



# JANUARY 2017

## US National Soccer Teams Handout Awards

The US Women's National Team went unbeaten in the 2016 season for only the third time in its history going 22 – 0 – 3 (the Olympic loss to Sweden counts as a tie due to being decided in a shootout). With a great season, comes many awards and nominations. Carli Lloyd and coach Jill Ellis are both one of three finalists in the 2016 FIFA Best Women's Player of the Year and 2016 FIFA Best Women's Coach of the Year, which will be announced on January 9<sup>th</sup>. Lloyd is the reigning 2015 FIFA Women's Player of the Year and had a stellar 2016 season with 17 goals in 21 games and a team high 11 assists. Also nominated, was Melanie Behringer of Germany and 5 time FIFA Women's Player of the Year Marta of Brazil. On the Men's Side Antoine Griezmann (France), Lionel Messi (Argentina) and Cristiano Ronaldo (Portugal). Continue on next page.

## Save the Date

### Committee Meetings

**Fundraising:** Jan. 18<sup>th</sup>

7-8 PM at St. Cloud  
Library Array Room

**Travel:** Jan. 25<sup>th</sup>

7-8 PM at St. Cloud  
Library Mississippi Room

### Winter Futsol

**Feb. 18, 25 March 4, 11, 18, 25**

Location: South Junior High  
Time: 9:00 to 11:00 a.m.

Cost: \$36

Registration Open At:

<http://www.cmya.org/registrationpage>

## Winter Trainings

CMYSA has many options to help keep players busy during the winter.

### Rec Winter Camp:

Monday nights from 6:15 to  
7:15 p.m. at SCSU  
(January 2, 9, 16, 23, 30,  
February 6, 13, 20)  
cost is \$90.00

### C2/C3 Travel Training: Session II

Monday nights from  
6:15 to 7:30 p.m. at SCSU  
(February 13, 20, 27, March 6,  
13, 20)  
cost is \$75.00

### C1/C2 Invite Training: Session II

Tuesday nights from  
6:00 to 7:00 p.m. at SCSU  
(February 14, 21, 28, March 7,  
14, 21)  
cost is \$75.00

Register at:

<http://www.cmya.org/registrationpage>

Send questions to Emily at:  
[emilv@cmya.org](mailto:emilv@cmya.org)



## US National Soccer Teams Handout Awards

Other awards handed out by the US National Teams were Goal of the Year, Best Individual Performance, and Player of the Year Award. Nominees for this year's award span the U.S. Men's, Women's, Beach, Paralympic and Youth National Teams.

**Alex Morgan's goal versus Germany won the Goal of the Year.** She let the ball bounce twice before lifting it over a German defender with her left foot and ripping a right-footed shot into the net in two steps. **Crystal Dunn won Best Individual Performance** for her five goal match against Puerto Rico. She tied US Women's record for most goals in a single game and doubled her total career goals. **Tobin Heath was named Player of the Year for career bests in both goals (6) and assists (8).**

On the Men's Side, the team saw many highs and lows during the 2016 season. The team went 12 – 6 – 1 this season.

The US advanced onto the semifinals in the COPA America for the first time since 1995. They took forth in the event. The US entered into World Cup Qualifying with high hopes before losing to Mexico (giving up a late goal on a corner kick) and then to Costa Rica. This results lead to changes within the program with Bruce Arena taking over has the head coach for the Men's National Team.

Jozy Altidore earned 2016 Male Player of the Year with 6 goals and 2 assists to lead the US team despite missing 2 months of the season with a hamstring injury. At just 17, Christian Pulisic Earned 2016 Young Male Player of the Year by making 11 appearances for the Men's National Team and tallying 3 goals and 2 assists this season.







## Skill of the Month

This month players will be asked to complete 120-touch challenge. Players complete 20 of each of the following skills: step ups (toe taps), foundation dribbles, snake eyes (laces to push out and sole to bring it back in), squiggles (start with right foot on top of the ball and roll it slightly out then tap it across your body with the inside of the left foot, and repeat with left foot), 20 foot juggles (don't have to be consecutive), and 20 thigh juggles (don't have to be consecutive).

### Goals:

10 years old and below: 150 seconds

11 and 12 years old: 120 seconds

13 and above: 90 seconds

Link to see this skill of the month:

[https://www.youtube.com/watch?v=B2p\\_jnMfMLU&list=PLXh7PtZJx4416-QzSUyEGJWo8u-aga2Qp&index=9](https://www.youtube.com/watch?v=B2p_jnMfMLU&list=PLXh7PtZJx4416-QzSUyEGJWo8u-aga2Qp&index=9)

Congrats to Mason J (2008 CMYSA boys team) for winning December's skill of the month challenge! **Mason was able to complete 54 foot juggles in 60 seconds at our Winter Break Camp!**



## Club Grand It's Not Too Late to Starts

Looking for a way to improve your skills over the winter? Club Grand is the answer!

It's simple. Earn 1,000 points between Nov. 15<sup>th</sup> and March 15<sup>th</sup> by completing the exercises in the Club Grand packet. Log the points for each activity and send the log to Emily Willaert ([Emily@cmysa.org](mailto:Emily@cmysa.org) or CMYSA PO Box 651, St. Cloud, MN 56302) with your t-shirt size. Find the packet of information and explanation at:

<http://www.cmysa.org/camps>



## Coaches' Food For Thought

### 5 Phrases for Coaching Impact:

**1.) "I am glad you're here!"**

It reinforces each player's value to the team and to you personally

**2.) "Today we're going to...."**

It gives players a preview of expectations for practice. Make sure to keep it brief to keep the player engaged

**3.) "I dare you to try...."**

It fosters risk-taking and courage. It allows players to be challenged and be persistent.

**4.) "Show me"**

It checks for understanding and player execution and allows coaches to assess progress

**5.) "I like how you..."**

Make praise specific. Also try to emphasize work rate and effort over general athletic ability.

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## Parent Page

### Players verses Competitors

Why do some players give up when confronted with failure while others with equal or less skill continue to compete and develop? Sanford University's Carol Dweck, author of Mindset, suggests the answer is in the individual's belief about why they fail. Some individuals have a fixed mindset. Meaning, things are how they are and there is little they can personally do to change it. While others have a growth mindset, meaning things are fluid and can change depending on their response and subsequent actions. Research indicates individuals who were praised for their ability and intelligence when things are easy are more likely to develop a fixed mindset and can have trouble changing gears and working hard when things get tough. However, children who are taught to focus on effort and getting better rather than the outcome are more likely to have a growth mindset and more likely to learn to work hard and solve the problem. Research is clear that constantly praising a children's innate ability can prevent them from living up to his/her potential. On the other had, teaching young people to focus on effort helps make them high achievers and competitors in school, sports arenas and life.

Within the sports world, we have begun to separate ability and effort. We are teaching young soccer players ability, technique, and skill, outweigh effort. In some cases, players have started to believe that having to work hard indicates low ability. This can create problems when players try to reach the next level where both ability and effort or necessary for success. Players who were raised to believe ability is key, can't change gears and thrive in an environment where they need to compete for a spot. This can lead to adversity and failure, which the athlete has not been taught how to deal with. (Continue page 5).



## Parent Page Continued Players verses Competitors



It is not always the fault of our players. Our soccer system can be dysfunctional. When players aren't playing on their current teams, they simply change clubs or schools. There is little thought about competing for a spot on the team or getting better to fight for a spot. This gives the message to players that striving to get better is not as important as how much you play and what you as an individual get out of the team. In addition, some youth teams play a large number of meaningless games against low quality teams just to get wins. Competing as a team becomes lost to the showing of the individual. By the time players move to the next level, they haven't learned the work ethic or team mentality when games have meaning.

Coaches at the highest level are consistently looking for players who don't simply play but compete. What is the difference? Players who play bring skill, but players who compete bring everything. Most people mistake speed, athleticism and skill for talent. Real talent, starts with energy, drive, work ethic, and the will to compete. One thing lacking in the soccer environment, is we focused so much time on skill that we haven't taught players to compete, to fight to work hard.

We must return to a mindset that emphasizes effort, drive, determination and the will to compete in addition to skill and talent. This also means goal-setting needs to be more focused on

learning goals instead of performance goals. Goals of becoming a better soccer player or improve ability, will lead young players to work hard, compete and in turn improve in skill and effort. In addition, when players are faced with setbacks, our reactions need to change. It is difficult to have a disappointed player, but if our response is to solve the problem for them, complaining, or switching teams, it takes away from their autonomy, ability to learn to problem solve on their own and fight to earn a spot. While in the short term this can seem helpful, in the long term it can prevent success at the next level and in other areas because the player has never learned to overcome adversity.

How can we encourage a growth mindset? We can give players examples of individuals who were successful through hard work and not only skill. Soccer specifically provides many examples: Carli Lloyd, Brandi Chastain, Cesc Fabregas, and Claude Makalele just to name a few. In addition, there are also plenty of examples where the team with greater talent does not come out on top. The team who competed the hardest and went to work is often able to overtake the talented team. Another strategy is praise. Coaches and parents must praise effort, hard work and the will to win. It is time to make work ethic and effort important again. It is time to combine highly skilled players with hard working players.



# Soccer Central

Saturday, January 7<sup>th</sup>: Manchester United v. Reading at 5:30 AM on FS1 (FA Cup)

Saturday, January 7<sup>th</sup>: Preston v. Arsenal at 10:30 AM on FS1 (FA Cup)

Sunday, January 8<sup>th</sup>: Tottenham v. Aston Villa at 9:00 AM on FS1 (FA Cup)

Sunday, January 15<sup>th</sup>: Man United v. Liverpool at 10:00 AM on NBCSN

Saturday, January 21<sup>st</sup>: Man City v. Tottenham at 11:30 AM

Sunday, January 29<sup>th</sup>: US Men's Nat'l Team v. Serbia at 3:00 PM on ESPN2

Tuesday, January 31<sup>st</sup>: Liverpool v. Chelsea at 2:00 PM

Friday, February 3<sup>rd</sup>: US Men's Nat'l Team v. Jamaica at 6:00 PM on FS1

## Player Recognition

### Club Grand Leader Board:

1. Eli P. (2004).....500 points
2. Joe P. (2002).....500 points
3. Jaden P. (2004).....420 points
4. Will P. (2006).....350 points
5. Kate P. (2004).....350 points
6. Molly S. (2006).....335 points
7. Olivia T. (2004).....245 points
8. Drew D. (2004).....200 points
9. Coach Emily.....200 points
10. Anna D. (2008).....170 points

If players wanted to do a little bit each day, players should be around 390 points. But it is easy to earn 80 points in a day if you haven't started yet.

### Successful Skill of the Month:

- Kyle F. 2005 Boys
- Marcus C. 2005 Boys
- Mason J. 2008 Boys
- Eli P. 2004 Boys
- Teagan G. 2005 Boys
- Leif R. 2005 Boys

\*If your team or players are doing neat things in the soccer world or elsewhere and you would like them to get recognition email Emily Willaert at [Emily@cmysa.org](mailto:Emily@cmysa.org) to get recognized in our monthly newsletter.