



DOC/E NEWSLETTER

VOLUME 2

IN THIS ISSUE

Spring, 2018

By Coach Bradstreet

Today, as I was kicking the ball around with my 9 year old son, I began to think. I think a lot. What I mean by thinking a lot is that I often try to let my mind wander in directions that I can not account for. Writers call it "Stream of Consciousness". It's where they just let their mind wander and continually write it down. Where my mind wandered to today was leadership. I bet we could all name one bad boss, one bad coach, one bad referee, etc. However, I can only name a few outstanding leaders. I wondered why that is.

Our children are exposed to different leaders continually everyday. Good, bad, indifferent and everywhere in between. So, I asked my son, Baron, what makes a great leader to him? He gave me that typical 9 year old boy look and said profoundly. "I dunno dad, someone who leads..?" Wow..! He was spot on. Not someone who pushes, not someone who demands, someone in the front who says, "Follow me, I'll lead..!!". As coaches it is so imperative to lead. Lead by example on the training field. Lead on gameday by setting the example for exemplary attitude and behavior. No matter the outcome of the game, we are all looked at as leaders to our children.



Nutrition for Youth Soccer

The 10 Nutrition Rules To Live By

- 1. COME BACK TO EARTH:** Choose the least processed forms of food such as fruits, veggies high fiber carbohydrates.
- 2. EAT A RAINBOW OFTEN:** Eat fruits or vegetables with each meal.
- 3. THE LESS LEGS THE BETTER:** Include a LEAN protein source with each meal.
- 4. EAT HEALTHY FATS:** Include healthy fats in your diet like olive oil, nuts, natural nut

butters, seeds, avocado, fish, flaxseed and flaxseed oil.

5. EAT BREAKFAST EVERY DAY: When you eat within 30 minutes of waking up, you jump start your metabolism.

6. THREE FOR THREE: Eat smaller portions more often, spread evenly across the day for optimal fueling.

7. STAY HYDRATED: Dehydration = Decreased Performance.

8. DON'T WASTE YOUR WORKOUT: Have a post-workout recovery.

9. SUPPLEMENT WISELY: Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine.

10. SLEEP: Aim for eight to 10 hours of sleep. If you can't get eight hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

And to finish off ...

The 80/20 Rule: Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

Dribbling 101

Dribbling is one of the fundamental aspects of soccer. Without good dribbling basic training, the player in possession stands no chance against the modern defender in a tackle.

The attacker must be adaptable and creative. So it's important for him to possess a large repertoire of maneuvers and have high speed once the ball is at his feet.

Which of the basic forms of dribbling outlined here are used depends on various factors. These include, in addition to the position of the attacker and defender, the speed of movement and the attacker's intent.

1. Play

If the opponent is to be shaken off, this is mostly achieved through various maneuvers.

The greater the training in the area of maneuvers, the harder it is for the defender to respond to his opponent. It is often observed that many soccer players only possess two or three maneuvers.

We have graphically portrayed some maneuvers in the "Tricks" area. You should always be prepared in order to achieve an automatic motion sequence.

We split the maneuvers down into:

a. Ball Maneuvers

The ball is driven in one direction. If the opponent follows the ball, interrupt the run and start off with the ball in the opposite direction.

b. Eye Tricks

A pass is indicated with a glance. The pass doesn't follow or occurs in another direction.

c. Speed Change

Faster change in running speed.

d. Body Maneuvers

There is a decoy move of the body, the ball remains untouched.

Hints:

Clearly carry out maneuvers like these ones. Do not carry out the maneuver too far away from your opponent or too close.

foot. Short, quick steps occur between the ball touches to gain pace. The defender is not in the proximity of the ball. When driving the ball, what's important is gaining space as quickly as possible.

Hints:

do not propel the ball with the inside of the foot. There should be short, quick steps between ball touches.

You will find ball-driving drills in the "Dribbling" area

2. Securing the Ball

The attacker slowly dribbles the ball at his feet and looks for a playing opportunity. The defender is not located close to the person dribbling.

Hints:

Take your gaze off the ball. The ball is not dribbled close to the foot. You will find dribbling drills in the "Dribbling" area.

3. Running with the Ball

The ball is secured. In securing the ball, gaining extra space is not the aim.

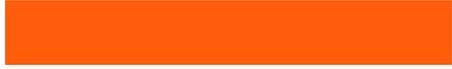
Hints:

Dribble with both legs. Place your body between the opponent and the ball.

You will find drills for securing the ball in the "Tackling" area.

4. Driving the Ball

When driving, the ball is propelled forward with speed or even at a sprint. The ball is further from the



ACE NIGHTS



Eric Bell

Eric Bell is the head coach of the TCU Women's Varsity Coach will be our Special Guest for our first ACE night

More About A.C.E Nights

What is "ACE"

ACE stands for Achieving Club Excellence and I am incredibly excited for each of them. They are curriculum based and each week will build on the week prior. In addition, we are having specialized Goalkeeper training as well.

FIRST ACE NIGHT:

Tuesday, February 27th – Goalkeepers only

Wednesday, February 28th – All Player

ALL TRAINING SESSIONS ARE FROM 630-730PM AT HURST Community Park

ACE NIGHT PROMOTION

During the Spring, 2018 season, we are running a promotion for ALL players. Here are the details : Each week, when your player arrives for training, they will be entered into an end of season drawing. If we host 9 ACE nights, and your player comes to each one, that means they will have 9 entries into the drawing. On our last ACE night, we will draw 1 ticket from all combined ACE nights. That player will win a 100% Fall Soccer registration as well as a \$100 gift certificate to Soccer Corner... !!



Player of the Week

Coming Soon

Coach of the Week

Coming Soon

A Message from the President, Brent Schneider

Hi HUSA Family,

Wow, mother nature handed us some lukes on the fields this past week that shut them down for our opening games! There was just no way to play those games safely and without damaging our fields - so, thank you for your patience and understanding with the changes. We will be rescheduling those games - so stay tuned for schedule updates.

Week 2 features "HUSA Under the Lights" - several of the home games at HAC & HCP will be played under the lights this next Saturday! This is always fun night because it provides just a different "air" to the games! Be looking for our local business partners to be out on the soccer complexes handing out FREEBIES!!!!

WE love seeing our HUSA kiddos out on the fields and cannot wait to kick this season off! See you Saturday! Thank you for choosing HUSA as your soccer home!

Brent Schneider

**Hurst United Soccer Association
President**

New Badge Contest

by Coach Bradstreet

As noted earlier, a huge change is upon us at Hurst United. Everything from a massive emphasis on our Recreation Coaches, to the Re-Launch of our Advanced program. We have incredible special guests lined up and we are deploying as many resources as possible to our club. We want a new logo for our badge. Here are the details:

WE WANT OUR PLAYERS TO DESIGN OUR NEW LOGO..!

Have your players create a new Hurst United badge and submit it any way you wish. Email is preferred but if they draw it, hand it to a Board Member and they will get it to me. Please have your submissions in by March 30th. Thank You



Thank you again, and from all of us here at Hurst United, Enjoy your spring, 2018 season..!!!!

