

# Emerald Coast United

March 2011

## From the Director of Coaching



Hi everyone

The Spring tryouts brought record numbers of players. Almost 75 players showed up and our ECU coaches have got some great new additions to their teams. As most of you are aware ECU has formed a new recreation soccer program starting this spring. The program known as STARS is aimed at 6, 7, 8 and 9 year olds and I'm very pleased to announce that over 100 players have signed up. These players and the 20+ players in the YDP program are the future of this club. I would like to say welcome to all our new ECU players. In total there are over 350 players in the various ECU programs making us the largest club in Okaloosa County.

As we continue growing in size, we are growing in reputation. Over the last year ECU has had great success at local, regional and nationally ranked tournaments. We had teams travel to

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## Emerald Coast STARS – Skills Training and Recreational Soccer

ECU's newest soccer venture is well underway, STARS! The fields are lined and goals have been assembled at the new home of STARS: Lewis School in Valparaiso. STARS have about 130 kids in grades 1 through 4, and 30 volunteer coaches leading practices 4 nights a week. The Inaugural Kickoff was on the morning of February 26<sup>th</sup>. The 6 league games are also on Saturday mornings, and STARS will culminate with an End of Season Festival on April 30<sup>th</sup>. Our goal is to bring GREAT recreational Spring Soccer to Niceville. We all started in Rec Soccer, and ECU is committed to that foundational beginning in our community.

ECU's own Director of Coaching Phil Rose met and inspired the STARS volunteer coaches. He has extended an invitation to those coaches to attend ECU practice and shadow our professional coaches for inspiration and information. If you see a STARS coach at your practice, give them a heart-felt "thank you" and welcome to the ECU family. There are still opportunities for you to volunteer as an ECU parent or to have your teenager earn "volunteer time" with STARS. Please email [rec@emeraldcoastunited.org](mailto:rec@emeraldcoastunited.org) for more information.

### Need Board Members

Due to normal attrition, there are several board members who are not planning on returning next year. Elections will not be held until August, but we have several positions that could use an "apprentice". If you think you might be interested in joining the Board of Directors next year, please contact Mike Rarick at [president@emeraldcoastunited.org](mailto:president@emeraldcoastunited.org).

### DUES PAYMENTS

*Just a friendly reminder that **NO** board member, coach or manager will be accepting dues on the field. Please mail your payment to Emerald Coast United, P.O. Box 832, Niceville, FL 32588, or you can log into the ECU website and make your payments on line with by Visa, Mastercard or Discover. You may also contact our treasurer at [treasurer@emeraldcoastunited.org](mailto:treasurer@emeraldcoastunited.org)*

Georgia, Alabama, North Carolina and win tournaments. Our players are getting recognized by colleges, we have 1 player, Ricky Hoegg, heading to Missouri State to play NCAA Division 1 soccer. I know there will be other players leaving ECU and heading for college soccer programs.

Another reason for our growth as a club, both in size and reputation, is our excellent coaching staff and hard working board members. 4 of our staff coaches have attended a National coaching school in Tallahassee With the successful completion of the coaching course, all 11 of our teams head coach with hold a National Certification. We will be the only in the state of Florida that has a all nationally certified coaches guiding and developing each team. That's truly outstanding.

Our hard working board keeps the wheels of ECU turning. They are all volunteers who give up a lot of their time to ensure the players and coaching staff of ECU can get out on the fields and play. They do a great job and most of the time they receive no praise for their efforts. I'm sure we are all unified in saying a big thank you to all our board members and excellent coaches.

The biggest news of course is our upcoming affiliation with FC Dallas of Major League Soccer (MLS). We are very close to securing our affiliation with FCD. This is a fantastic opportunity and a great honor for ECU to be entering this partnership. There will be much more to tell you in the upcoming months so I'll leave it here until we have more information.

Welcome back everyone I'm looking forward to watching our players play soccer.

See you on the fields

Coach Phil  
Director of Coaching

### Quote of the Month

Trying to impress the team coach – here's a good one to help you stand out...

Perseverance is the hard work you do after you get tired of doing the hard work you already did. ~Newt Gingrich

## Emerald Coast Cup May 21-22, 2011

**ECU hosts two major tournaments per year, the Destin Soccer Rodeo in the Fall and the Emerald Coast Cup in the Spring.**

Congratulations to Austin Adair for his winning logo for the Emerald Coast Cup! The logo will be unveiled shortly.

We are expecting about 150 teams this year with games being played at Morgan Sports Complex, Twin Oaks, Destin Elementary and Destin Middle Schools.

There are plenty of opportunities still available for you to volunteer. Remember that high school students that volunteer can earn hours for their community service requirement.

Please feel free to contact me to volunteer or if you have any questions.

Thank you in advance for your support of this tournament and of ECU!!

Steve Humphrey  
850-217-4256  
[tournaments@emeraldcoastunited.org](mailto:tournaments@emeraldcoastunited.org)

### CALENDAR OF EVENTS

**Region D Cup**  
Saturday, March 19-20  
Twin Oaks Field

**Board Meeting**  
Tuesday, April 12  
6:00pm- Comfort Suites, Niceville  
(Please contact Mike Rarick if you would like time on the agenda)

**Emerald Coast Cup**  
May 21-22  
Destin & Niceville

**ECU TRYOUTS 2011-2012**  
May 31-June 2  
More information to come

**As coaches we talk a lot about team goals before a competitive match. We don't spend nearly enough time setting individual goals for a match. This is an article written by Bill Blyth that I have found very useful. Thanks, Coach O'Neil**

### Match Day Goals by Bill Blyth

As well as setting [training](#) goals to motivate players to practice their skills, it is also worthwhile setting goals for competitive matches. Every fixture should be a learning experience for young players and even if they lose they should finish the game feeling like they have made some progress.

As far as possible we still want to make use of the SMART principles - the time-phased point is simply the duration of one game. The goals will reflect the players particular playing position and can be changed as often as the [coach](#) wishes, usually once the player is showing some progress in that area.

A few examples of suitable goals are provided below but there are many more possible options. In each case build in an acceptable margin for error i.e. the maximum number of times a player may fail to perform the desired action in a game and still count the goal as achieved.

#### Keeper

- To distribute the ball from hands to a player in space with a throw he can control quickly
- To call loudly "keepers" or "away" every time the ball is played into the danger area
- To get set into the "ready position" every time an opponent tees up a shot
- To consistently adjust their starting position depending on how far away the ball is
- To come off his line quickly when the ball is played behind the defence

#### Defender

- To not dive in and get beaten in a 1v1
- To avoid going to ground unless he can play the ball into touch
- To get very wide quickly as soon as the keeper has the ball under control
- Opponents receiving the ball facing their own goal will not be allowed to turn in our half
- To prevent the opposition from delivering more than x number of crosses
- When we win the ball to make a successful forward pass and keep possession

#### Midfielder

- To improve pass completion rate - to give the ball away no more than x number of times

- To track opposing mids into own penalty area when they are attacking
- To deliver x number of crosses into penalty area
- To initiate x number of passing combinations in opponent's half
- When defending corners my opponent will not get on the ball
- To deliver x number of passes behind the defence for forwards to run onto

#### Striker

- To achieve x number of shots on target
- To dribble at defenders 1v1 in final third x number of times
- To come off marker into space to receive pass from midfielder
- To get back and help in midfield when we are outnumbered
- To follow up all shots by fellow striker

A player should only be given one goal in any match. It is a good idea to have the player write it down and put it in his boot bag so he can refer to it before kick-off. Progress can be reviewed at half-time and again after a match.

By focusing on one particular [part](#) of their game each time, the players learning will be built up over the course of a season. Not only will match goals offer the players evidence of progress if they achieve them, when they fail it will give them a good reason to get to training regularly to work on their skills and tactical awareness.

**Emerald Coast United would like to thank our corporate sponsors**



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