



# THE SCORE

KEEP TRACK OF THE SCORE WITH ALL THAT IS GOING ON AT DAKOTA ALLIANCE SOCCER CLUB!

Volume 2, Issue 1

January 6, 2011

## DOC Article by Chris McGill

## A Soccer Experience in Mexico

Ginger and I took a vacation to Acapulco, Mexico from December 6<sup>th</sup> through December 13<sup>th</sup>. We did end up missing the first blizzard of the year which is too bad but I am sure we will have a few more before the winter is over. While in Acapulco we had the chance to enjoy the very passionate soccer culture. We saw people playing soccer in many forms: on the beach, on turf, on grass, and in the streets. They didn't need elaborate rules or referees to play. They play to play because they love the game.

I did have the chance to observe and play quite a bit of soccer during our vacation. It is amazing the differences between the organized environment of US soccer and what I saw in Acapulco. I saw a pick-up game that had players from the ages of 3 to 45 with both males and females. We also watched a couple of training sessions and every session we observed had both males and females with multiple ages represented. All played with size 5 balls, regardless of age.

The main emphasis was on dribbling and shooting. The players appeared more comfortable with the ball and more creative compared to the same age / gender of U. S. players. There was a training session of 3



This is one of the indoor (but really outdoor) fields Chris saw on his trip to Mexico.

and 4 year olds, and the coach demanded the players use both feet for every activity. It was also really cool seeing these 3 and 4 year old players score a goal and then celebrate. It was impressive to observe their understanding of the game at such a young age.

Players need to be in different environments to grow as players. It is good for players to play with competition that is older and younger. This is similar to our

match-up league. One of the main take-aways I had from Acapulco is that players do learn a lot by just playing. It is okay as a coach to back away and just let the players play without pressure or interference. I know as a coach this opened my eyes, and I will think about this when I am coaching. I do need to encourage my players to be more creative and to give them more freedom to discover and try new and different approaches to their game.

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## Coach's Profile

**Name:** Shari Garrett

**Team(s) Coaching:** Overbeck U12, Academy U10

**How Long Have You Been Coaching:** 1 year

**Hometown:** Chicago, Illinois

**Favorite Athlete:** Brett Favre

**Favorite Sports Team:** Chicago White Sox

**In Your Free Time Free You:** Coach Soccer, tutor students, work out, and hang out with my husband!

**Interesting Fun Fact About You:** When I was a player I wouldn't wash my soccer socks until we lost : )

**Favorite Coaching Moment/Memory:** Enjoying my team at the end of the year party at CiCi's pizza



## Player's Profile

**Name:** Jada Kayser

**Nick Name:** JJ

**Age:** 10

**Team and Age Group:** U12; Shari Garrett's OVERBECK

**How Long Have You Been Playing Soccer:** 2 years

**School:** Rosa Parks

**Favorite Athlete:** Landon Donovan & Mia Hamm

**Favorite Sports Team:** USA men's and women's soccer

**In Your Free Time You:** play viola, dance and play soccer with my dog Buddy.

**Interesting/Fun/Weird Fact:** I can memorize my viola music and play without sheets of music.

**Favorite Soccer Moment/Memory:** During summer soccer when I kicked the ball from the other end of the field and hit the other teams goal post. That was super exciting but didn't count as a goal.



### Website of the Month

[www.ussoccer.com](http://www.ussoccer.com)

**This website is a must bookmark for all US soccer enthusiasts. There is information for coaches and referees as well as the men's and women's full and youth national teams. This is a great website to visit weekly to stay in the know.**



## Coach's Corner by Chris McGill Goal-Setting

I really enjoyed my break because I was able to see many friends and family members. I hope that all of you had a great holiday season and a Happy New Year!

Now that 2011 has started, it is a perfect time for players to think about individual and team goals. It is always important for players to put some time into developing their own personal goals and expectations. I would encourage every player to set three individual and three team goals. My advice for goal-setting is to set realistic goals that can be achieved within the year. An example of an individual goal would be --- to achieve X number of juggles in a row. An example of a team goal would be --- our team needs to take X number of shots a game. I would also recommend that you set a variety of short term goals (1 to 4 months), medium term goals (5 to 8 months) and long term goals (9 to 12 months). One of the biggest reasons why goal-setting does not work for people is because they do not go back and check their goals through the year to see how they are doing. This is why I encourage players to write their goals down and review them periodically.

On the competitive side of DASC, we are using Zoom Reports which are electronic player evaluation forms. One of the great functions of this program is that players can fill out a self-evaluation. This would be a great check and balance for players to see if they are achieving their goals through the year.

Recreational players can also do a self-evaluation on: dribbling (controlling the ball), passing (accuracy with different parts of the foot – short and long distances), shooting, defending, etc. Goals can be set and reviewed throughout the year. Recreational players can also contact Frank Gurnick ([frankg@dakotaalliancesoccer.com](mailto:frankg@dakotaalliancesoccer.com)) for further information and forms.

May 2011 be a great year for everyone!

## COACHING COURSES ANNOUNCED

The Dakota Alliance Soccer Club will be offering the following Coaching Education Opportunities. A USSF 'E' License will be offered March 4<sup>th</sup> – March 6<sup>th</sup> at the DASC Offices. This course is the introductory course and focuses on the U5 – U8 soccer coach. The curriculum focuses on the fundamental skills, coaching techniques, team management, and first aid.

The USSF Youth Module Courses will be offered as well. The U6/U8 Youth Module will be offered March 7<sup>th</sup> and the U10/U12 Module will be offered March 10<sup>th</sup>. These Module Courses focus on the coaching techniques and players skills and tactics that are developmentally appropriate. These are a one evening course and include both a field and classroom presentation.

For more information go to the coaching website: <http://www.dakotaalliancesoccer.com/coaches>

## Recreational Deadline Fast Approaching!!!

With the winter weather, it is hard to think about the outdoor season, however, the deadline is fast approaching for the spring 2011 season. **February 2<sup>nd</sup>** is the deadline for 'guaranteed placement'. This ensures that any player registered by February 2<sup>nd</sup>, will be placed back on to the team they played on for the fall 2010 season. It also, guarantees new players registering a roster spot for the spring season. Any registration received after the February 2<sup>nd</sup> deadline may be placed on a team by team basis. There are two ways to get your child registered. You may register online @ [www.dakotaalliancesoccer.com](http://www.dakotaalliancesoccer.com) or in person @ the DASC Offices located at 401 West 39<sup>th</sup> St. across from the Hy Vee parking lot. Don't miss out on the opportunity to have your son or daughter playing this spring.....get registered today!

### What Soccer Is on T.V.?!!?!?!?

Date	Time	Match/Program	Channel	Broadcast
6-Jan	1:45pm	<a href="#">Inter Milan vs Napoli</a>	FSC	Live
8-Jan	9:00am	<a href="#">Sheffield United vs Aston Villa</a>	FSC	Live
8-Jan	11:30am	<a href="#">3rd Round: Stevenage vs Newcastle United</a>	FSC	Live
8-Jan	10:00pm	<a href="#">Melbourne Victory vs Adelaide United</a>	FSC	Live
9-Jan	7:30am	<a href="#">Manchester United vs Liverpool</a>	FSC	Live
9-Jan	10:00am	<a href="#">Leicester City vs Manchester City</a>	FSC	Live
9-Jan	1:45pm	<a href="#">Napoli vs Juventus</a>	FSC	Live
12-Jan	1:00pm	<a href="#">Blackpool vs Liverpool</a>	FSC	Live

### WINTER 2011 RECREATIONAL TRAINING OPPORTUNITIES OFFERED!

The Dakota Alliance Soccer Club is pleased to announce training opportunities for the Recreational Player. These opportunities are targeting the U8 – U12 age groups. These training opportunities are being offered free of charge for our Recreational Players. The training sessions will focus on individual skills such as dribbling, passing, receiving, and collecting balls out of the air. We will also, focus on Individual Tactics such as 1v.1 Attacking / Defending and small group play. To register, all you need to do is email me at [frankg@dakotaalliancesoccer.com](mailto:frankg@dakotaalliancesoccer.com)

**Here are the dates and times for the training sessions:**

- U8 Boys and Girls —> 2/3, 2/14, 3/1 Girls 6p-7p Boys 7p-8p (3/1 @ JFK)
- U9 Boys and Girls —> 1/3, 1/24, & 2/28 Girls 6p-7p Boys 7p-8p
- U10 Boys and Girls —> 1/10, 1/31, 2/11, & 2/25 Girls 6p-7p Boys 7p-8p
- U12 Boys and Girls —> 1/13, 2/10, 3/10 Girls 6p-7:15p Boys 7:15p-8:30p (All sessions @ JFK)
- Recreational 'A' -> 1/6, 1/27, 2/17, 3/3 Girls 6p-7:15p Boys 7:15p-8:30p (All Sessions @ JFK)

Get ready for the spring season by taking advantage of these training opportunities.

### Trivia Question of the Month

Expand Your Soccer Knowledge

**Last Month's Q and**

**A: What year and country is the next Women's World Cup? Summer of 2011, Germany**



**This Month's Question: What other teams are in the same group as USA in the upcoming Women's World Cup?**



**CHARACTER / ENJOYMENT / ENGAGEMENT / STEWARDSHIP / PASSION**

## DAKOTA ALLIANCES SOCCER CLUB WOULD LIKE TO THANK ALL THE NEWSLETTER'S SPONSORS



### CALENDAR OF EVENTS

#### DASC WINTER INDOOR GAMES BOYS WEEKEND

AVERA DOME – SIOUX FALLS

JAN 7<sup>TH</sup> – 9<sup>TH</sup>

[WWW.HTGSPORTS.NET/SCORING/HOME.ASPX?EVENTID=685](http://WWW.HTGSPORTS.NET/SCORING/HOME.ASPX?EVENTID=685)

FOR MORE INFORMATION CONTACT DANIEL @ [DANIELO@DAKOTAALLIANCESOCCER.COM](mailto:DANIELO@DAKOTAALLIANCESOCCER.COM)

#### WINTER II SOCCER-NASTICS, JOGA, AND TOCA

DASC TURF

JAN 8<sup>TH</sup> THROUGH FEB 19<sup>TH</sup>

[WWW.DASCPROGRAMS.COM](http://WWW.DASCPROGRAMS.COM)

FOR MORE INFORMATION CONTACT LEO @ [LEOG@DAKOTAALLIANCESOCCER.COM](mailto:LEOG@DAKOTAALLIANCESOCCER.COM)

#### SPRING RECREATIONAL SOCCER REGISTRATION

DASC OFFICE OR ONLINE

REGISTER BY FEB 2ND FOR GUARANTEED PLACEMENT

[ACTIVE.LEAGUEONE.COM/OLR/PAGES/WELCOME.ASPX?CLUBID=2391](http://ACTIVE.LEAGUEONE.COM/OLR/PAGES/WELCOME.ASPX?CLUBID=2391)

FOR MORE INFORMATION CONTACT FRANK @ [FRANKG@DAKOTAALLIANCESOCCER.COM](mailto:FRANKG@DAKOTAALLIANCESOCCER.COM)

#### SPRING COACHING CLINICS

EARLY MARCH

[WWW.DAKOTAALLIANCESOCCER.COM/COACHES](http://WWW.DAKOTAALLIANCESOCCER.COM/COACHES)

#### SPRING COACHES MEETINGS

START MARCH 13<sup>TH</sup>

COACHES WILL BE CONTACTED VIA EMAIL WHEN THEIR AGE GROUP MEETING IS

#### TENTATIVE START DATE FOR SPRING LEAGUE

SOME TIME BETWEEN APRIL 4<sup>TH</sup> AND APRIL 9<sup>TH</sup>

### HAVE QUESTIONS? CONTACT US:

1. WEBSITE - [WWW.DAKOTAALLIANCESOCCER.COM](http://WWW.DAKOTAALLIANCESOCCER.COM)
2. OFFICE - 401 W. 39<sup>TH</sup> STREET, SF 57105
3. PHONE - 605-332-5911