

# WV Team Wins Provincial Championship and several WV Teams in Provincial Finals



The Spring 2003 issue of Sidelines carried a picture and story of both West Vancouver's U12 girls' gold teams, the WV Tsunami and the WV Breakers who had won gold and silver in the Nike Premier Coastal Cup on April 13. What could possibly justify showing another picture of the same teams on the front page of the current issue? They won gold and silver in the Nike Premier Provincial Cup on July 6 – that is what. *continued on p.2 - WV Team Wins....*



The "WV Tsunami" (white jerseys) and the "WV Breakers" (blue and red jerseys); West Vancouver's two U12 girls' Gold teams together after the Premier A Provincial Cup Final on July 6, 2003. Tsunami is the provincial champion (gold) and Breakers the runner-up (silver). Other WV teams did well in finals too. See page 2.

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...*WV Team Wins (continued)* It was cause for celebration when we realized in April that not one but two U12 gold teams made it to the provincial finals. But when both WV teams beat the top team from the Island, the "Central Vancouver Island Nutmegs", and the top team from BC's interior, the Kelowna United, it was any club's best outcome.

The final game to determine the provincial champion was close and very exciting. WV Tsunami won over the WV Breakers 1:0. Players and parents on both teams behaved on and off the field in a way that did credit to West Vancouver. Excellent soccer and exemplary sportsmanship. When BC Soccer Association President, Laurel Pokoyski presented the Tsunami and Breakers girls with their provincial Cup medals she said "you must be doing something right in West Vancouver".

In the U14 girls' Coastal Challenge in April, the WV Surf won silver qualifying the team for the provincial finals. At the provincial finals in July, the Surf beat all teams except the Campbell River Storey Creek Trading Strikers, who also beat them in the Coastal Cup Final. WWSA won three medals in all, in the provincials. One gold and two silver.

The WV Titans U12 girls Silver A team won gold in the Coastal Challenge Cup in April. In the Provincial Finals, the Titans encountered strong opposition from BC Interior silver teams, and placed fifth.

West Vancouver had no boys' teams this year, qualify for either the Provincial Premier A Cup, or the Provincial Challenge B Cup finals. However, there are strong indications that we will see WV boys' teams win coastal and provincial medals in 2004.



## Treasurer Needed

WVSC's Treasurer, Michael Kay is resigning the post after four years of excellent service. If you are an accountant and interested in taking over, call Michael at 604-922-2199 or email him at [michaelkaye@shaw.ca](mailto:michaelkaye@shaw.ca)

## WV Coaches Perspectives on the Multi-Sport Dilemma

By John Bowen

I know several WV families with three or four children who are all active in several sports, music, drama other stuff. I ask the parents, how they manage it. "With difficulty", they always say. My observation is that the mothers (usually) keep close track of everything on a master fridge calendar/matrix or whatever, they maintain efficient contact/carpooling/back-up networks and they are always prepared to make tough choices and trade-offs. Kids get used to making sacrifices for siblings. Some of those mothers would find running the country or a large corporation, a cinch.

Even with one kid, balancing options and setting priorities can be excruciating. We all want our kids to be active and schedules come under considerable pressure as kids get older. Scheduling was less of a problem when activities were nearly all school-based. Today, we have a mixed marketplace system of community/club/private and school based activities, all acting relatively autonomously.

The scheduling dilemma does not only perplex kids and parents. It affects soccer teams and coaches, in an exponential way. Every player on the team needs to ensure that his or her scheduling issues do not adversely affect the team. It is not easy. And worse still, the more valuable the player, the more likely they will be to have competing demands on their time. Strong soccer players are often good hockey or basketball or volleyball etc. players as well.

The problem of conflicting sports is an issue for both girls' and boys' soccer teams, but because of the importance of hockey (the icy kind) in this country, it is boys' teams where the conflicts are most acutely and commonly felt. Wouldn't you know it – top performing boys on soccer teams are sometimes, if not often, highly valued by their hockey coaches too.

How do coaches of top soccer teams deal with multi-sport conflicts? There

is no correct policy for all teams and situations. Every coach has his/her own way. Some demand that players make the team's games and practices their first and preferably only major priority - period. Others encourage multi-sport activity and are relatively tolerant of absences. Most coaches take a position somewhere between. I recently interviewed six coaches of top WVSC teams who I know have different perspectives on the issue. Here is what the WV coaches have to say about the way they deal with schedule conflicts on their teams.

**BOB MOLES** is one of the best qualified and most experienced coaches in West Vancouver. He has a son and a daughter who play on WVSC teams. Bob started playing soccer in England and has played and coached in several countries. He has a CSA National B License. Bob's position on the issue of player commitment conflicts reflects his background in countries where soccer is THE GAME.

Bob said, "Having coached boys and girls in Canada for the last ten years, I've become acutely aware of the vast difference in player commitment to training and games compared to my experiences in other countries, especially in Europe. I believe there are a number of contributing factors that result in a somewhat apathetic approach to soccer that grows as kids get older.

First and foremost, while soccer participation is growing very quickly in Canada it is still not seen as a "grass roots" game. Hockey (the recognized national sport), Basketball and Baseball are still mainstream sports that dominate in this country. Why is this important and why would this impact commitment levels? Through my own experiences which was no difference to kids here as they grow up, exposure to sports in school as well as sporting activities and sports superstars through the media play a huge part in shaping their interest. As a kid growing up in England I knew at an early age that it wasn't "cool" to play rounders (English equivalent to Baseball) The game to play was Football (soccer). The game you played greatly shaped your social acceptance. There in no difference here in Canada !!

An important thing to consider is that the decision to sign up a 6-7 year old child to an organised soccer program is essentially made by the parent. It is, comparatively speaking, an inexpensive outdoor activity that is seen as a means for very good exercise. The child does not make an informed choice. I question whether introducing kids at such an early age to organised games and scheduled practices is a wise thing. At U12 (11 years old) the players are streamed into Gold, Silver and Bronze. This age period is a crucial time for the development of a child's self concept/esteem which is largely formulated through association with their peers. By separating team mates. i.e. by elevating one and relegating the other, the demoted player does not have the required maturation level to deal with this rejection and will believe he/she is simply not good enough. This ultimately leads to a large number of kids, who believe they aren't good enough, dropping out of soccer. The disturbing thing is potentially talented kids are lost to the game because we have "rejected" them at too early a stage in player development. Case in point; David Beckham was 14 before he was identified as a player with potential. Even at this age he was seen as very weak on the ball but the Manchester United scout saw his future potential as a 17 or 18 year old. Commitment from a player who thinks he is low on the totem pole is always going to be a challenge.

Overall, I find that the commitment level is much higher with girls' soccer than boys. I believe the primary reason for this is the great number of sports that become available to boys once they reach high school. The commitment level and drop-out level is more profoundly noticeable from 13 years onwards as they enter High School. They are now exposed to new and more "macho" or "cool" sports such as Football (grid iron) Rugby and Basketball. Their social circle and immediate friends are built around school time. Playing for the school team is encouraged and is well supported within the school by their peers and, more importantly the female students.

In general, these are the fundamental reasons why I believe commitment is

soccer falls away and why we lose players to the game (which starts with apathy and lack of commitment)

My expectation, as a coach is one of ensuring players and parents are made aware that signing up for the team is a season commitment. At the Gold level I expect all players and parents to make soccer their #1 sport and that no other sport will take priority. If they cannot give that commitment then I will ask them to stand aside for a Silver player that will commit. At the Silver level it becomes less stringent as the club wishes to offer soccer to everyone. This is where players who are good enough to play Gold make a decision to play Silver in order to play other sports as well as soccer. While this has to be respected and acknowledged, no player is bigger than the team. My policy with every team I have coached is simply, if you do not turn up for practice or a game (whether I am told before hand or not) they will not start the next game and will sit on the bench. I have never wavered from this and have never really had any problems with it...Why? Simply because it is fair to all the players... As a coach you have to be seen as fair by all the players. If a player consistently shows lack of commitment his playing time will be reduced to 10 minutes if necessary.

Finally, I strongly believe this is more than playing a game of soccer. These are life lessons... Giving your word to commit for a season is not only a commitment to the coach but to his/her team mates. Everyone is let down. I wish all parents would instill these values in their kids as I believe a major part of these issues stems from the parents unwillingness to enforce these principles."

**HUGO KORSTANJE** is another coach with considerable soccer experience in other countries. Hugo lived in the Netherlands until he moved to Vancouver eleven years ago. He is a goal keeper who played on the Dutch (amateur) National Team. He coaches soccer, goalkeeping and enjoys teaching young soccer players while he referees their games. He is delighted with the level of enthusiasm West Vancouver girls have for soccer.

Hugo's views on coaching soccer are similar to Bob's. He feels that player

on gold teams must make soccer their primary commitment. If conflicts arise with other sports, the other sports should be given up, or the player should move to a silver or bronze team.

**DOUG WALDEN** coaches a U14 boys' gold team and has coached soccer in West Vancouver for seven years. He is very familiar with the multiple sport issue. Many of his gold players also play hockey and other sports at a high level. Doug actually encourages his players in the other sports. He says, "I encourage children to play multiple sports because children are too young to choose and more importantly, some sports (such as hockey) compliment soccer very well by making them better players." Doug is known as a "hockey-friendly" soccer coach. Of course, this reputation has caused him to attract players who have commitments to hockey, basketball, baseball and other sports. Not all players and parents are happy to see players miss soccer practices and games because of commitments to other sports.

Doug says, "commitment comes in different ways". Not missing a practice is one manifestation of commitment. Another is playing with such intensity that absences are more than compensated for. Commitment has a qualitative dimension. Some players have a type of commitment to playing that makes other players on the team play better. They are inspirational players. "That is the kind of commitment that I am looking for."

By allowing players on his team to miss some practices or games to play hockey, Doug claims that he does not allow soccer to be short-changed by hockey. Doug talks directly to hockey coaches and insists on reciprocity from them. If he allows gold soccer players to miss practices and games for important hockey events, he expects hockey coaches to allow his players to miss hockey to play soccer when it is important for them to do so.

**STEWART BELL** coaches a WV U12 boys gold team and is presently experiencing difficulty juggling practice schedules for his team. Stewart is an experienced coach and played professional soccer himself. He is the father of three very athletic sons and an equally athletic daughter.

Stewart Bell's views are similar to Doug's. He wants good athletes on his team and good athletes are often good at several sports. "If you don't let your strong athletic players play other sports, they may leave the sport of soccer altogether" Stewart says. "And it is shame when that happens. I think up to the age of 14, kids should be encouraged to play all the sports they can. We should be developing young athletes, not developing teams. Who needs to be the best soccer player at the age of 12, at the expense of concentrating on soccer alone. Most successful professional athletes in North America played multiple sports until they were between 13 and 15 years of age. You may lose the odd game to teams with "soccer-only" policies, but that's OK."

Tough decisions need to be made at U14 Metro. There, conflicts need to be reconciled. But before that, in Stewart's view, no streaming should be forced on kids. Stewart is a big believer in cross-training, which he says results in a fitter, more flexible soccer player. Hockey, basketball and other sports bring benefits to soccer.

**LEE RAYSON** is highly regarded coach who has had to deal with the issues associated with players who play several sports. Although Lee is young he is an experienced gold coach and an accomplished athlete and soccer player, in his own right. He currently coaches WV's U16 girls' gold team and coached the same girls when they were in U14 and U15.

Lee says, "Dealing with soccer players playing multiple sports is an extremely delicate issue. I feel that coaches should encourage multiple sport athletes at a younger age (between 5-13) because playing different sports works on things such as fitness, coordination, balance, teamwork and even socializing skills that can only benefit other sports. From a soccer perspective, I feel once players reach the level where they can play Metro, that is where narrowing down their sports is imperative in a player reaching his/her true potential. From my playing days, in my 1<sup>st</sup> year Metro, virtually all the players chose soccer over other sports and only played a 2<sup>nd</sup> sport during the off-season, and many

of us joined soccer schools and played all year.

From a coaching perspective I have faced this troublesome issue a number of times. I feel that it is almost impossible to alleviate the problem. However, the best way to minimize it is to hold a parent/player meeting at the beginning of the year and explain *exactly* what the coaches expectations are from the players as far as commitment versus other sports. I have done that each of my years coaching and have not had it become a very big issue on the team. If the coach attempts to accommodate the players on certain occasions then I find the players will respect the coach, and the team back, and not be absent for many sessions.

Being a member of the West Van Soccer Club is not a drop-in situation. Players are making commitments by signing up that they will support and be fully committed to their team."

**TIM HARRINGTON** is the coach of the U13 gold girls' team and probably the coach with the best winning record in the club. His team, the "WV Tsunami" won the Provincial Cup, the Inter-District Cup and were top of the league standings last season. He also coaches his younger daughter's pee-wee team. Although Tim requires his gold 1 team girls to put soccer first (as they are the top team in their age group), he encourages his players and his own daughters to play several sports. Tim's wife Jo-Ann, is a field hockey coach and is active in promoting field hockey. Tim and Jo-Ann frequently need to negotiate which sport is going to get the girls for a game or a practice on various occasions. Making participation in field hockey and soccer work at a high level is not always easy, but it is worth it, Tim believes. "Skills, training and discipline gained from other sports usually make for a better all-round soccer player."

**CONCLUSIONS** What can we learn about multiple sports participation and high level soccer from the views of these six West Vancouver coaches. Clearly, coaches differ in their outlook towards multiple sports and the extent to which they will accommodate them. Who is right? They all are. Coaches give up a lot of time and need some

latitude to decide how to act in the best interests of all players. Some players might prefer to be on a team coached by someone who does not allow other sports to interfere with the game success of the team. Other players might want and possibly need a coach who lets him or her miss practices sometimes in favor of hockey or some other sport. It is only fair that the coach make his or her policy clear, right from the start. If the coach is prepared to allow some players to miss practices or games for other sports, he might need to deal with resentment or calls for compensating actions from other players or their parents. Effective communication is the key to making any team policy work.

Players, for their part, must remember that any concession a coach makes to him or her, comes at a cost to the team and the coach. It should be appreciated and not taken lightly. There is one point on which all six coaches interviewed agree. Once a player is picked for a metro team, the rules change. They must give highest priority to the sport of soccer. 



Welcome to Premier Academy's (previously known as Excel/West Vancouver Soccer Academy) ten-month program.

The goal of PSA is to provide committed players with the opportunity to become the best they can be. Those players who can show the commitment and the right attitude will truly benefit from such a program. Players may tryout and be subsequently invited into the academy.

PSA will facilitate player improvement at the U11 - U15 levels with an emphasis on the following key principles:

- Continued development of individual techniques
- Improved ability to retain possession
- Increased awareness of game situations
- Increased knowledge of team shape
- Encouragement of independent thinking
- Development of good training habits

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# Nutrition for Young Soccer Players - A Primer

By Barb Turner

*Editor's note: Barb Turner is a registered dietician/nutritionist who has practiced in sports nutrition for 16 years. She is a former gymnast on the Canadian Junior National Team. Barb is also a mom to two WVSC soccer players. Look for her articles in future issues of Sidelines that expand on the various subjects touched on in this article. Barb can be emailed at [thaigems2@telus.net](mailto:thaigems2@telus.net).*

An optimal diet for athletes includes a variety of foods that provide the necessary amounts of carbohydrates, proteins, fats, water and vitamins and minerals to meet the demands of growth, maintaining health, and the extra energy required for their sports.

Carbohydrates are the primary source of fuel for the muscles and brain and should contribute about 50-60% of the calories in an athletes diet. There are two types of carbohydrates: sugars and starches. Sugars provide quick but short lived energy, while starches take longer to digest and provide energy over a longer period of time. Best sources of sugars include fruits and juices, some vegetables, honey, molasses, jams and refined sugars. Starches are found mainly in grains and grain products such as rice, pasta, breads, and cereals. Root vegetables such as potatoes and legumes, including beans and lentils are also excellent sources of starch. Eating at least 6 to 12 servings from the grain products and 2-3 fruit and 3 or more vegetable servings daily is recommended because they not only supply energy, but because these foods are primary sources of fibre and many vitamins and minerals. (see Food Guide for serving sizes). A good rule of thumb is choosing different coloured vegetables and fruits to provide a variety of essential vitamins and minerals. Dark colored vegetables such as brocolli, bright yellow and red peppers tend to be richer in nutrients than pale vegetables such as iceberg lettuce and cucumbers. Citrus fruits are best sources of vitamin C, while

<p><b>Grain Products</b> <b>5 – 12</b> SERVINGS PER DAY</p>	<p>1 Serving: 1 Slice, Cold Cereal 30 g, Hot Cereal 175 mL 3/4 cup</p> <p>2 Servings: 1 Bagel, Pita or Bun, Pasta or Rice 250 mL 1 cup</p>
<p><b>Vegetables and Fruit</b> <b>5 – 10</b> SERVINGS PER DAY</p>	<p>1 Medium Size Vegetable or Fruit</p> <p>1 Serving: Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup, Salad 250 mL 1 cup, Juice 125 mL 1/2 cup</p>
<p><b>Milk Products</b> <b>SERVINGS PER DAY</b> Children 4–9 years: 2–3 Youth 10–16 years: 3–4 Adults: 2–4 Pregnant and Breast-feeding Women 3–4</p>	<p>1 Serving: 250 mL 1 cup, 3"x1"x1" 30 g, Cheese 2 Slices 30 g, 175 g 3/4 cup, Yogurt</p>
<p><b>Meat and Alternatives</b> <b>2 – 3</b> SERVINGS PER DAY</p>	<p>1 Serving: Meat, Poultry or Fish 50-100 g, 1/3-2/3 Can 50-100 g, Fish, Beans 125-250 mL, Tofu 100 g 1/3 cup, Peanut Butter 30 mL 2 tbsp, 1-2 Eggs</p>
<p><b>Other Foods</b></p> <p>Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.</p>	

dark green and deep yellow vegetables are the best sources of beta-carotene. Whole grain breads and cereals provide fibre that is lacking in refined grain foods and each different grain has a unique combination of oils and vitamins and minerals.

Protein is essential for building and repairing muscle tissue, red blood cells, enzymes, building hormones, and as a component in many other tissues of the body. Protein can be used for energy if the body does not have enough carbohydrates available. Best sources of protein include lean meats, poultry, fish and eggs. Low fat dairy products such as milk and yogurt are also important sources. Foods from the meats and alternates group, especially lean red meats and shellfish are also the major sources of iron and zinc. Dairy products are primary sources of calcium and provide other vitamins and minerals including vitamin D, riboflavin, zinc and magnesium. For those athletes who have difficulty meeting their daily calcium requirements from dairy products, calcium-fortified soy milk or orange juice can help. Almonds, canned fish with bones, dark greens and seaweed too contain some digestible calcium. Protein foods should provide approximately 15% of the calories in an athlete's diet. Two or three servings of meats and alternates and two to three servings of dairy products are

recommended daily (refer to Food Guide).

Fats are important as sources of essential fatty acids, and as sources of fat soluble vitamins. Fats are used in many components of the body and they are also a source of energy used mostly in low intensity and long-term activity. Young athletes require more fats than adults and should get approximately 30% of their calories from fats. Some sources of fat include meats and dairy products, (primarily saturated fats), fish (polyunsaturated fats), nuts and seeds. Because we tend to get more saturated fats from within foods, best choices for fats added to the diet include a variety of unsaturated fats such as olive oil, canola oil, and sunflower, safflower or corn oils. It is best to minimize intake of highly processed fats such as hydrogenated oils found in many processed foods such as crackers, store-bought cookies, and fast foods.

Water is the often forgotten nutrient, but especially for athletes it is critical to stay well-hydrated. Water helps regulate body temperature and carries nutrients to and waste products away from all cells in the body. Dehydration has a dramatic impact on sports performance and in severe cases leads to serious medical complications. We cannot rely on thirst as an indicator of fluid needs, therefore it is important

that an athlete learns to monitor his/her hydration status. The simplest way to tell that a body is well hydrated is to check the color and quantity of urine. Urine should be pale and every 3-4 hours, one should need to "go". Some vitamin and mineral supplements may cause dark urine, so monitoring quantity may be a better indicator for some athletes.

One good way to determine how much fluid is lost during training is to weigh yourself before and after practice. Each pound lost represents 2 cups of fluid. The best way to remain well-hydrated is to sip on water all day. Having a water bottle on one's desk at school and in the car is a good way to make it easy to drink regularly. Water is the best fluid during most activities, unless they last more than 1-1.5 hours. After one hour, carbohydrate stores can begin to get low, so a dilute drink such as a mix of half juice half water may improve energy. Fully concentrated juice may cause stomach upset during activity as it takes longer to clear from the stomach. However, after exercise, replacing carbohydrates and water are important and juice is a good idea then. Practical tips to make good nutrition easy:

- ✓ Each meal should include at least one serving from at least three of the different food groups;
- ✓ Make snacks count! (fruit, bagels, peanut butter, yogurt, veggies, salmon jerky, whole grain cereal, etc.);
- ✓ Eat often - to keep blood sugar levels from big peaks and valleys, have small frequent meals or snacks;
- ✓ Moderation - include special treats in small amounts;
- ✓ Sip water all day. 

## Lost and Found

If you have lost an article (who hasn't), or found one at a soccer event, please call Jan Moger at 926-4096.

## WVSC Street Soccer Program for Beginning Players

**By Andrea Lennox, WVSC Street Soccer Program, Head Coach**

The West Vancouver Soccer Club Street Soccer Program is an effort by the West Vancouver Soccer Club to give the game back to the kids, instill a love for the game, develop staff coaches, educate parents on positive sideline behaviour, show why "Soccer Is A Player's Game" & "Let The Game Be The Teacher."

Traditionally soccer around the world is played on the streets by kids with little equipment and no coaches. Most pro players did not even see a coach or join a club until the age of 12. There game has no subs, no lines, no drills, no laps and no one yelling at them. The West Vancouver Soccer Club Street Soccer Program was designed so our kids to could experience this type of soccer where they learn through experiment and observation. While the logistics of the program often take a couple of weeks to get used to, kids just show up at the field get a pinnie join some teammates and a coach and start playing.

The U6 Players have short attention spans, therefore there isn't much use in stopping the game to make corrections you lose all the other kids. Just be patient with them and they'll learn more than you could have guessed as the year progresses. Encourage them but never criticize. They have teams but they are really playing by themselves. They can't really understand the concept of "TEAM" and get really anxious when you yell to "PASS" or "DRIBBLE." Even if they never touch the ball but ran around the whole game for the most part they'd be happy. The U7 Players have a little longer attention span and have a little more coordination. They can also understand a few more rules but in the heat of the moment they'll probably forget them. Other than that there are much like the U6 players.

Relax, and take note of what to expect at Saturday soccer games. Someone will always need to go to the bathroom in the middle of the game, puppies are

more exciting than soccer, someone will use their hands when they aren't supposed to, someone will fall down, puddles are fun and soccer uniforms make good pajamas. These are the facts of life and just let them be. The kids will still learn lots and enjoy the game.

The street soccer program, as adopted by the West Vancouver Soccer Club and other Lower Mainland organizations, is designed to give the game back to the kids. We are asking parents to support this new approach to youth soccer and encourage you to take the soccer ball, throw it outside, and send your young ones after it!

### Important Notes:

- ✓ All games are at Hugo Ray Park unless otherwise noted on the Field/Information Line
- ✓ Information/Cancellations are posted Fridays afternoons at 604-922-7815
- ✓ Shin Pads are required
- ✓ Soccer Cleats are optional but extremely helpful when it gets wet
- ✓ Soccer Shorts, Socks and Jersey will be provided at the first game
- ✓ Bring a water bottle to every game



## Header! – Jammer's Recommended Reading



**Dear WVSC Players, Coaches and Parents:**

Welcome back to what I expect will be another fantastic soccer season! I hope you are all looking forward to it as much as I am. I came across this article via the internet and thought I would share it with you. After having read it a few times, I can honestly say that it has helped me to improve my

own coaching style. Please let us not forget that we are all in it for the players and that the 'beautiful game' belongs to them! Please do not hesitate to e-mail me with any of your comments regarding this article. You can reach me at Jafshar@shaw.ca. Have a great season! "Jammer" Afshar  
WVSC Head Coach

Are you a Coach...or a Director?  
Pass the ball! Go down the line!!  
Spread out!!! SHOOT!!!!  
AUGGGHHHH!

Have you ever been to a youth soccer match and not heard cries like that? Perhaps, but only if your club was participating in Silent Saturday. It seems that every season coaches and parents are worse than the season before. The time has come that we stop and think about this question: What do the players hear? While parents and coaches are constantly yelling out instructions, correction, criticism and praise, do our young players actually hear what we are yelling at them?

Some coaches believe that every word they scream is vital to the outcome of the game and the players who pay attention to them will succeed. Others bemoan the fact that the players never seem to hear what they are saying. Still others don't really pay much attention at all to a player's response. Like the Energizer Bunny, they just keep yelling and yelling and yelling....

Other coaches have parents who insist on doing the same thing. They constantly give instructions to their child-and others-about how they should play. Frequently, their suggestions are completely counter to what the coach would like for them to do.

It is my opinion that "coach" isn't the appropriate word to describe their behavior. They are directors. It's really no different than movies and theater. If you saw Dustin Hoffman in Rain Man, you were impressed by his ability to play the part of an autistic savant. Hoffman was so successful because he had a coach work with him one-on-one to perfect his skills. But when he walked on the set, he was under the control of the director. When the cameras roll, no one does anything except what the director wants them to do. If it doesn't go right, they do it again. In the theater, the same sorts of

corrections take place during the rehearsal period. But when the curtain goes up, the director shuts up. At most performers off stage are given a word or two of encouragement. But those on stage are on their own. Could you imagine trying to watch a performance with the director constantly yelling to the cast to orchestrate their every move? Yet we allow sideline screamers to go on and on week after week. They are not coaches, fine tuning individual skills and teaching game tactics. Rather, they are like noisome directors, attempting to control every aspect of the game from a touchline vantage point.

At this point, I want to clarify that I am not a 100 percent supporter of Silent Saturday. I believe that it is healthy for the children to hear the spectators cheering for them when they do things right. I welcome enthusiastic and loud cheers for what has happened and what is happening. But-not for what will happen. I prefer to let the players decide how to respond to each given situation, based on how I have coached them. Off-field direction should be limited to short warnings such as "Man on!" The following monologue, taken from a videotape of a U-10 game, is the perfect example of what not to say:

Control it...good, good job! You've got space dribble up the line, use the space. Watch her, she's attacking...go around-around her...NO!!! Not that side!! You'll lose it! Oh, nice job getting around her. Push up, push up, Jane is open...pass to Jane, pass to...pass! Pass! PASS! You've got to pass sooner! Now, run back you're on defense now-they've got the ball. Next time, listen to me and pass when I tell you to!

What do players hear? Young players are often so focused on the moment that they simply don't hear the directions from the sideline. Even when they do what they are asked, they are usually just making the right choice, not doing it because the coach said so. Even were I to shout their name until they looked right at me, ask them to do something, and get their acknowledgement, I know that I would soon be watching them process my instructions like a Dis-poz-all while continuing play their own way.

But I have seen words get through and sink right into the heart. Last fall I had a 5th grader on my team who I would without question rank first among the 140 girls in the entire league, whether in goal, on defense, at midfield, or up front. She was truly a complete soccer player, and I will not be surprised to see her playing in the 2011 Women's World Cup. She was playing sweeper and at one point attacked exactly when her keeper told her to. The ball was crossed to the weaker of the two forwards and the keeper saved a good shot.

A man I had never met, but who turned out to be her father, told her that was a stupid way to play and she ought to know better than to listen to a goalie who doesn't know how to play the position. But it didn't stop there. The more he rode her, the more mistakes she made. The girl was so upset by his words that she was having trouble holding back the tears, and I switched her to striker, where she scored the only goal of the day to win the match. By the way, that keeper played 4 regular season shutout halves and was selected to play in goal at the regional all star tournament. There she allowed only one goal in the preliminary games (when the sweeper went down face first in a mud hole) and none in the championship game (including two overtime periods).

So how do we, as coaches, learn to coach, and not direct? There are several things which can help you alter the way you coach:

**Cheer a lot!** Make all your statements a compliment about something they have already done, rather than something they should do next. Constant compliments may not always register, but it will keep you from saying the wrong thing.

**Coach on the bench, not from it.** Give tactical instructions to the players on the bench and send them in. Take the time to explain it to them and make sure they understand. When the others come off, have a similar talk with them. If you need to get a specific change communicated without a sub, call a player over to the sideline and explain it to them there, and let them tell others.

**Teach players to make decisions for themselves.** Encourage young players to make a decision without thinking about whether it is the right one. Sure, they will make wrong ones-maybe even costly ones. But they will learn faster. In practice, take the time to talk about a decision every once in a while. The more they make them on their own, the fewer wrong decisions they will make.

**Teach players to talk to each other.** Unlike calls from the sideline, young players do a very good job of hearing each other most of the time. Make name calling a part of practice. They must practice letting each other know where they are so that they will do it in the game. The same rule of thumb I mentioned earlier applies to them too: Talk about what has happened (keeping it positive) and not about what should happen next. This should go without saying, but it doesn't: Parents should NEVER yell at a ref about a call.

**Set clear rules for parents.** At the beginning of the season, lay down the team rules for parents. The staff does the coaching, and parents don't. My parents are asked at the beginning of the season to let me know if they think something is wrong with their daughter (several have asthma) or if they need a break and I'm not seeing it. I know that they will watch their own player more closely than I will. They also know that I don't want them to tell their girl what to do.

**Find the quiet parent.** Every team will have at least one parent whose personality is such that they can calmly watch anything. Put that parent to work. First, they are your accountability partner. He or she should be given the right and responsibility to come to you if you ever cross one of the lines laid out above. They should also be free to talk to other parents for you, allowing you to stay focused on the game.

**Finally, if all else fails....** Take a roll of duct tape to every game. As every man knows, duct tape can fix any problem, including this one. However, just make sure you remembered to shave before the game. 

**WVSC will spice up your life** with this years' tasty, profitable fundraiser - See Epicure Selections spice pack launch on picture day. Top selling teams will win prizes. Help our club build funds for field improvements, equipment and other essentials.

**JM Sportswear** has supplied logo items to WVSC players for 19 years. Mary McGivern recently took over the business from Jeanie McKenzie  
Tel. 604-922-6619  
email: mary@jmsportswear.com  
website: www.jmsportswear.com

## Turf Update

**A**fter such a fast start in June, it was disappointing to see work on the new turf fields slow down in August. WV District explains that, "Due to a manufacturing delay, delivery of the artificial turf is behind schedule. There is no cost to the District associated with the delay and the project is still on budget. Adjustments to the soccer schedules have been made in co-operation with the West Vancouver Soccer Club to accommodate the delay. Subject to shipping schedules and the weather, the targetted completion date has been shifted from mid-September to mid-October." Lets keep our fingers crossed. 

### Goal Keeper Clinics – Can you stop a ball? Want to learn how?

Come to WVSC's free to you U10 to U18 Goalkeeper Training Program with Sian Bagshawe (Women's Whitecaps Goalkeeper) and Shel Brodsgaard (Women's National Goalkeeper Coach)

**Dates:** Every Thursday starting September 18th till December (final date TBD)

**Location:** Ambleside H (on grass at the east end of the field)

**Age groups & Times:**  
U10 - U12 - 6:30 - 7:30pm  
U13 - U18 - 7:30 - 9:00pm



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