Kid's Corner Kicks

Official eNews Letter of Indiana Soccer Youth Players September, 2011

The purpose of this eNews Letter is to allow myself, as your State Director of Coaching Education, to provide you with monthly tips on training; fitness; recruiting; cool videos; news about you (which you pass along to me) and other interesting tidbits. I hope you enjoy it.

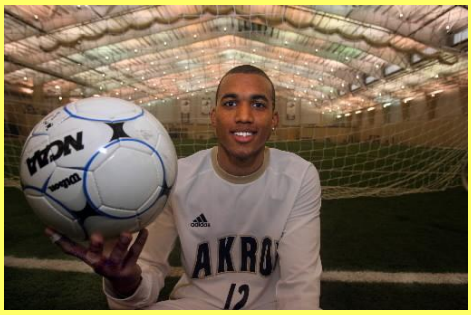
Training Activity for ALL Ages:

Back Yard Tennis

You and your friends can get some great training on your touches by simply playing soccer tennis in the back yard or in the driveway. Simply make tennis net out of a board; a rope; a fence post; even your bikes. Anything will work!!! One team serves, the other has to return in less than 3 touches. One free bounce is allowed. Play to 10 or 15….you set the rules. ENJOY!!

What is a Day Like for Players at the Next Level ?

Teal Bunbury helped Akron rise become a national powerhouse and is now being looked at as a future forward on our US Men's National Team.



Alex Morgan stared for the 2011 World Cup Finalist US Women's National Team and became a WPS Champion with the Western NY Flash this past month. Each recently shared a day in their life with Fuel Magazine. To find out more about Teal and Alex read their interview below:

A DAY IN THE LIFE

By J.R. Eskilson

NAME: Teal Bunbury
DATE: June 7, 2011
OBJECTIVE: In-season training
TEAM MANTRA: Make the playoffs
PERSONAL GOAL: Score 15 goals

TEAL BUNBURY BURST ONTO the soccer scene two years ago when he led NCAA Division I men's soccer with 17 goals; propelled the University of Akron to the national championship game; and won the MAC Herman trophy – soccer's equivalent of the Heisman Trophy.

Parlaying that collegiate success into a professional contract, the Akron product was snatched up with the fourth overall selection in the 2010 MLS SuperDraft by Sporting Kansas City (then known as the Kansas City Wizards).

As the son of former MLS player Alex Bunbury, Teal earned the distinction of being the first offspring to play in the league, and he has lived up to the family name. With five goals in his first season, the younger Bunbury aims to triple that total in his second year.

He believes diligent training is the way to accomplish that goal and here is how he goes about it:

8:00 a.m. Wake up and get dressed for training; I may grab a bite to eat like cereal on the way out the door. Then I drive to the training facility.

9:00 a.m. I arrive an hour before training, and maybe I will grab a bagel there. Before training begins, we have some video scouting of our upcoming opponent, Chicago Fire. We will get this in today and tomorrow before the game on Thursday.

10:00 a.m. Training lasts between 90 minutes and two hours. We will center on some of the tactics that were discussed during the video session and also go through some drills from the coaching staff.

11:00 a.m. During training, I am trying to stay focused on how this drill can improve my play on the field, but at the same time I am a bit of the team jokester so I like to have fun.

11:15 a.m. Anytime we have finishing drills, I am looking to improve my game, especially as a striker in front of the net. Scoring goals is my job so working on finishing is a huge thing for me. I also focus on my first touch during training.

11:30 a.m. Twice a week, we do lifting as a team. The team heads to the weight room and it usually last 30-45 minutes and that will conclude team activities for the day.

12:00 p.m. I'll go grab lunch. I try to mix it up on where I go so it is either Chipotle, Noodle & Company, or I will make something at my place. I try to eat a lot of chicken and a lot of pasta during the season, as nutrition and eating right is important to me.

1:00 p.m. Beyond media commitments or player appearances, I am on my own for the rest of the day. Some days, I will watch movies or read a book.

3:00 p.m. FIFA is the video game of choice in our locker room so we will get together and play each other when we have free time. It is FIFA all day. I can admit I am not the best on the team – Michael Harrington probably is the best.

6:00 p.m. With a game coming up, I am focused on my nutrition, especially at dinner. I make sure to eat some protein and carbohydrates in the nights leading up to the game.

11:00 p.m. I can't fall asleep too early, so I try to get to bed around 11 p.m. during the season.

Tips From Teal

IN-SEASON TRAINING: You have to be intense early on in the week; and then taper down closer to game day. In the preseason, it is very hectic and you have two-a-days, but during the season, it is more calculated on the intensity and the training schedule.

LENGTH OF THE PRO SEASON: I did not realize how long the season was at first. I was used to college where you go for three or four months, but this is a different animal. In MLS, that is eight or nine months, so it's definitely something I am working on in my second year.

TRAVEL: When you are traveling, it is very important to stay hydrated. That is something I take pride in. Also when you are on the road, you have to try to eat as healthy as possible. The night before the game and after the game or training, always try to get your protein in.

BEST ADVICE: It's not really soccer related as it occurs on and off the field – it's about just staying humble, keeping a level head and staying focused. Try not to get too caught in being seen or anything like that. If you are a good enough player, your game will speak for itself.

NAME: Alex Morgan
DATE: June 5, 2011
OBJECTIVE: Win the World Cup final
TEAM GOAL: Represent the U.S. well at the World Cup
PERSONAL GOAL: Score a World Cup goal

LAST NOVEMBER, ALEX MORGAN made a big impact on the U.S. women's national team when she scored a late game-winning goal against Italy in a World Cup qualifier. The victory put the Americans in the driver's seat for a World Cup berth, which they eventually secured, and cemented Morgan's place as a super-sub for the U.S. women's national team.

This July, Morgan continued her scoring ways in the World Cup. Late in the semi-final matchup against France, Morgan scored, giving the USA a 3-1 lead and ultimately, the victory. She also scored the first goal in the World Cup final against Japan, and assisted on Abby Wambach's header in extra time.

"This has been the best year of my life," the young forward said.

Before the women's team traveled to Germany for the Women's World Cup, it had one final tune-up game against rival Mexico and this is how Morgan's game day went:

9:00 a.m. I woke up and had a breakfast full of protein along with some coffee and water. After I finished eating, I went for a walk for an hour or two.

11:00 a.m. When I got back to the hotel, I watched some of my previous games and some YouTube videos of [Lionel] Messi and Marta.

12:00 p.m. We had lunch, which consisted of pasta and proteins. After I eat lunch on game days, I get in a 45-minute nap to rest my mind.

2:00 p.m. After lunch and the nap, I went for another walk. This is to get the blood flowing in the legs after resting

3:15 p.m. There was a pre-game team meeting with the coaches, and head coach Pia Sundhage had a few words with each player during this time. We watched the game tape and broke down the opponent yesterday. During this meeting, we watched some of our own highlights to get motivated for the game.

3:30 p.m. After the meeting, we had the last team meal before the game. Then I headed off to my room and did some mental visualization where I see myself in the game and scoring. Next, I went through my pre-game ritual where I straighten my hair, brush my teeth, and wash my face.

5:00 p.m. Two hours before the game, we got on the bus to head to the stadium. I put on my headphones and listened to some mellow music like Kings of Leon or John Mayer.

5:30 p.m. Once we arrived at the stadium, I headed to the locker room and taped my ankles. Also, I used this time for some more mental imagery – envisioning parts of the game or objectives I want to focus on.

6:00 p.m. We took the field to warm-up an hour prior to kick-off.

7:00 p.m. I started the game on the bench, so I first looked at the other team's formation. Also, I noted the goalkeeper's position on the field; if she is off the line and how far. Then, I looked at our two forwards to see what they are doing and what is successful.

7:45 p.m. At the half, we headed into the locker room and talked about the first half as well as listened to the instructions for the second half from Pia.

7:52 p.m. Before the start of the second half, I went out with a few other substitutes to kick the ball around for about five minutes to get our legs moving. This is the only time we can play with a ball as substitutes before entering the game.

8:29 p.m. Pia gave me instructions on what she wanted me to do. I entered the game and I was immediately looking at making runs off target forward Abby Wambach to potentially get behind the defense or influence the game in another way.

9:00 p.m. With only minutes left in the game, teammate Lauren Cheney scored on a shot from distance.

9:05 p.m. The game ended with 1-0 victory for us. After the cool down, we went around the stadium and signed autographs for as many people as we could.

10:00 p.m. When I finished that, my parents were at the game, so I met up with them and we had a late dinner. We talked about the game, the goal and the win.

11:00 p.m. I was back at the hotel, but it takes me a while to wind down because of the adrenaline from the game. I typically cannot fall asleep until around midnight.

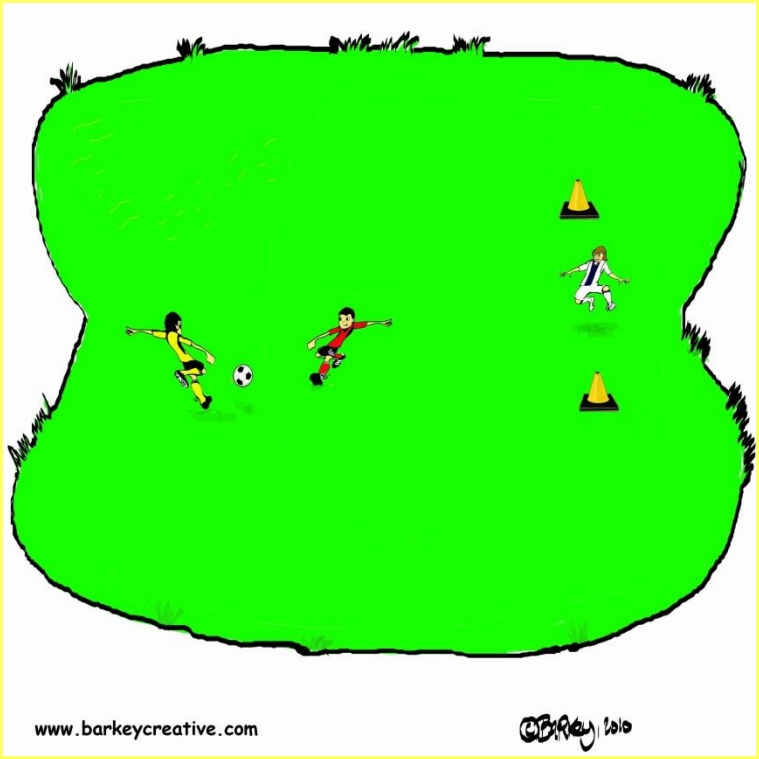
Advice From Alex

TRAVEL: After getting off the plane, I always need to exercise whether it is walking or a little jog, it helps. On the flight, I wear either compression socks or full compression tights. I have had ankle problems in the past, so it helps with recovering from those injuries faster.

TRAINING: I am not going to get any better by sitting around and thinking I should go out and practice. I need to practice more than the other players are practicing to improve myself even more. For me, that includes passing the ball against the wall for 30 minutes every day. Just being comfortable with the ball on your feet really does help you in the long run.

FAVORITE DRILL: I really enjoy 4x4 at practice. It is high intensity and competitive. You need to be working hard for the team because if one person is not working, it is going to exploit your team. I also love finishing, so anything with crossing or quick shots.

BEST ADVICE: Work ethic never fails. If you are out there working hard, and trying to support your teammates, it will make you look good. You need to help create plays because if you make things happen, you will gain attention.



"Three and Out"

Any number of players can play. The Object is to score goals. One player is in the goal while the rest of the players try to score. The first player to score three goals wins and whoever has the lowest score goes into the goal and the winner stays out to play another round.

Whole grain bread is best for sandwiches!

For The High School Student -Athlete

Anson Dorrance is the University of North Carolina's women's soccer coach. He's helped UNC become the most dominant program in the history of the NCAA, winning 20 of 28 national titles. His overall record in 33 years as coach stands at 716-39-24, which means the Tar Heels have won 94% of the games they have played with him as their coach. In order to play college soccer, he believes the Top College Coaches look for players with "character". To learn what it takes to be recruited, read the article below:

Always Do the Right Thing

Top College Coaches Look for Players with Character


Coach Anson Dorrance

NORTH CAROLINA'S WOMEN'S soccer team, coached by Anson Dorrance, is the most dominant program in the history of the NCAA, winning 20 of 28 national titles, including the two most recent.

When it comes to the men's game, no school has won more national titles than the 10 owned by Saint Louis. And the Billikens' new coach, Mike McGinty, is coming off a championship season with Virginia where he served as associate head coach.

When Dorrance and McGinty speak, recruits listen – and one of the things both coaches talk about is a player's personality.

Dorrance and McGinty agree that as they have matured as coaches, they are less likely to take a risk on a player with questionable character.

"As a young coach, I thought I could transform a kid with character issues," said Dorrance, who has won all 20 of the Tar Heels' titles. "But as a young coach, you're often an idiot.

"What you learn over time is that those talented kids with character issues can win a game for you every now and again, but they can also undermine your team in ways you are not even aware of at the time.

"Meanwhile, there are high-character kids who may never help you on the field, but they are a joy to be around and they help you recruit because of the positive things they have to say about your program."

McGinty admits that early in his career, he also got "mesmerized" by talent. But now he goes after the high-character kid, even if no one else is recruiting him.

McGinty advises young players who want to be recruited to do the right things – even if they think no one is watching.

"If you really watch a player, you can pick up on a lot of things," McGinty said. "What does he do when his team is winning? How does he respond when the chips are down? How does he react to a referee's call, to his coaches, to his teammates?

"Also, after a loss, does he pout and leave the field on his own? Or does he listen to his coaches?

"And how does he train? If he has a good game, that's great. But if he doesn't really enjoy training, he won't make it here."

McGinty said he wants players who are good people, first and foremost, and likes to get to know their families to help make his determination on character.

Of course, soccer skill is also vital and Dorrance has a check list of the athletic abilities he seeks in a recruit.

"I used to think speed was the No. 1 prerequisite, but it isn't," Dorrance explained. "It's agility – the ability to change directions with the ball. No. 2 is quickness, the ability to move your limbs. No. 3 is speed, followed by vertical leap and strength."

Dorrance said strength is at the bottom of his wish list because it is the component that can be easily improved, mostly by hard work in the weight room.

"It can be improved as long as the girl doesn't want to look like a stick figure," Dorrance said. "I confiscate as many Cosmo and Glamour magazines as I can. We don't want a girl who had body-image issues and who thinks she's fat if she weighs 103 pounds."

McGinty said he is flexible on a player's physical gifts.

"Speed is a huge component," he said. "But if you don't have tremendous speed, maybe you have great endurance and can run longer than anyone else or maybe you are bigger than the next guy. Each kid has different traits.

"If you can play soccer and have good character, I can find a spot for you on the field."


Coach Mike McGinty

5 Tips On Getting Recruited

Have the Right Attitude: Dorrance said he wants "kids who compete, kids who have discipline and kids who believe in themselves. If even one of those things is missing, they are not going to get better."

Join the Club: McGinty said 99 percent of the games he scouts are club tournaments. "It is rare that I will recruit a kid based only on high school," he said. McGinty believes players should do their homework before selecting a club team, finding out about their coaching and their record for helping players get to college.

Ace the Academics: Dorrance wants kids who are aggressive in the classroom, taking college prep courses even if they sacrifice some on their GPA. McGinty looks for kids who are "overachievers" in school because hard work in the classroom transfers over to the field.

Introduce Yourself: McGinty said that if a player does not compete for a high-profile high school or club team, he can try e-mailing or sending a video of his skills to a college coach he is interested in playing for.

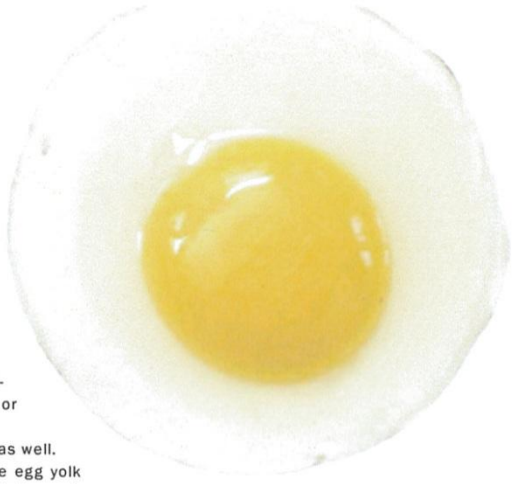
Pick the Right Camp: Dorrance advises players as early as ninth grade to start attending the camps of the colleges they're interested in attending. "It's a great way to see the campus and interact with the coaches," he said. "It's a mutual exploration."

Join the Celebration!

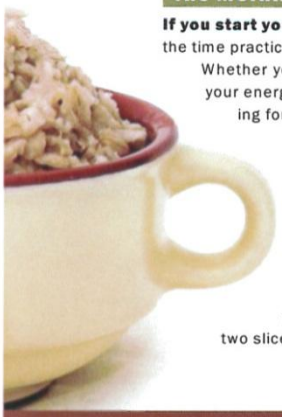
KNOW WHAT TO FEED YOUR ENGINE ?

Want to know what Landon Donovan, Abby Wambach, David Beckham, Christiano Ronaldo and Hope Solo are eating and drinking to be the best soccer players that they can be? Take a moment to sit down with your parents or coach and look at the article below:

Feed the Machine



The Morning Briefing



If you start your day without breakfast, you'll never catch up and by the time practice begins you'll be ready for it to end.

Whether you feel hungry or not, breakfast is a crucial meal that sets your energy and metabolism for the rest of the day. Think of it like going for a deep ball on the opening play of the game – that's called setting the tone. Breakfast sets the tone for your day.

Oatmeal is an excellent choice for breakfast. It's a rich source of fiber, protein, carbohydrates, vitamins and minerals. The best choice is to go with the natural quick oats or steel oats and add fruit, honey and milk.

If oatmeal isn't your thing, then eggs are a good choice as well. The egg whites are an excellent source of protein and the egg yolk actually contains minerals that are good for eyesight. Eggs will also make you feel fuller and curb the desire to overload on lunch. So have a couple of eggs, two slices of turkey bacon and an apple before you head to school.

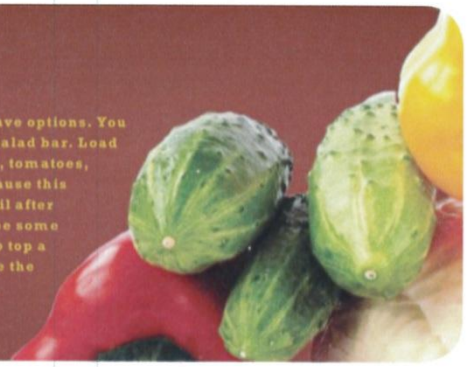
Navigating Through the Cafeteria

THE BAD NEWS

Basic cafeteria food is generally pre-processed food bought in bulk. By this point in the day you're hungry, but if you eat too much of a bad thing it will come back to bite you after the first hour of practice.

THE GOOD NEWS

Today's lunch programs have options. You can never go wrong with the salad bar. Load up on the vegetables – lettuce, tomatoes, carrots and cucumbers – because this will be your last full meal until after practice. Add a protein, maybe some shredded chicken or turkey to top a salad or whatever meat entrée the cafeteria offers.



Pre-Practice Energy Boost

Lunch is two and a half hours in the rearview mirror and that test in sixth-period Algebra has zapped your energy with an hour before practice begins. Not good.

The best energy boost at this point is to get some more fruit in your system. One tip: ask the cafeteria workers for additional fruit during lunch – usually bananas.

Bananas are a great source of potassium and that's going to keep you from cramping up during practice. Apples and oranges aren't as good as bananas but they are sufficient enough. A carton of milk is also a good source of potassium but sports drinks are not. Pair up an 8-ounce carton of milk with a banana, apple or orange and you should be good to go.

Post-Practice, Dinner Time and Beyond

The natural instinct after practice is to raid the refrigerator and eat anything that isn't nailed down. But slow down before you raid and quickly drink 8-12 ounces of water.

Water naturally curbs an appetite and while it's not going to stop you from tearing through the icebox, it will at least slow the destruction long enough for you to remember the nutritional value of what's going through your system.

Now that you remembered nutrition, skip the snack cakes and grab the almonds. Almonds pack a lot of protein (12 percent of your daily allowance in one handful) and Vitamin E. If no almonds are available, go for a peanut butter sandwich on whole wheat bread.

The post-practice snack got you through homework and now it is dinner time. The usual rules for dinner apply – about 6-8 ounces of meat, a solid carbohydrate (like a baked potato) and a couple of vegetables. Remember to lay off the sodas and stick to the water.

Eating after dinner is not advisable but we all do it. The best post-dinner snack is more fruit – like a handful of strawberries.

Everyone is a little different so adjust your meals accordingly. The more good food you put into your body, the better it will function on game day.

Packing on the Pounds

If you have to add weight and muscle it's because you weren't able to finish the game strongly. It's easy to add weight, but adding the good weight that will assist you with your training program is more difficult.

Here are some tips:

- Be consistent in adding calories. If you're normal intake is 3,200 calories a day, increase it to 4,000 but stay consistent. Going from 4,000 calories to 6,000 down to 3,000 isn't going to help your body grow.
- Add more protein to your diet through food (not supplements). Cheese, chicken, fish, turkey and yogurt are all good additions.
- Don't drastically change your eating habits, just add on small amounts. Don't shun the water for the soda or choose the chocolate-chip cookies over the graham crackers. Try small things like adding an egg for breakfast or putting walnuts and brown sugar in your oatmeal. The objective is to add weight while maintaining good eating habits.
- It's key to increase your calorie intake through an increase in the number of meals rather than packing extra calories into fewer meals. This is easier on your body because it avoids dips and spikes in blood insulin levels.

Healthy Snack Options

Athletes need more calories and nutrients than people who do not exercise regularly. Healthy snacks add extra calories and nutrients to an athlete's daily eating plan without taking too much time to prepare. Avoid eating high fat, high sugar snacks like cookies, potato chips and sodas. Besides being low in nutritional value, these snacks may not give you the energy needed to perform at a high-level.

Here are some healthy snack options:

- Trail Mix with Nuts and Dried Fruit
- Energy Bars or Granola Bars
- Peanut Butter Sandwich
- Graham Crackers
- Yogurt
- Fresh Fruit
- Almonds
- Small Cup of Pudding
- Wheat Crackers and Cheese
- Carrot and Celery Sticks

Battling the Bulge

Some players will need to keep their weight down or in some cases drop a few pounds before the season begins. Dieting is tough and in a lot of ways it's outdated. But don't starve yourself!

Here are a few tips to keep the weight leveled off:

- Don't skip meals but go with smaller portions. Have an eight-ounce steak instead of a 16-ounce one. Have one baked potato instead of two. Don't drown the pasta with extra ladles of meat sauce. Cut out the soda and drink the extra glasses of water.
- Trim calories by reducing the condiments. Rather than drowning the hamburger with ketchup; throw a couple of slices of tomato on there.
- Avoid the artificial sugary snacks at all costs. Reach for the almonds or the apples.
- Rather than eating three large meals, go with five smaller ones in three-hour increments to get your metabolism up to speed.

When Sports Drinks Work

During the game you're going to sweat and rapidly lose a large amount of fluids and electrolytes, especially sodium. Water will rehydrate you but it won't replace the lost electrolytes and issues like heat cramps could still occur (especially during games played in high temperatures).

While sports drinks aren't recommended for daily intake due to their high-sugar content, they are useful during the middle of a game because they contain salt and the electrolytes needed to stay on the field. Some coaches have all but banned sports drinks from the sidelines as they are concentrated and sweet. But natural sports drinks that contain the mineral salts and have no artificial ingredients are a necessary substitution.