

FLSA COACHES MEETING

My name is Chris Haggerty and I am the Director of Training for FLSA. I would like to invite all of our former coaches and anyone who has any interest at all in coaching soccer, regardless of experience, to attend this upcoming coaches meeting. The meeting is to be held at the new Sports Arena in Forest Lake on Monday November 30th, from 6.30 to 8.30pm.

I would ask you to attend even if you are only interested in finding out what FLSA has in store for our players this year. We will be introducing our new Board members and the new President, Joe Tomas, will be laying out some of our plans as to the new direction we are hoping to take this club in order to benefit as many players from our community as possible. I will be presenting the new training plans for FLSA and making everyone aware of the many areas of help and support that are available to all of our coaches at any time. These include:

- Age specific coaching manuals which cover most aspects of coaching from what and how players of that age group should know, the best ways to teach these things, specific subject drills, injury treatment and prevention, to planning a training session (even including some pre-planned sessions).
- Coaches training. These sessions are designed to help novice coaches learn how to prepare and implement successful training sessions, to give the more experienced coaches some topic specific drills to use in their sessions, and also a chance for all of the coaches, old and new, to get together and share ideas and really be a part of this club. A good coach never stops learning and this is a valuable opportunity to share helpful tips and also to have some input into the way we teach our players at FLSA.
- Coaches Scrimmages. These are not only a great way to have some fun, but are also very beneficial in learning more about the game from the players perspective, plus it is a healthy thing to do and did I mention it was FUN.
- Topic Specific Clinics. There will be several training clinics held over the winter and spring months, on specific topics such as Finishing (scoring) Defending, Creating an attacking system, etc, and of course we will be holding Goalkeeping clinics.

There are several other areas which will be discussed in greater detail, along with the previously mentioned areas. It also gives you a chance to ask the questions that you really want to know, whether it is just about your son/daughter, or you are thinking of coaching but are not sure what exactly is required from you. We will be giving you all the information you need to be a coach here at FLSA including the expectations we have of you, the expectations your players and parents should have of you, and the expectations you should have of FLSA, the players and parents.

Soccer is THE most popular sport in the world. Why? Maybe because it has something for everyone. There is the health and fitness side to it, FACT: The average professional soccer player in the English Premier League, runs between 6 and 9 miles each game.

" In a typical contest, soccer players run for a total of 10-11 kilometres at fairly modest speed, sprint for about 800-1200 metres, accelerate 40-60 different times, and change direction every five seconds or so."

Source:

http://go2.wordpress.com/?id=725X1342&site=truthaccordingtome.wordpress.com&url=http%3A%2F%2Fwww.afpafitness.com%2Farticles%2F%3Fpage_id%3D268

FLSA COACHES MEETING

. There is the TEAMWORK side of the game, sometimes an individual piece of skill can change the game but it takes the entire team to create that moment and share in the moment. When every player is working hard to achieve the same goals, then they share the highs and lows which brings them closer together. There is a great camaraderie among teammates that carries off the field and throughout players' lives. Many Great friends are made playing soccer.

It has the competitive side, where you are testing your skills and strength against your opponents. This can get physical and players are often challenged to push their limits both mentally and physically.

It also has the technical and strategical sides to keep everyone happy.

Maybe the most important thing about soccer is this: **It is fun and anyone can play.**

Come along and find out more, bring your friends and anyone else who may be interested.

Thank you.

Chris Haggerty
Director of Training
Forest Lake Soccer Association
Direct (651) 982-1596
Cell (763) 639-0581