




Golazzo!

newsletter

Plantation FC Club Philosophy

Plantation Football Club is a non-profit organization that provides the opportunity for youth soccer players to experience the game of soccer. Our objective is to develop great soccer players along with great human beings. Players are exposed to the technical, tactical, psychological, and physical demands of the game. In addition they will also experience team-building, sportsmanship, work ethic, and leadership skills that will benefit the players for the remainder of the lives on and off the soccer field.

“The first 90 minutes are the most important” Bobby Robson

Latest News

Tryouts for 2010-2011 Season

We encourage all soccer players to attend our tryouts for the upcoming 2010-2011 season. They will take place the first two weeks of June, check link for schedule (link to tryout schedule). The season will begin in the middle of August 2010 and end in the middle of May 2011. All players will participate in training 2-3 times a week, league play, and tournaments throughout the 10 months. The club is divided into the PFC Academy (u9-u12), youth teams (u13-u14), and junior teams (u16-u18).

- Academy Teams (u9-u12)
 - Train 2-3 times a week, 6pm-730pm
 - All players that want to play make the player pool, no cut policy. Players are separated by level for league and tournament play. Every player will have a spot to play.
 - All players have the same amount of training sessions, league games, and tournaments.
 - Teams will play 4-6 tournaments or events in one season.
 - U9 and U10 will play in league and state festivals or academy events. U11 and U12 will play in FYSA Regional Cup
- Youth Teams (u13-u14)
 - Train 2-3 times a week, 730pm-9pm.
 - Teams are selected so all players must go through the trial process.
 - Teams will participate in league play and tournaments.
 - Teams will play 4-7 events or tournaments in one season. Tournaments are in state and out-of-state.
 - Teams will play in Regional Cup or State Cup depending on level of team
- Junior Teams (u15-u18)
 - Teams train 2-4 times a week, 730pm-9pm
 - Team are selected so all players must go through the trial process.
 - Teams will participate in early season (Aug. – Oct.) and in State Cup or Regional Cup depending on level of team.
 - Teams will also participate in College Showcase events in order to get exposure to college coaches (in-state and out-of-state).

For further information you can contact director of coaching, John Ramos at ramosport@aol.com or 954.448.3571

UPCOMING EVENTS

- ❖ **PFC Summer Camp 2010** – http://www.plantationeagles.com/holidaysoccercamp/index_E.html
- ❖ **Super Y League Season** – http://www.plantationeagles.com/SuperY/index_E.html
- ❖ **PFC Summer Street Soccer** – <http://www.plantationeagles.com/>

EDUCATION

A good training session

Just recently FYSA Director of Coaching, Mike Strickler wrote an article on some of the obstacles of player development. One of the obstacles we confront when we talk about player development is the amount of games vs. practice that players currently experience. In a recent study, a player in a game touches the ball an average of 2 minutes a game. In practice a player touches the ball an average of 21 minutes. Therefore, the practice environment gives the player more touches in order to improve their technical or tactical components. However, our players are now playing over 100 games in a season including tournaments. We must get back to practicing more often than playing the actual games (at least 3-4 practices for every game played).

So what is a good training session composed of?

I just recently taught an FYSA "E" license course this past weekend and here are some points taught to coaches when we talked about creating a good training session.

- i. There must be a plan and objective for your session. What are you trying to improve? What are we trying to correct? Always stick to one topic. It's very difficult to teach everything in one session. Pick one topic and stick with it. Too much information will confuse

the players and they will walk away with nothing.

- ii. The session must involve the components of the game (technical, tactical, psychological, and physical). Coaches should try to implement at least 2 of the components in a session. If you can include all 4, great. That's called "economical training."
- iii. The session should be divided in different phases or progressions. The first phase should allow an opportunity for players to get lots of repetition in order to improve the skill involved. Players should also be required to think. Dribbling through cones involves no thinking. Find a way to make them solve problems and make decisions (tactics).
- iv. As the session progresses, you must begin to implement pressure on the players. Force players to execute skills with pressure of an opponent. The better they are with their level of skill, the more pressure we place on them. Challenge them.
- v. Remember to stay on topic, don't go off and start coaching outside of what you planned. Save it for another session.
- vi. The final phase of practice should involve playing a game. Coaches should try to reserve at least 30 minutes of scrimmage time. Players want to scrimmage and they need to actually play as close to a game situation as possible to learn. Within that final stage of scrimmaging, coaches should recognize if the skill

they worked on in the earlier are being applied and if they have improved.

Not every session must be run using this methodology, but most of them should. Coaches and players must be engaged in the session and there should be demands placed on the players. Laps, long lines, and lectures should not be a part of your practice session. It's ideal to always keep the players moving, getting touches on the ball, and thinking; meanwhile, including some variety and some fun elements to keep them engaged. Finally, Teach! Guide them to discover how to solve the problems on the field or how to improve their technique. We can't fix everything at one time so be patient. Give encouragement and try to catch them doing something good.



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**** If there's a topic you would like to see discussed, please email your suggestions to ramosport@aol.com with "Newsletter Topic" in the Subject field.**



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