

TCYSA Countdown to Kick Off!



TCYSA Coaches and Members:

Welcome back! TCYSA is excited that kids and coaches can get back on the pitch for the modified 3v3 season. As the season starts, I wanted to get out some information and provide coaching support for anyone interested. Here are some topics that are important to recognize moving forward.

Thank you!

First, a big thank you for volunteering your time so the kids in our community can play again. Without each of you it wouldn't be possible to provide the soccer experience that players deserve.

Fitness

The best way to get into soccer shape is to play soccer. With that being said, players have been in off-season for an extended period of time and the large majority won't be fit. On top of providing a positive environment, it is important to be aware of the fitness factor. Once fatigue sets in the chance of injury goes up. Compound the fatigue with a lack of overall fitness and it is an area of concern. Use frequent substitutions to keep your players fresh and encourage the players to ask for a sub when they need it.

Competition

Keep the spirit of our return to soccer in perspective. The players and most coaches haven't been in a competitive environment for a while. It can be easy to let those emotions, for players and coaches, come to the forefront and affect decision making. Take time to talk to your parents and players about creating a positive environment for all participants. Consider setting team goals before the games. This could be tracking the number of consecutive passes, how many moves your team makes, how fast they get the ball back, etc. This will keep the focus on development ahead of results.

Get Players Involved

There may be a tendency to want to drop one of your players way back to sit in front of the goal. There are some challenges that come from this. First, this takes away from development opportunities for the player sitting in front of the goal. This also goes against the spirit of playing without goalkeepers. We want them to be involved in play during the time that they are on the field. Second, this isn't realistic to the game. From a tactical standpoint, leaving a player that far back keeps everyone onside and allows an attacking player to push up as high as possible toward the goal. Playing small-sided games is a great chance to maximize touches and soccer actions.

Again, I wanted to express my sincere gratitude for providing this opportunity to the players. If you have any questions at all please don't hesitate to contact me at development@thurstoncountysoccer.com. There are also coaching documents you can view in the Coaches Corner on the TCYSA website at thurstoncountysoccer.com. I'm excited to get out and watch the kids in action!

Thank you –

Kyle Jones

TCYSA Director of Development