



She Shoots She Scores!

June 30, 2008

Western Region Women's Soccer

Volume 1, Issue 8

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Not Your Normal Soccer Tips (2) By Stephanie Doucette

Hey girls, I'm back again with a few more tips on improving your game. I've been looking through a few articles and things online to try and find tips that are very good, but that every player hasn't heard a million times and I came across a great book. *40 Common Errors in Soccer and How to Correct Them* by Arthur Shay is a very interesting book with a self-explanatory title. It's broken down into sections with everything from equipment and dribbling tips to tips on sportsmanship. I went through the book and picked out a few good examples from certain sections and listed them below:

Mistake

Running without the ball while warming up.

Trapping the ball, and then getting stuck, unable to get the ball in a good position to pass or play.

Having a "mid-air disaster". Using a knee to hit a mid-air ball.

Heading the ball with the top of the head.

Using your hands to start juggling

Correction

Running with the ball while warming up allows the player to increase their touches on the ball. It helps foot-eye coordination and it makes the player proficient when it comes to ball control.

When using your body to trap the ball, whether it be in a game OR a practice, the player should "move [the ball] instantaneously to the foot as part of a sequence that is aimed at moving the ball goal ward", or in the case of a practice, just to master the skill

When a ball comes at you in mid-air, you should kick the same way as you would when making a pass, with an instep. Your knee should be up, and out to the side, and you should use the instep of your foot

You should never use the top of your head to hit the ball. You should only use your forehead, and refrain from closing your eyes! Remember, it's you hitting the ball, not letting the ball hit you as that can cause injuries. If there is a ball in the air, you have to watch it closely, and time it. At the right time, go in with the eyes open direct the ball into the area you want, either to a teammate or to open space so you can run on to it.

I have to admit, I am guilty of this one. The best thing to do is use your feet to get the ball up in the air. The best technique to use is to place the ball in front of you, and put your stronger foot on top of it. In a quick motion, pull the ball back, and sort of let it roll on to your stronger foot and flick it up all in one motion. Also, try juggling with both feet equally as it gives you better ball handling skills with your weaker foot.

If you want to check out this book, which includes pictures, you can access it at the UNB library:
Shay, A., & Kositzki, E. (1979). *40 Common Errors in Soccer and How to Correct Them*. Chicago: Contemporary Books.

Soccer Skill of the Week

Learning to Play Soccer Developing Mobility Training should target:

1. mobility and co-ordination – running, jumping, gaining balance, rhythm, routines and reactions
2. simple technical skills and tactical moves
3. basic knowledge of the rules

4. behavior in a group

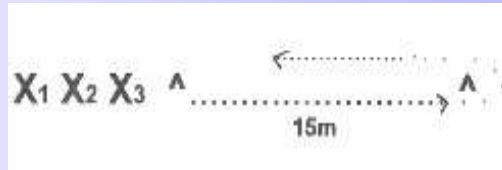
Drill:

Run this relay without the ball first, then try it with the ball.

X3 runs around the opposite cone, comes back and tags the hands of the opposite runner.

Run 3 or 4 legs before the relay is complete. Now do the same with a ball. Instead of tagging hands, the ball must be stopped by the cone before the

next runner moves off.



Fredericton Women's Recreational League Schedule

Wed July 30 LHHS 7pm FDSA U16 vs. U18 Reds

Long Weekend - Fri Aug 1-Mon Aug 4 - No Soccer

We lost because we didn't win.
Ronaldo
Brazilian soccer player.

Pic of the Week

UNB Reds Vs. U18 Premiership



Patrons of the UNB Varsity Reds

By Jonathan Crossland

2008 marks the 60th anniversary of varsity soccer at the University of New Brunswick. We want this year's UNB Soccer Alumni Week-End to reflect this milestone as we recognize our long and strong soccer tradition.

This year's Soccer Alumni Week-End takes place on September 12-14th. The tentative schedule includes:

Friday Informal get-together and the Harvest Jazz & Blues Festival
 Saturday 9:00am: Alumni Breakfast and Patrons of UNB Soccer Presentation
 10:30am: Alumni Game (On the new Chapman Field)
 1:00pm: Tailgate Party & Women's Game
 3:15pm: Men's Game against Dalhousie

6:00pm: Rookie Reception where former and current players welcome the new members of UNB soccer family.
 Informal get-together and the Harvest Jazz & Blues Festival

Sunday Informal Golf Options
 1:00pm: Tailgate Party & Women's Game
 3:15pm: Men's Game against Saint Mary's

Registration: In honor of our 60th anniversary, we are putting on a drive to have at least 60 alumni register for the reunion week-end. More details will follow on how to pre-register.

Top 60 Players: To also celebrate our strong tradition, we will be holding an on-line forum to name the Top All-Time 60 Players in UNB Men's Soccer History. More details will follow on how to nominate candidates and the selection process.

Please visit the patrons website <http://www.patronsvredssoccer.com/>



FREE KICK MAGAZINE is a Canadian online soccer magazine. It features soccer stories from around the world, tips for players and coaches and much much more. Check it out [Free Kick Soccer Magazine](#)

FDSA U16 Premiership Update

By Dayle Colpitts

FDSA 16U Premiership Girls Update

There were no NBSL league games for the 16U Caps this week. They are however looking forward to a tournament this coming weekend. FDSA will travel to Hunter River, P.E.I to face off against Competition from Atlantic Canada August 2nd & 3rd. After the tournament, league games will resume after the All Star Break.

We would like to recognize two of our players who represented New Brunswick at the All Star Nationals. Leandra Upton and Kayla Painter helped New Brunswick finish 3rd in Group B this year at Nationals, N.B. finished ahead of Saskatchewan and Prince Edward Island.



Dayle Colpitts Keeper for the U16 FDSA Premiership

Additional Links

<http://www.westregionsoccernb.org/>

<http://www.nmsoccer.ca/>

<http://www.oromoctosoccer.org/index.php>

Keeper Tips

By Dayle Colpitts

Another key to successful shot stopping is being ready for the shot before the ball is kicked. The keeper should not be in motion when the ball is kicked. Before every shot you should be in the ready position. The time to stop moving and get “set” for a shot is at the moment the shooter’s head is down and foot is

back, winding up to strike the ball. In your set position be sure to be properly balanced. Feet should be shoulder width apart, no farther. Being in the proper ready position at the right moment is a really important part of shot stopping and it occurs before the shot is even taken.



Soccer Patterns

By soccer-info.com

While you can’t predict the twists and turns that every soccer game brings, the team can and should practice game-like patterns to simulate live playing conditions. Essentially, it’s like setting up a dress rehearsal—except that instead of wearing the team uniforms, you wear the mentality and the effort you hope to create during the actual game. For example, have a defender, who is positioned on the right side, play a forty yard ball towards the top of the box. There, a forward is checking back to receive the ball. This run back by the forward can be just a five to ten yard run, first dragging the defender towards the goal and away from where he wants to receive the ball, and as a result creating the space he wants to check into. The forward then lays the ball back to a center midfielder, who plays the ball down the line to the defender who has made an overlapping run, and then crosses the ball into the box. The midfielder and forward make near and far post runs, and the defender picks one of them out with a cross. Have each of these players rotate into the next position. The forward becomes the defender,

the midfielder becomes the forward, and the defender becomes the midfielder. Next, develop and create your own patterns. For instance, a defender plays the ball into the midfielder, who plays it back to him and then serves the ball into the forward. The forward lays the ball back to the midfielder, who then plays the defender down the line. Then the defender crosses the ball (picking out a player with the cross). Vary the passes, make all the passes in the air, keep all passes one touch, add in a cross-over exchange (where a player dribbles at a teammate and then exchanges the ball), and/or make it so all passes are played with your weak foot. Make the passes sharp and play them away from where the defender would be. Add more players and increase the number of passes that are made before a cross or a shot is taken on goal. Have a player overlap the defender and serve the ball in for a cross; have the midfielder begin the play with a pass to the defender who then plays it to the forward and back to the midfielder. Have the ball played down the line to the defender, who swings in the cross. Always try to finish with a shot on

goal after running through a few patterns. Also, make sure every player or position gets a touch on the ball before a shot or cross is taken.

Make the patterns game-like by playing the ball with pace and making all of your touches sharp, as if you are under pressure.

Start out walking through these patterns and then build up speed as your team becomes accustomed to the runs (patterns).

When you are beginning to run through the patterns at a faster pace, make sure the angles of the passes are sharp and the runs are at a game-like pace.

All the players should try to check back to the ball as if they have a defender on them and make angled runs back to the ball. These runs don’t have to be long - even just two or three yards (quick cuts). Again, the overall idea is to concentrate and make these patterns game-like, turning them almost into exact set plays, to the point where your team could run through them in their sleep.

For More Soccer Patterns visit http://www.soccer-training-info.com/soccer_patterns.asp

Player Profile



Name: Michelle Rae

Team: UNB Varsity Reds

Number: 15

Position: Striker

Career: Kinesiology Student

Number of years played: 12

Hometown: Fredericton, NB

Western Region Women's Soccer

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She Shoots She Scores is currently looking for local support by providing information, stories and statistics for women's soccer in the Western Region. If you would like to contribute to She Shoots She Scores, you may contact Cleo Tetrault by email or phone.

[http://www.westregionsoccernb.org/
womenssoccer.html](http://www.westregionsoccernb.org/womenssoccer.html)