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| **Tips for successful penalty kicks**  The time of the season is fast approaching when your team may be involved in penalty kicks to determine who wins the game. Advice from an Englishman on how to take PKs may not be taken seriously, so here are some tips from Active.com ([Tips for successful penalty kicks](http://www.active.com/soccer/articles/6-tips-for-successful-penalty-kicks))   * A good time to practice penalty kicks is at the end of a practice. This can simulate your end of game fatigued state. Find a couple of comfortable shots and practice them over and over. Repetition is crucial * Accuracy and consistency are more important than power. You have the most control over shots taken with the inside of the foot * Build a routine. Place the ball on the spot yourself. Focus only on what you are doing. Decide where you are shooting and imagine the ball going in the goal. Step back 4-8 yards from the ball on a slight diagonal. Wait for the whistle. Take the kick within about three seconds * Make a decision and stick with it. Most poorly taken kicks are a result of the kicker changing their mind at the last second. * Aim for the lower half of the back post corner of the net. In this case, balls mishit wide or high still have a good chance of going in * Be confident. More than 75 percent of all penalty kicks in soccer are successful. Along with practice, believing that you'll score is essential! |
| **Get to know your WYSA coaches**  This week, we will get to know some more about Connor Miene, WYSA U19 Boys coach.   1. What are the 3 most important qualities that you coach into your teams? *Behaving like a team, fighting to the final whistle, and a good first touch* 2. Where are the worst fields your team has played and why? *Le Sueur, the field was basically one big hill and the lines were painted incorrectly. The arc at the top of the box was about 15 yards too big* 3. Your one piece of advice to players taking a PK? *Know where you are shooting before you kick. Also, it helps if you aren't English*!! 4. Describe a memorable game or event that you participated in as a player or coach?*Senior night at Paul Giel* 5. Your favorite post game food place to eat after an away game? *Chipotle* 6. Grass or turf? *Grass* 7. What is your favorite Tournament? *The USA Cup* 8. Your pet hate as a coach? *Not defending after losing the ball* 9. What is your favorite team? *Sporting Kansas City* 10. Your #1 piece of soccer advice to any player? *Know your biggest weakness and turn it into a strength by the end of the season.* |
| **Player injuries and player safety**  Unfortunately, injuries are part of the game, and there have been a number of significant injuries recently to our players. A General Injury Protocol has been developed by US Soccer to help coaches. Print it and keep it with your First Aid Kit – you never know when you might need it. |