douglas Soccer are partially implementing the structure with the hope of fully implementation taking place next season.

This structure is used in many soccer nations in the world such as England, Netherlands, Germany and Australia to mention a few. The concept is for children to learn and develop their gross motor skills and soccer skills through self discovery rather than instructing them how to do it.

The theme is "Let Them Play" - the concept is to keep every child moving and maximize the time they are in contact with soccer balls. The new structure will offer a very positive experience to the U4 and U6 players as the children become engaged in developmentally appropriate activities.

Specific format changes to the U4 and U6 programs include:

- 45 minutes sessions for U4 and 60 minutes for the U6 program;
- Increase parental interaction and involvement at every session to maximize the experience for the younger children.
- Cones and bibs (pinnies) will be used as aids for simple games / activities to introduce concepts of the game in fun and accessible ways. Tall cones are used to mark goal areas (and allow for multiple goal

areas);

- Play modified games 10-15 minute 3 v 3 in a 15x15 grid (U4) and 20x20 grid (U6) with no goalkeepers and no substitutions.
- Fun, active games that encourage development of gross motor skills and introduce basic soccer skills - consistent with the Long Term Player Development Model adopted by the Canadian Soccer Association and supported by the Active Start stage (ages 0-6) of the Long Term Athlete Development model for Canadian sport in general.

Its time we give the game back to the kids and reduce adult influence and intervention for children to once again enjoy the game in their own terms. 



## Soccer New Brunswick Appoints New Executive Director

**SOCCER NB**



Soccer New Brunswick is proud to announce that Jeff Salvis of Moncton has joined our team as the new Executive Director.

Jeff has an impressive and extensive management background in marketing and communications that he will bring to our organization.

Some of Jeff's most notable accomplishments were with the Atlantic Lottery Corporation where he was Vice President of Marketing. At ALC, Jeff made many innovative contributions to the lottery industry and won such prestigious awards, as the International Publishers Choice Award for Marketing Innovation.

Soccer New Brunswick is a non-profit organization and Jeff knows this area well. He was the manager of development for the non-profit Canadian National Institute for the Blind. For the CNIB, he was responsible for the planning, development and execution of all fund raising programs in New Brunswick.

Jeff also understands and respects the world of volunteering. He was a key member of the 2006 MasterCard Memorial Cup Marketing Committee.

It's not all work and no play for Jeff. When he wasn't working or volunteering, he enjoyed supporting his kids. He was a self-proclaimed "Soccer Dad" who supported his kids through Provincial and University level soccer. Today, he continues to support his son who plays professional hockey for the Laredo Bucks of the Central Hockey League.

Now that his kids are grown, Jeff looks forward to devoting himself to youth and sports in New Brunswick once again.

"I'm delighted to serve this organization which does so much for improving the fitness and quality of life for so many New Brunswickers," he says.

The combination of his background in marketing and communication, his leadership skills, his respect for volunteers and his enthusiasm for sport make Jeff the perfect candidate for Soccer New Brunswick as the new Executive Director.



## West Region Players Selected for 2009 New Brunswick Representative Teams

This year the New Brunswick Provincial Representative Teams will be competing in various National Championships through Canada. The U13 Boys will be heading to New Foundland to compete at the Atlantic Cup. The U14 Girls will compete at the Canadian Soccer Association All Stars Championship at Laval, Quebec. Both the U14 and U16 Boys will be at Victoria, British Columbia to compete at the Canadian Soccer Association All Stars Championship. Finally both the Men's and Women's Canada Games teams will be competing in Prince Edward Island for the Canada Games.

West Region Soccer would like to wish all the players and coaches, especially from the West Region all the best and are proud of this players and coaches achievements in being selected to represent New Brunswick. It's a huge honour to represent the province and no doubt they will perform and compete well.

### New Brunswick U13 Boys

Marcus Urqhart \*

Cameron Rae \*

### New Brunswick U14 Boys

David Itoafa \*

Patrick Cormier \*

Jose Rodriguez \*

Tyler Bryden \*

Louis Richard \*

George 'Boggy' Itoafa – Assistant Coach

### New Brunswick U14 Girls

Delaney Urqhart \*

Rachel Greechan \*

### NB Men's Canada Games

Charles Du Plessis \*

Peter Reimer \*

Patrick Burt \*

Eric McGarry

Connor McCarty

### NB Women's Canada Games

Dayle Colpitts \*

Becky Beardall

Leandra Upton

Stephanie Leahy

Sarah Myatt

Kayla Painter

Andy Cameron – Head Coach

Kim Colpitts - Team Manager

\* *Players that attended the 2008 – 2009 West Region Soccer Winter RDP.*

**SOCCER NB**



## Feature Article: Not So Great Expectations - U10 Player Development

*This article from Dr. Jay Martin, Editor of the NSCAA Soccer Journal and appears in the May/June issue. The article discusses player development, takes a look at the Bayern Munich U10 team, and in particular what to teach at the U10 age, passing or dribbling.*

At the beginning of the week Bayern assistant, Nick Theslof told me the best team in the club was the U10 team. So, I went to a training session, then another and then another and I attended a game on Saturday. I was absolutely stunned. The team was, without question, a very good team. The training sessions were conducted at a high level and intensity. Each activity forced the players to "play the game". The players passed; played the wall pass; played in the third man; played one and two touch; attacked the goal with combination play and worked hard on defense. They were fun to watch!

Surely his was a group of youngsters who were scouted throughout Germany and brought to Bayern as part of the Academy program? But when asked, the coach assured me these were members of the club from the local area and not really special players. So how did these kids get so good at such a young age?

Gianluca Vialli in his book *The Italian Job* asks a similar question. He says, when young children start kicking a soccer ball they do so the exact same way all over the World. You cannot tell one nationality from another at the starting point. But what happens in the next ten years? Why are some cultures and their U10's far in front of other cultures in terms of soccer maturation and level of play? Why were these U10's at Bayern so far ahead of U10's in the United States? There may be a couple of reasons.

First, the Bayern U10's have a tremendous group of role models. At Bayern, the U10's get to train on the field adjacent to the first team. They see Phillip Lamm, Frank Ribery and Luca Toni train everyday. They carry those images to their training sessions and try to imitate their heroes. At one time, not long ago, that was a problem in this country. No one saw soccer (as they did basketball and baseball) and no one had role models.

But we should not have that problem today. Today in the US, we have role models for our players. There is more soccer available at all levels for our young players to watch and imitate. That includes players in the US and from international teams. So I ask again, why doesn't that kind of advanced play happen in the United States?

Allow me to suggest a possible answer; our expectations of our U10's are not as high as they are in Germany or other soccer playing countries!! A perusal of soccer curriculums on the Internet may support this statement. The characteristics of U10's include selfishness, independent, short (but getting better) attention span etc. These characteristics lend themselves to dribbling, receiving the ball with your feet and maybe shooting with both feet. The focus is still the individual and combining with teammates and passing are not a priority. This is wrong. We must increase our expectations of young soccer players.

After watching the Bayern U10's, it is clear that we can get more out of our young players. And, we must get more out of our young players.

Research in many areas suggests that high expectations are important for success. Academic expectations have been studied many times. Low expectations reap low achievement; high expectations reap high achievement.

Many coaches today feel that U10's are not ready for passing, combining and one touch play. They want youth coaches to be patient and wait until the young players are ready. Why? Passing is an integral part of the game and should be taught and demonstrated early. This is not an indictment of any youth coach and his/her coaching, rather a concern that should be addressed by our soccer culture.

We tell ourselves that U10's are not ready for advanced soccer technique. Our expectations for these young players are too low. If, as a soccer nation, we get behind the other international players at age 10 it stands to reason that we will always remain behind these players. While U10's in Munich move forward and incorporate tactics into their play, the U10's in the US are still dribbling or standing in two lines passing.


Part of this is due to our inferiority complex as a soccer culture. We are so concerned with our supposed lack of foot-eye

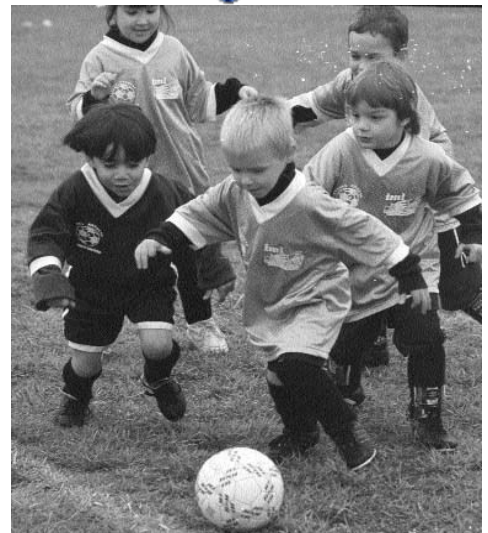
coordination that we over do the early steps in the training process (i.e. dribbling, juggling etc. ). It is time to move on from that mindset and push our young players.

When I say push and suggest higher expectations I am not referring to winning. In fact, winning has nothing to do with these expectations; I am referring to playing, competing and expecting more from our young players on the field.

Youth coaches spend a great deal of time teaching the basic fundamentals of soccer because we feel our children need a longer introduction to "foot skills". In our American culture "foot skills" do not come naturally as they might in Germany or Spain. But they do. In many countries the young children begin to learn how to play. In the US we start to teach the children how to kick and dribble. I believe they already know how to perform these skills. Let's get the children playing the game and using and refining these skills. Children will refine these skills as they play because they will learn what is necessary to be successful.

Remember how children learned by playing soccer in the streets? When children play in the streets there are no lines; there is no standing around and all the children are playing whether it is even or uneven numbers on each team. Coaching schools urge us to replicate street soccer in training.

So, we should push our younger players. We should expect more from them. We should challenge the young players in training and devise ways and means to incorporate a number of skills in each training activity. 



## Coaching Session: 2 v 2 Attacking Play

7-a-side youth soccer teams are the breeding ground for box-to-box players. Because the pitches are much smaller than full size ones it is easier to coach players how to pass and how to break down an attack and turn it to their advantage.

Use this game with players in coned off boxes to help change defence into attack through quick box-to-box play.

- Split your squad into groups of four or more depending on how many players you have.
- Put the squares next to the two goals like the diagram.
- Two of the players on each team must go into the corner squares next to the goal they are attacking.
- The players in the squares have to stay there, no one else is allowed in the boxes.
- When you play the game, the players in the box must touch the ball at least every three passes.
- Players in the squares cannot score goals, they are there to hold the ball and give attacking players options.

### What you are looking for:

- You want to see lots of passing and fast movement turning defence into attack quickly.
- Tell your players to constantly look up so they can pass quickly and get the ball to the players in the squares who can set up goal attempts.
- The object is passing in this game and not running with the ball. Go for quick changes.
- If you have three teams and play winner stays on it works well. The winning team can rotate players after every goal so the players in the squares can change frequently.

### Key coaching points:

- Tell your players to look for early balls into the players in the squares, then follow the pass into the opposition box.
- Tell your players this game is about quick change from

defence to attack so they must make a run into the box.

By Tony Carr



### Use coned-off players to help box play



Keep updated on all West Region Soccer activities at [www.westregionsoccernb.org](http://www.westregionsoccernb.org)

## 2009 CSA NCCP Community Coaching Courses



### Community Coach Children & Youth

Date: 11th & 12th July

Venue: New Maryland

Fee: \$95.00

To register of any or all of this courses, please contact Macky Singh [macky@westregionsoccernb.org](mailto:macky@westregionsoccernb.org) or visit the West Region Soccer website [www.westregionsoccernb.org](http://www.westregionsoccernb.org) to download the Registration Form.

## Scoreboard



### West Region Soccer League

U12 GIRLS	PL	W	D	L	F	A	PTS
FDSA	2	1	1	0	9	6	3
OASA	2	0	1	1	6	9	1
U14 GIRLS	PL	W	D	L	F	A	PTS
OASA	2	1	1	0	1	0	3
FDSA	2	0	1	1	0	1	1
U12 BOYS	PL	W	D	L	F	A	PTS
FDSA 1	2	2	0	0	20	3	4
FDSA 2	2	2	0	0	17	3	4
OASA	2	0	0	2	4	8	0
NMS	2	0	0	2	2	29	0
U14 BOYS	PL	W	D	L	F	A	PTS
FDSA	1	1	0	0	8	2	2
OASA	1	0	0	1	2	8	0
U16/18 BOYS	PL	W	D	L	F	A	PTS
NMS	2	2	0	0	11	4	4
OASA	2	0	0	2	4	11	0

U12 BOYS	U14 GIRLS
<b>Tuesday 26 May</b>	<b>Thursday 28 May</b>
FDSA 1 v NMS 15 - 1	OASA v FDSA 0 - 0
FDSA 2 v OASA 3 - 2	<b>Thursday 4 June</b>
<b>Tuesday 2 June</b>	FDSA v OASA 0 - 1
FDSA 1 v OASA 5 - 2	FDSA 2 v NMS 14 - 1
FDSA 2 v NMS 14 - 1	

U14 BOYS	U12 GIRLS
<b>Tuesday 26 May</b>	<b>Thursday 28 May</b>
FDSA v NMS 1 - 4	OASA v FDSA 4 - 4
<b>Tuesday 2 June</b>	<b>Thursday 4 June</b>
FDSA v OASA 8 - 2	FDSA v OASA 5 - 2
<i>(NMS matches are Exhibition Matches)</i>	

U16/18 BOYS
<b>Tuesday 26 May</b>
NMS U18 v OASA U18 6 - 2
<b>Tuesday 2 June</b>
OASA U18 v NMS U18 2 - 5



#### NB WOMEN'S PREMIER LEAGUE

<b>Sunday 17 May</b>	Fredericton Reds v NB Canada Games 0 - 5
<b>Monday 18 May</b>	NB Canada Games v Fredericton Athletics 7 - 0
<b>Thursday 21 May</b>	Moncton v Fredericton Athletics 9 - 0
<b>Tuesday 26 May</b>	Fredericton Athletics v Fredericton Reds 2 - 1
<b>Tuesday 2nd June</b>	Fredericton Athletics vs Moncton 2 - 5
<b>Saturday 13 June</b>	Moncton v NB Canada Games 0 - 2
<b>Tuesday 17 June</b>	Moncton v Fredericton Athletics 2 - 1



NB Women's Premier League	PL	W	D	L	F	A	PTS
NB Canada Games	3	3	0	0	14	0	9
Moncton	4	3	0	1	16	5	9
Fredericton Athletics	5	1	0	4	5	24	3
Fredericton Reds	2	0	0	2	1	7	0

For all the latest results and schedules for the Fredericton Hyundai WRSL and NB Women's Premier League visit [www.westregionsoccernb.org](http://www.westregionsoccernb.org).

Proud Supporter of West Region Soccer



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"Inspirational Quotation"

*"To be a great champion you must believe you are the best. If you're not, pretend you are."*

**Muhammad Ali**