



American Youth Soccer Organization (AYSO)

AYSO 1475 SideKicks Volume 1, Issue 2

Friendly reminder about our animals

AYSO 6 Philosophies

- Balanced Teams
- Good Sportsmanship
- Positive Coaching
- Everyone Plays
- Open Registration
- Player Development

Just a reminder to all parents, while the rules of the city park allow for animals to visit Cornland Park, it is against the AYSO KIDS ZONE policy to have any animals near the fields and around the kids.

Please **refrain** from bringing your dog to Cornland Park for practices and games. We

know they are cute and probably would not even hurt a fly, but there is always the first time and we rather error on the side of safety.

Thank you for support in keeping our children and fields safe for all to enjoy!



Volunteer Positions for Region 1475

Come and be part of the solution...

AYSO Region 1475 is looking for a few good men and women to assist with making our region even better. The board is currently looking for persons that are interested in helping in the following positions:

- Registrar
- Assistant Registrar
- Assistant Coach Administrator
- Assistant Safety Director
- Assistant Field Manager
- Advance (TASL) Coordinator
- Advance (TASL) Administrator

AYSO's volunteer foundation ensures that it's all about what's good for kids. It also makes AYSO

very affordable. AYSO operates in a business manner, but volunteers ensure its "profits" are happy, healthy kids playing a sport they can enjoy for life.

AYSO has developed special training that helps parents who may have little or no soccer experience quickly gain the age-appropriate knowledge and skills they need to be effective coaches and referees. It also has unique administrative and management training. This ensures that each community program:

- Abides by the AYSO philosophies
- Offers a great AYSO experience
- Continues to grow, offering the AYSO opportunity to more children

It only takes a few hours to become qualified as an introductory-level coach or referee. But if you're not able to commit even that much time, there are many small jobs you can help with. Even a couple of hours each season are an important contribution to your team and Region!

AYSO training doesn't stop as long as you're having fun. Referees, coaches and administrators have clinics, workshops and other advanced training available to advance their skills.

For more information contact:

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AYSO Picture Day Schedule

Did you know that participating in Picture day is not only a great way to capture the memories of your children but it is also a fundraiser for the league.

These funds go to help with purchasing of equipment, field maintenance and supplies that support all AYSO players each season.

“Capture your child’s memories at picture day and while also helping the league”

Picture Date	Picture Time	DIV	Team Name	Coach
Sat. 10/8	8:30 AM	U4	Vipers	Ryan Norris
Sat. 10/8	8:30 AM	U4	Grasshoppers	Joe Carpenter
Sat. 10/8	8:45 AM	U4		Kevin Greene
Sat. 10/8	8:45 AM	U4	Chameleons	Alan Clark
Sat. 10/8	9:00 AM	U5	Lightning	Timothy Hewitt
Sat. 10/8	9:00 AM	U5	Pirates	Brian Anderson
Sat. 10/8	9:20 AM	U5	Aces	Rudy Leichnam
Sat. 10/8	9:20 AM	U5	Tornadoes	Kristi Walton
Sat. 10/8	9:40 AM	U6		Grootendorst
Sat. 10/8	9:40 AM	U6	Crabs	Carey
Sat. 10/8	10:00 AM	U6	Hurricanes	Doug Clause
Sat. 10/8	10:00 AM	U6	Hurricanes	Blackstone
Sat. 10/8	10:15 AM	U8B	Rockets	Jim Griesi
Sat. 10/8	10:15 AM			
Sat. 10/8	10:40 AM	U8B	Galaxy	Ray Biasi
Sat. 10/8	10:40 AM	U8B	Pythons	Nick Hasenecz
Sat. 10/8	11:00 AM	U9G		Ricky Tolentino
Sat. 10/8	11:00 AM	U9G	Lady Piranhas	Aaron Spisak
Sat. 10/8	11:30 AM	U9G	Pink Panthers	Brett Bateman
Sat. 10/8	11:30 AM	U9G	Ladybugs	Rodrigo Montoya
Sat. 10/8	12:00 PM	U11		Dave Chirico
Sat. 10/8	12:00 PM	U11	Strikers	Blanford
Sat. 10/8	12:30 PM	U11		John Fowler
Sat. 10/8	12:30 PM	U11		Kim Christensen
Sat. 10/8	12:45 PM	U9G	Dynamites	Brendon Johnson
Sat. 10/8	12:45 PM	U11	Herricanes	Tabitha Sarber
Sat. 10/8	12:45 PM	U15	Blue Tide	Jim Leathrum

How To Add More Play To Playing Soccer

Soccer doesn't need to stop when the AYSO season ends. In fact, it's one of the best times for parents and kids to play together!

Former AYSO player Paul Caligiuri is best known for his long-range left-footed goal in 1989 against Trinidad & Tobago that was dubbed, "The Shot Heard Round the World," because it sent the U.S. to the World Cup for the first time in four decades. What is not so well known is that Caligiuri isn't naturally left-footed.

When he was seven-years-old, Caligiuri relayed a message from his coach to his father, "To be a good soccer player, you have to use both feet well," and asked permission to use the garage door as a backboard to improve his weaker foot.

"There was a balcony above the garage door with French doors, and he broke the windows a couple times," said Robert Caligiuri, without a hint of regret about the damage. "The stucco above the garage door started breaking away into a hole about the size of a soccer ball."

Caligiuri, who played left back at his second World Cup in 1994 when the U.S. reached the second round, provides the perfect example of how valuable it is for youngsters to play outside of their teams' practices and games. Whether by honing skills on their own or by seeking out pickup games, players who truly want to excel need to be around the ball as much as possible.

"When I was young, aside from formal practice, I was out on my front lawn everyday, juggling or kicking a ball," says another former AYSO player, Brandi Chastain, who won two Women's World Cup and two Olympic gold medals. "I'd play with the neighborhood kids or my brother."

Like Caligiuri, Chastain became a two-footed player; she converted the penalty kick that clinched the 1999 Women's World Cup title for the U.S. with her "weaker" left foot. But improving individual technique isn't the only

benefit of unstructured play.

"Children in sports are often overly organized," said Chastain. "Informal play gives them the opportunity to be independent, creative and self-motivated."

And playing on their own isn't just about becoming a soccer great.

"Playing unstructured, free range, loosely supervised play - is the birthright of every child," says Sue Palmer, British author of child education. "For the next generation to grow up healthy, balanced and able to benefit from their education, we must ensure that children once again go out and play."

AYSO National Coach John Ouellette agrees, "What we tell coaches of youngsters all the time," he says, "is, 'Just let them play!'" A fun practice environment that emphasizes play over drills, says Ouellette, increases the chances that players will develop the love for the game that will prompt them to play on their own.

But today's children have less unscheduled time than previous generations and more diversions. Getting them to choose soccer over other options - whether it be Guitar Hero or Webkinz - can require prodding from the parents.

"I know a mom," says Ouellette, "who told her son he can have 20 minutes of Nin-

tendo for every hour he plays out in the yard with his friends. Then she said, for every kid who comes and plays soccer with you, you get an extra five minutes of Nintendo. This kid's putting in hundreds of hours outside so he can play X-Box and Nintendo."

Ouellette convinced his own daughter to practice on her own by showing her a fun game: Throw the ball on the roof of the house, and settle it when it comes down to work on controlling and first touch efficiency.

"Top of foot, top of thigh, inside foot, bottom of foot, cut it away, chop it away, whatever," Ouellette says. "She made it such a game that her touch became brilliant. It's kind of like jumping on a trampoline. Once she started, she didn't want to stop."

Here are some methods that parents and coaches can use to encourage children to play on their own, and games they'll enjoy while improving their skills:

"Children in sports are often overly organized," said Chastain. "Informal play gives them the opportunity to be independent, creative and self-motivated."

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How To Add More Play To Playing Soccer....cont'd

(Continued from page 3...)

Always Have A Ball Around: Take a ball everywhere when you're with your child. It doesn't have to be a soccer ball; in fact, those red, bouncy ones used for schoolyard dodgeball are perfect. At the playground, kick around with your child whenever she feels like it. She may want to kick for a few minutes, and then hit the swings. Over time, you're likely to find her enjoying the ball more and more. And chances are other kids will migrate to the ball, and you'll have started a little soccer game.

Bouncy Pass Back: Pass the ball back and forth with your child while keeping it bouncing. Count how many passes you can hit before it stops bouncing or you lose control, turning it in to a contest.

Kick And Catch: Play kick and catch with your child. Kick it so he can catch it (start with a very light kick). Then he drops it and kicks it back.

Soccer Tennis: Take your child to a tennis court with a soccer ball. Try and kick it back and forth over the net. You can bring tennis rackets too, and mix things up. A little tennis, a little soccer tennis.

"Indoor" Soccer: There are many balls in the market that are soft enough so they won't do too much damage to the house. If you have a den or a hallway, let your children kick around in the house.

The Newspaper Ball: Combine art and soccer. The first page of the newspaper needs to be crumpled up and squeezed tightly, because that's the core. Wrap three more sheets around the core and tape a big cross around the orb. Athletic tape is best. Add three more sheets of newspaper. Then wrap tape around it until you can't see any of the newspaper. Give the kids colored markers to decorate the ball. Kids love making their own custom-made ball, which they can kick around inside and outside.

Ball Net: Get your child a ball net. It's virtually guaranteed that a child holding a ball in net on a string will kick it about, which means she's developing a feel for striking the ball.

Incentives To Juggle: To tap the ball in the air over and over means you're learning to hit the sweet spot. Juggling with feet and thighs trains players to be comfortable with the ball and develop striking and controlling skills. Besides helping with foot-eye coordination, juggling is a great way to work on

balance. It also develops the weak foot.

You don't want to force children to practice their soccer, but you can create an environment that entices them to play.

Coaches and parents can motivate players to juggle on their own by offering small rewards when they reach certain levels, for example, soccer ball stickers for five; soccer ball key chain for 10, etc.

It's difficult at first, so let them bounce the ball in between. Ask them to drop it on their thigh or foot once, and then catch. Then go for two, and so on. The more they advance, the more fun it gets, and the more they juggle.

Even if you don't have a soccer background, learning how to juggle will help motivate your child when you do it together and compare each other's progress. Try team juggling-keeping the ball off the ground as long as possible, and count how many times you and your child can do it. She'll soon be wanting to aim for more and more.

Mini-Goals: Nothing's as exciting as shooting a ball into the net, so set up some small goals in the backyard.

Organize "Unorganized" Play Find a field on a Sunday morning, set-up a couple of goals and gather children of all ages. You're setting up the pickup game that kids of yesterday created on their own. Don't coach! If adults play along, do so as teammates, not as instructors.

Create Soccer Culture

Getting young children to watch a 90-minute game on TV may be too ambitious, but with digital recording it's easy to show them some spectacular plays and goals. Rent age-appropriate soccer-themed movies-there's a bunch out there. Research star players, like Mia Hamm and Landon Donovan, show your child their photos and highlight clips, and tell them stories about the stars' childhood soccer. When Ronaldinho was a boy, he played soccer with his dog, Bombom!

You don't want to force children to practice their soccer, but you can create an environment that entices them to play, especially when you're willing to play along. If they lose interest after a few minutes, no big deal. Just keep the opportunities coming, and chances are the amount of time a child wants to play will keep increasing.

"These casual skill sessions don't have to last for hours-even 15 minutes a day of juggling or footwork can be a significant addition when compounded over time," says Chastain.

A fun practice environment increases the chances that players will develop the love for the game that will prompt them to play on their own.

*Playsoccer Winter 2008 Issue
By Mike Waitalla*

AYSO Coach's Tip

AN ANGLE ON JOCKEYING By David Clarke

Jockeying denies an opponent time and space and delays forward progress by steering opponents away from dangerous areas – at least that's the theory. As with any skill, jockeying has to be done correctly.

How to set it up

- To coach your players how to jockey, setup a 10-yard square.
- Working in pairs, players start on opposite sides of the square.
- The attacker attempts to dribble across the area, the defender tries to

jockey him, forcing him out of either side of the area.

Getting it right

- Start the practice without any further instruction. Then, look at each player's technique and coach them as necessary.
- Perhaps the most important element of jockeying is the angle of approach.
- The picture below left shows you the correct and incorrect angles of approach.

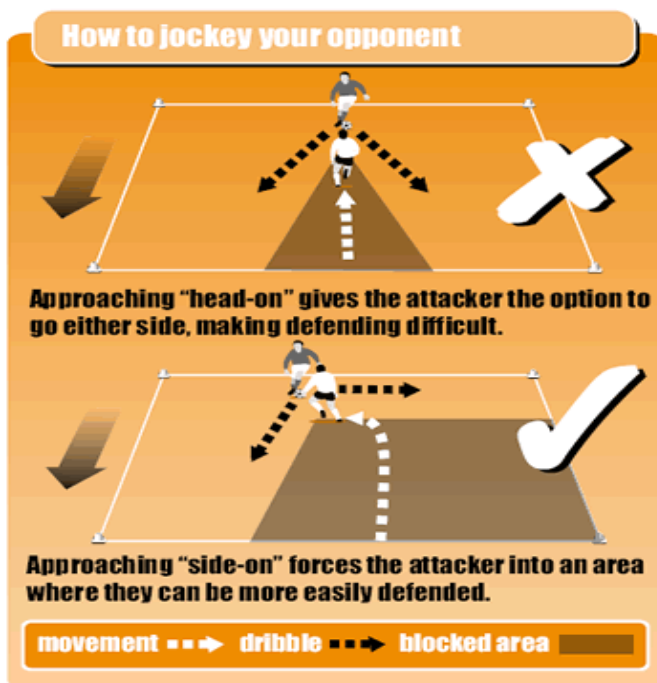
- Correct the angle of approach as necessary then address the other key elements of jockeying.

Speed of approach

- Players should slow as they approach the attacker to help maintain balance.
- "Don't dive in" – there is no need to win the ball straight away.

Body position

- Players should have their arms outstretched on either side, guiding the attacker to a safe part of the pitch. Think of a shepherd directing his flock.



Now Try This!

- Set up a pitch as shown in the picture to the above right. You can mark out the numbered areas using cones.
- The attacking team tries to score in the big goal and is awarded between one and five points for a goal, depending on the zone they score from.
- If the defenders win the ball they earn three points and two more points if they score in either of the mini goals.
- Therefore, the defenders should jockey the attackers into a low scoring zone before attempting to win the ball. This reduces the risk of conceding a goal if a tackle is unsuccessful.
- Each team has five attacks. The team with the highest combined score from attacking and defending wins.



For more tips on coaching visit http://www.soccer.org/resources/coach_res/Coachs_Corner.aspx



AYSO Parent's Tips

Role of the Culture Keeper

Many PCA partner organizations and coaches appoint official "Culture Keepers" to help reinforce Honoring the Game as a paramount value in their organizations and teams. However, any parent can serve as an unofficial Culture Keeper.

This describes the role of a Culture Keeper. A *Culture Keeper* helps shape the culture of a youth sports team and/or organization. Culture is simply "the way we do things here." The bedrock of a positive youth sports culture is Honoring the Game.

A Positive Youth Sports Culture involves not only the coaches and athletes, but also parents and fans. That's where you come in. The Culture Keeper's job is to spread the word about Positive

Coaching to parents and fans on the sidelines.

Here's how:

- Become familiar with the three principles of Positive Coaching (*Honoring the Game*, *Redefining Winner*, and *Filling the Emotional Tank*).
- Read PCA material, check out the PCA web site (www.positivecoach.org) for more information.
- Ask the coach about anything you don't understand. In particular, memorize the elements of Honoring the Game (ROOTS) which include respect for
 - Rules
 - Opponents
 - Officials
 - Teammates
 - Self

- Get to know other parents on the team at the beginning of the season. Talk with them about your role early on and ask for their support on the sidelines during games. Make sure they have seen the PCA Parent Letter and ask if they have any questions about it. If they haven't, give them a copy.
- Model the Behavior You Want to See. Parents pick up on each other's behavior. If you harp at officials, other will be more likely to do the same. If you are calm and focused, it will be easier for them to act like you.
- As the season progresses, continue to keep the idea of Honoring the Game alive with all the parents.
- Welcome new families to the program and let them know up front "How we do things here."
- Give occasional pre-game talks to the fans on the sidelines. Remind everyone to "Honor the Game", support all the athletes and to have FUN!
- Be visible on the sidelines. Wear an "Honor the game" button to games and carry Honoring the Game cards and stickers with you to give to parents (Available from PCA's on-line store at www.positivecoach.org or call toll free 866-725-0024).
- Take the lead and demonstrate to others how to Honor the Game. Acknowledge those participants!

How to intervene when parents fail to Honor the Game

In spite of your work to help establish a Positive Coaching culture on the sidelines for your league or team, parents will occasionally step over the line because none of us is totally rational about our own children.

If parents get upset about calls made by officials or act in any way that doesn't Honor the Game, you can help reinforce a Positive Coaching culture by how you interact with them. Here are some guidelines for intervening with other parents on your team who dishonor the game (Note: we don't recommend that you intervene with parents from the opposing team as this can quickly lead to an escalation which is the opposite of what you are trying to do as Culture Keeper).

Step 1 NON-VERBAL APPROACH:

When an adult first misbehaves, hand him an Honoring the Game card or sticker. Nothing need be said at this point. You simply hand a card or sticker to the person. Many times this is all that is needed.

Step 2 GENTLE APPROACH:

Sometimes a non-verbal approach doesn't do the job. Then address the misbehaving adult in a gentle way. You might say, "You seem pretty upset." This will often get them talking to you rather than screaming at the official. You can then remind them that we respect the official even if we disagree with a call. Continuing in a gentle vein: "You may be right about that call being incorrect, but in this organization/on this team, we Honor the Game and show

respect to officials even if they are wrong."

Step 3 CALM AND ASSERTIVE APPROACH:

Sometimes a person will not respond to gentle interventions. In these cases you need to be clear about how you feel about this person's bad behavior and what is expected. Yet stay calm. To paraphrase Rudyard Kipling: If you can keep your head while all around you others are losing theirs... you'll get better results. Getting upset at parents who are already upset may only add fuel to the fire. Be firm but calm. And if you can't be calm, then be as calm as you can be.

Here are some things you can say if Step 1 and 2 haven't worked.

"Remember we want to set a good example for our kids and Honor the Game." "That's not the way we do things here in this organization/on this team!" "Yelling at the official is not Honoring the Game." "It's not okay to act like that here." "That kind of behavior has no place here."

Stand back from the person so that you don't threaten them by invading their personal space. You want to let them know their behavior is not acceptable, but not escalate this into something even worse. Do not put yourself at physical risk. If the person becomes abusive or continues to act inappropriately, do not retaliate physically or verbally. Simply withdraw and contact an official (either a board member or administrator of the organization, or the on-field referee) and tell him or her what is happening so appropriate action can be taken.

Final Word Don't forget to enjoy the season. It's going to be a great one.



New Uniform Designs for Fall/Spring 2012-13 Advance (TASL) Teams



AYSO Region 1475 has been reviewing the current uniform kits for all three programs.

Recently the Core and Travel programs started the Fall 2011 season with new uniforms.

Based on the feedback and satisfaction with the new uniform designs the board looked into updating the advance

program with a new uniform style and a new vendor.

Premier Soccer will be the vendor of choice for the Advance/Travel teams. This will allow families to purchase new uniforms as well as replacement items without having to wait for items to be shipped to the region.

After completion of the evalua-

tions in May 2012 for the upcoming year, instructions will be provided to parents on how to purchase the uniforms either in-store or via the web.

We have always made a conscientious effort to keep the fees as low as possible for our members so the new uniform selection will only increase about \$10 from the current price of \$50.



TASL EOST

Just a reminder to all TASL teams that the TASL End of Season Tournament is scheduled for November 5th and 6th and rain make-up is scheduled for the 12th-13th.

TASL will be holding

the tournament seeding meeting on October 19th, where teams will be organized into competition brackets for the EOST.

The tournament schedule is expected to be out to all teams by October

23rd to include times and field locations.

If you have any questions or more information regarding the format and rules for this tournament please visit the TASL website at www.tasli.org

AYSO National Games

History of the AYSO National Games

Let the Games Begin! That's the traditional phrase that has proclaimed the start of the AYSO National Games since its first venue in Irvine, Calif., in 1988. Those words will start off a week-long celebration that brings together AYSO players, volunteers and parents from across our country. The genesis of the National Games is typically AYSO. It started with a good idea and volunteer power pulled it off!

The Games were the brainchild of Mike Michalski, then Area 1B Director from West Hills, Calif. Michalski had been putting on

successful tournaments for California players, coaches, and referees for years. He wanted to share the good times and fun with more players and volunteers. And so he made a proposal that paved the way for the National Games. He gathered together some diligent, dedicated and daring men and women from the volunteer corps and the National Office – a few of them are still involved in AYSO– who would, in the AYSO spirit and tradition, make it happen.

The opening ceremony, the soccerfest, the sportsmanship medals – they were all there in 1988. Over the years traditions have been added as each venue wove a bit of its own spirit into the fabric. The National Games is everything AYSO: they reflect the excellence, tradition and spirit of our players, volunteers, spectators and philosophies.



Let the Games continue!

AYSO 1475 teams to participate in AYSO National Games

We are so excited, we have 7 teams representing our region at the AYSO National Games.

The following teams have been identified as being selected to attend the AYSO National Games in Knoxville, TN from July 1-8, 2012:

- U10 Piranhas
- U10 Revolution
- U12 Girls
- U12 Boys
- U13 Aces
- U14 Revolution
- U15 Blue Tide

AYSO Region 1475's first participation at the AYSO National Games was in 2010 when the

U12 AYSO Revolution was chosen to participate at the games held in West Palm Beach.

It was a once in a lifetime opportunity for the children and parents to experience such a wonderful event and out of 24 teams the Revolution took 3rd place with 7 wins and 1 loss to the team that ended up capturing the championship.

It will be a great experience for all of our teams to compete with other regions from across the region.

Please help support our representatives for the AYSO 2012 games.



AYSO Revolution pictured with the Championship team from Miami Florida



AYSO Revolution at the parade of teams for the opening ceremonies

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Phone: 757.410.7813
Website: www.AYSO1475.org



PLAYSOCCER

AYSO's Mission & Vision

To Be The Nationally Recognized Youth Soccer Program Of Choice

*AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.*

*AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:*

- *Everyone Plays®*
- *Balanced Teams*
- *Open Registration*
- *Positive Coaching*
- *Good Sportsmanship*
- *Player Development*

AYSO 1475 Volunteer Profile

We want to offer the opportunity for everyone to get to know our selfless volunteers that help this organization to be great. This issue's volunteer profile is Janette, our Child Volunteer Protection Advocate (CVPA)

Name: Janette Hasenecz

Age: 38

City of Birth: Phoenix, AZ

Current employment: Greenbrier Manor School

Current Position with AYSO: CVPA, TM and random helper

Length with AYSO: 6 years

Positions held: Coach, Asst Coach, Team manager

Worst habit: Speaking without filter

Pet Peeve: when others lack of sincerity

Q&A with Janette Hasenecz

- **Tell me how you first got involved in with AYSO:** My Husband was looking for a local soccer club for our daughter. Tyge Gibson recruited us immediately for coaching help.
- **What has surprised you most about working with AYSO?** How much work goes into a single season....and how getting active in a soccer organization has

introduced us to many friends. It has definitely made our family more a part of this community.

- **What do you find most rewarding about AYSO?** Watching the kids grow their skills and confidence!
- **What do you wish other people knew about AYSO?** That volunteering can be rewarding! I personally love helping people. I know that my time and efforts helping AYSO directly helps the kids. I hope more people can step forward to continue to see our Chesapeake league grow. New eyes= new energy!
- **What might (someone) be surprised to know about you?** I really like GARDENING! I feel that's a passion that soccer has stomped on. :D
- **What would you tell someone who is thinking about volunteering, etc.?)** Please do. You can help in so many different ways. Your perspective might change your organization for the better. Your talents may help a kid. Your time and energy may help others!

- **What do you do when you aren't (working, volunteering)?** Hmmmm, when is that???! I'm a preschool teacher, which has a nice amount of prep work. I'm a mother of 2 very active kids. I also volunteer with their different schools PTA's. I think that the concept is nice but doesn't present itself....
- **What is your favorite memory of being with AYSO?** There are so many like watching the girls pick ladybugs while the families on the sideline cheer & coach. Or the good ole days of the core parades with banner contests....or watching our daughter's team go undefeated for a season ...or watching my son score a goal or celebrate with his friends!



Volunteer Janette Hasenecz with her husband and AYSO volunteer Nick, daughter Julia and son Nate.