

# PSC Spring News Blast

PSC - OYSAN's Outstanding Community Club for 2010

June 2011

## WELCOME:

On behalf of Perrysburg Soccer Club, I would like to welcome you and thank you for choosing the Perrysburg Soccer Club for your son/daughter. PSC continues to experience growth in our club's size as we experienced over a 10% growth in our teams and number of players involved in PSC for this coming Fall...Outstanding Job!!!

The Perrysburg Soccer Club is committed to creating the best environment for our players so they can develop their skills, vision and passion for the game of "futbol". PSC is also committed to providing you the best coaches to guide your son/daughter along the path of success. The PSC coaches consist of professional and licensed coaches, whom posses the desire to see your son/daughter develop and succeed as an individual on and off the field.

PSC would like to thank all the individuals that have donated their time in effort, and there are a lot of you out there, in helping PSC earn the honor of the Top Community Club in all of Ohio North for 2010.

The Perrysburg Soccer Club has a few short term goals to compliment our growth and development for fall season 2011 – spring season 2012. PSC will continue to build upon and make improvements to one of the area's top soccer complex's (199 complex). Also, PSC will be working hard to provide you a better website and means of providing vital information to our members. Our current website is <http://www.perrysburgsoccerclub.com/club.shtml>

If you should have any questions or suggestions, please don't hesitate to drop us and e-mail.

Thank you.

Mike Timbrook

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## **Up Coming Event: (Mark your Calendar)**

### **Rockin' at Riverplace – Saturday June 18<sup>th</sup>**

The Perrysburg Soccer Club will sponsor the Rockin' at Riverplace on Saturday June 18<sup>th</sup> at The Shoppes at Riverplace in Perrysburg from 7pm to Midnight. Proceeds from this event will benefit the Perrysburg Soccer Club.

Band: Suburban Legend

Cost: \$5 cover; with domestics \$3; imports \$4

Come out and support your coaches and PSC Board members as they will be working the event to benefit our club.

### **Kistler Ford Raffle**

Win a BRAND NEW 2011 Ford Explorer!!!

Tickets are now on sale and will continue into September.

Drawing is scheduled for September 26<sup>th</sup> at Levis Commons Cup Tournament.

### **Coaching Education Opportunities:**

<https://ssl.hammerhead.net/ohionorthcoaching/displaycoursesnew.asp>

#### **D Coaching Course (October)**

Location: Lake HS Millbury

#### **Youth Module U10-U12 (August)**

Location: AW Soccer Complex Whitehouse

#### **Youth Module U10-U12 (August)**

Location: Emory Adams Park in Findlay

## **Parents:**

Below is an Age Group progression chart that is provided to our coaches to give them an idea of where the players need to be and what to work on for the future.

The progression chart is only one tool that can be referenced as there are several programs out there to help your player develop and achieve milestones of success. Another program is listed below from Ohio North.

OYSAN Skills Program:

<http://www.oysan.org/Assets/Skill+Awards+2010.2.pdf>

## Age Group Progression

I ran across an article in Success in Soccer titled “Plan your Progress” and it’s a great starting point. If you look at the table I provided below, it shows you what each age group should be working on and be proficient in by the end of that age group year.

	<b>Dribbling</b>	<b>Pass/Shoot Tech.</b>	<b>Receive/Control Tech.</b>	<b>General/Group Tech.</b>
<b>U8</b>	Dribbling, stopping, passing & shooting	Inside of foot, inside instep, full instep	Inside and outside of foot	Showing for passes and passing (attack and defense)
<b>U9</b>	Moving and securing the ball, body fakes	Inside of foot, inside of instep & full instep while moving	Thigh, chest...intro to heading	Attack: wall pass, showing for passes. Defense: disrupting (ball oriented) and marking.
<b>U10</b>	Attack (1v0): moving the ball at high speed. Attack (1v1): faking 1v1 play: disrupting opponent’s dribble	Repetition and refinement of known techniques. <i>Specialized tech.:</i> outside of foot, volley, drop-kick	Attack: receiving and controlling under opposition pressure. 1v1 play: disrupting opponent’s reception	Attack: wall pass, showing for passes Defense: disrupting and (ball oriented) marking.
<b>U11</b>	Attack (1v1): moving the ball under opposition pressure, faking, shielding 1v1 play: winning the ball (tackling, charging, blocking)	Passing while moving, crossing <i>Specialized tech.:</i> diving header, hip turn kick	Attack: receiving and controlling while moving/high balls Defense: disrupting opponent’s reception	Attack: wall pass, overlapping Defense: zone defense and man-marking (especially on set plays)
<b>U12</b>	Dribbling, faking, passing, shooting from 1v1 up to 4v4 on attack and defense	Attack: game on the wings (wall pass, showing, overlapping)	Repetition & refinement of all tech. Zone defense: following the ball, outnumbering opponents, winning the ball, transitions.	Work on individual strengths and weaknesses...preparation for U14 & HS

As you see in the table above, the building block to the success of your players is their FOOT SKILLS. We must work on them every practice and encourage your players to work on them on their own...as your players become proficient at the basic skills we must take them to the next level of difficulty. In addition to their basic footskills, your players must also become proficient in fakes (step-overs, scissors, rakes, etc) as part of their basic 1v1 skills, and more importantly by the age of 12 they should be able to juggle a soccer a minimum of 25 times with their feet alone...and earn their t-shirt from the juggling club.