



CSA STRIKER

Sponsored by Goals 4 Sports



Mission Statement

"The Coventry Soccer Association was founded to foster and accentuate teamwork, and to expand the idea of teamwork to instill a sense of "community".... We will instill in all members and players the ideals of good sportsmanship, integrity, loyalty, valor, and safety.

WEEKLY BULLETIN #2

August 17, 2013

What's Going On?



DEUS MASONRY, INC.
BRICKWORK * CHIMNEY REPAIRS * FIREPLACES
DRIVEWAYS * STONEWALLS * CEMENT & CRUSHED STONE

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Weekly Parent Tip

As soon as you know who your child's coach is going to be, introduce yourself, let him or her know you want to help your child have the best possible experience and offer to assist the coach in any way you are able. Meeting the coach early and establishing a positive relationship will make conversation easier if a problem arises during the season.

Welcome Back

Wow, where did the year go? We are looking forward to yet another Fun Fall Developmental Soccer Season with almost 700 players across 51 teams. We do have a few things we would like you to help us with throughout the season.

1. We are trying to increase the number of people that can park in the parking lot, so please make sure that you park between the orange lines provided. We have included some wider parking spots for larger cars and trucks as well as some areas for Motor Bikes.
2. Please be patient with the young referee's as they are learning to be a better referee, just as your children are learning to become better players.
3. If you are interested in volunteering at CSA, please see a board member at the fields.

Important Upcoming Dates

SEPTEMBER IS YOUTH SOCCER MONTH!!!

Saturday August 24th

Kohl's Cup

Saturday Sept. 7th

5th Annual Kicks for Hunger
CSA Picture Day
Elks Shoot Out

Concession Stand

The concession stand will be offering some NEW items this year.

- * Ice Tea
- * Lemonade
- * Dr. Pepper
- * Push-up Ice Creams

Don't forget to bring in your package of ALL BEEF hotdogs and/or a Case of water to use as a fundraiser.

Here are the Raffles that will be featured for Saturday August 17th:

- * CSA Plaid Flannel blanket
- * Family 4 Pack of tickets to see the PawSocks
- * Women's Jewelry Set
- * Single Player 1-hour of Free Training with G4S Soccer Training & Player Development (Attending a Group Session)
- * Memorex DVD Player

Good luck and thank you for your support!

Health: Hydration Tips

Proper Hydration in Soccer Training and Games

The first rule in any endurance sport is hydration. The body uses a great deal of fluid in active soccer training. Players should pre-hydrate the night before a vigorous training session or a game. Once activity starts, the body needs water for the first 20 minutes. After that, a combination of water and sports drinks will return more to the body than water alone.

After a workout, more water is required. The player should continue to drink water after a training session at least until their urine is clear. Additionally, nutrition bars or drinks consumed within 90 minutes can help a player recover from a training session more quickly and more effectively.

In general, "energy drinks" are undesirable. Anything that is largely sugar and caffeine, whether it be soda or an energy drink, is counter productive. If a large energy drink is consumed before a soccer training session, it can result in nausea and/or headaches. Consumed after a training session, they act as a diuretic and reduce hydration. Rarely, if ever do they actually improve performance.

Wind does more than blow away umbrellas and the ball. Wind blows sweat and body heat away too. Players need to drink much more during a windy training session. The body sweats more in the wind because it is less effective. By contrast, cold windy days will still require more hydration. The wind wicks away moisture requiring more water than on a calm day.

The most important thing is to drink early and often. Don't wait until you are thirsty or it will be too late.

Referee's Whistle

To be a good referee, you must continue to learn and improve with every game. Experience is the best teacher and confidence builder.

- * The more games you do the more comfortable and confident you'll be.
- * If something occurs in a game and you aren't sure if you made the correct decision, go back to the Laws of the Game, Q & A and Advice to Referees after the game and double check.
- * Talk to more experienced referees about the decision you made and whether or not you should have done something differently, or email an experienced referee with the question.
- * Watch experienced referees and notice how they deal with specific situations that cause you trouble in a game.
- * Have experienced referees watch and critique you and then remember to try the suggestions they give you.
- * Seek out experienced referees to work with. By running lines for experienced referees, you gain a better appreciation as to what the protocols of the game are as well as learning about ways in which you can improve your game. This is an excellent tool. Once you have done this for several games, ask to have experienced referees as your assistant referees when you work the center.
- * Go slow in advancing to more difficult matches - don't rush it, but also challenge yourself to keep growing as a referee by taking more challenging assignments once you have reached a comfort level where you are currently being assigned.
- * Attend seminars, workshops and clinics.
- * Watch games of every level whenever possible. This helps you to not only watch skilled referees work; it also helps you to learn more about the game.

Coaches Corner

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G4S Soccer Training & Player Development

Individual Training - Small Group Training - Team Training - Coaches Training

For more information go to - www.G4SSoccerTraining.com

Passing & Receiving Activity

This Activity will not only improve the passing technique of the players, but also improve their awareness; knowing what options they have before receiving the ball.

Description

Designed more for U8 and above players.

Set up as shown in the graphic

Player 1 passes the ball into the feet of player 2 who must turn and pass the ball to one of the three players outside of the cones, either to their left, right or behind him.

Coaching Points

Make sure the players get their heads up and look before passing, being aware of what is around them and where there are good options to pass the ball.

Get the players on the outside of the cones to keep moving around and not staying in the same place, making it more difficult for the player inside the cones.



