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Simone Lodge

05/11/09

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## Green White

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### Chicago Fire Camps & Training Lives by StrengthsBased Coaching

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By choosing to work with Chicago Fire Camps & Training you have become part of a select group of soccer organizations who live the StrengthsBased Coaching philosophy. This means that you embrace the notion that “How” someone coaches (the process) is far more important than “What” he or she coaches (delivered information).

Chicago Fire Camps & Training understands the importance of identifying player talent and working to strengths. Using the StrengthsBased Coaching philosophy, we have developed a sequential, developmental pathway for players aged 5 all the way to up to the Elite Team level. Only our coaches have the background, knowledge, expertise and training to effectively serve your players. All of our summer coaches and seasonal trainers are trained in StrengthsBased Coaching, a revolutionary coaching philosophy that will dramatically improve every coaching interaction for you, your organization and each coach, parent and child we serve.

To learn more visit [Strengths-BasedCoaching.org](http://Strengths-BasedCoaching.org). For more information on Strengths-Based Coaching, email [beckie.mcduffee@mlscamps.com](mailto:beckie.mcduffee@mlscamps.com).

### A Word From Your Chicago Fire Trainer

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Well done to all the players and teams this week. Rescheduled games are resulting in playing lots of games in a short period of time, but the players are putting in 100% at every session and game so good job everyone. Thank you to all the Moms who gave up their Mother’s Day to come and support the girls at the games, hope you enjoyed the day! Just to let you know I will try and attend as many team games as I can. On occasions the game schedules overlap, so I will distribute my attendance at games as evenly as possible between teams.

If anyone has any questions or comments please feel free to contact me, see you at training.

Simone Lodge, [simone.lodge.mlscamps@hotmail.com](mailto:simone.lodge.mlscamps@hotmail.com), 847-915-2326

### Green White Trainer Schedule

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- **Homework:** Practice juggling the soccer ball and set a new top score
- **Developmental Plan Focus:** Attacking play, crossing and finishing
- **Trick Of The Week:** The V pull back and instep push

**Monday – U10 Girls Brandie Rickett 6.30-8.00pm**

**Tuesday – U13/14 Girls Mike Grivas and Steve Mick 5.30-7.00pm**

**Wednesday – U11 Girls Mike Szukulla 5.00-6.30pm**

**Thursday – U13/14 Girls Mike Grivas and Steve Mick 5.30-7.00pm**

**Friday – U11 Girls Mike Szukulla 5-6.30pm, U10 Girls Brandie Rickett 6.30-8.00pm**

**Saturday – Extra training and games**

**Sunday – Extra training and games**

## Green White Club News

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**New Website** – Green White has a new website so check it out for all the latest club news and information <http://www.gwsoccer.com/index.html>

**Travel Tryout Dates Set** – all tryouts will be held at Majewski, more information can be found on the club website, the dates are listed below:

Boys--Sunday, May 31--6:30 to 8:00 pm

Boys--Monday, June 1 -- 6:30 to 8:00 pm

Girls U8/9--Monday, June 1 and Wednesday June 3 6:30 to 8:00 pm

Girls U10--Monday, June 1 and Wednesday June 3 6:30 to 8:00 pm

Girls U11--Tuesday, June 2 and Thursday, June 4 6:30 to 8:00 pm

Girls U12--Tuesday, June 2 and Thursday, June 4 6:30 to 8:00 pm

Girls U13--Tuesday, June 2 and Thursday, June 4 6:30 to 8:00 pm

Girls U14--Tuesday, June 2 and Thursday, June 4 6:30 to 8:00 pm

Girls U15 and above--Tuesday, May 19 and Thursday 21st 6:30 to 8:00 pm



### **Green Card Award of the Week**

In soccer referees issue yellow and red cards to punish bad behavior on the field. Strengths based coaches take the opposite approach to positively influence children. During practices or games coaches present Green Cards to reward positive behavior. This could be rewarding good effort, sportsmanship and teamwork as well as good soccer skills.

**Team Award:** U10 Fire Girls – after a difficult first game they bounced back to produce a great performance in a 0-0 tie with Euro Premier

**Individual Player:** Cate Meersman – for her great goalkeeping in Sundays U10 Fire game, good shot stopping, commanded her area well and excellent communication with teammates

**Club Award:** Mike Szukalla – for his effort and dedication managing the U11 Heat team, always encourages the girls creating a positive atmosphere at training and games

## 7 Steps to Success: “A Strengths-Based Coach will always....”

1. Develop the WHOLE child as well as the player
2. Create winning opportunities for all
3. Embrace a positive psychological climate
4. ‘Perform’ at games by encouraging good performance from all
5. Live by their ABC (Always be Coaching)
6. Make every meeting an event
7. Develop a REAL relationship with all

For more information visit [www.strengthsbasedcoaching.org](http://www.strengthsbasedcoaching.org)

## Regional News From Your Regional Director of Coaching

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### Summer Camps 2009. Sign Up Online Today

Chicago Fire Camps & Training offers training and education programs that develop young soccer players and provide extensive support to hundreds of soccer organizations, coaches and players in the youth soccer community.

A number of different types of training and camp programs are offered to help meet the needs of players and organizations at all levels of the game.

Join the thousands of coaches, players and organizations that have benefited from our programs!



The banner features a green grass background with a red horizontal stripe. On the left is the Chicago Fire Soccer Camps + Training logo, a circular emblem with a fire department shield and a 'C'. In the center, the text 'PRO PERFORMANCE TRAINING CAMP' is written in large white letters, with 'featuring' in a smaller font below it. To the right of this text is the logo for TWIST Conditioning Inc., which includes a stylized lightning bolt and the word 'TWIST' in red. Further right is the Strengths-Based Coaching (SBC) logo, a circular emblem with 'SBC' in the center and 'STRENGTHS-BASED COACHING' around the perimeter. On the far right is a photograph of a soccer coach in a blue jersey talking to a group of young players in white jerseys on a field. The website 'Chicago-Fire.com' is printed in the top right corner of the banner.

The Pro Performance Training Camp has been developed by Chicago Fire Camps & Training to meet the needs of the Advanced and Elite player. The program is for players aged 11 to 18 and uses a Strengths-Based Coaching curriculum that provides a functional understanding of the role of defense, midfield and attacking play. The training week rotates around three stations where each player is taken through the specific positions listed above as well as a fourth station dedicated to conditioning and performance. Goalkeeping and shooting sessions are also provided at the end of each day.

During the week, each player's performance is monitored using conditioning tests. On the last day a final test is administered, and these results can be posted online. Each player can then compare his or her own performance to those of players across the country participating in the same program. Players are tested on soccer-specific competencies, to learn more contact:

Stewart Bettinson, [stewart.bettinson@mlscamps.com](mailto:stewart.bettinson@mlscamps.com) Graeme Lloyd, [graeme.lloyd@mlscamps.com](mailto:graeme.lloyd@mlscamps.com)

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## Chicago Fire Soccer, Team News

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### Joseph forces Fire to settle for draw

#### Chicago remains unbeaten, but again unable to hold lead after halftime

After taking a first-half lead on a goal by Wilman Conde, the Fire gave up a goal early in the second half to New England's Shalrie Joseph and settled for a 1-1 tie with the Revs. It marked the Fire's fifth consecutive draw and sixth in eight games this season.

Chicago Fire's next home game will be against FC Dallas on Sunday 31<sup>st</sup> May at 2pm.

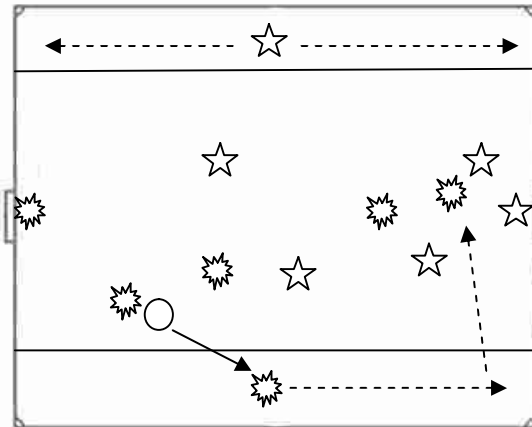
## Chalk Talk – Coaching Tips and Drills

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**Wonder Wingers** – conditioned scrimmage to develop width in attack, crossing and finishing

- 30x30yd area with 5yd channels along each sideline, play 4v4 in larger area with goalkeepers, 1 player in each wide channel who are the wingers
- The object of the game is to get the ball wide as quickly as possible and score by finishing a crossed ball
- Wingers are neutral so play for whichever team passed to them, after receiving the ball wingers can dribble ball down the channels unopposed, when near the goal line they cross the ball in for teammates to attack to try and score
- Progression – When the winger receives the ball, the nearest defender may enter the channel 1 disc behind where the ball crossed the line, the defender pursues the wide player down the channel

- Coaching Points – look to get the ball wide as soon as possible, when crossing angle the body towards the field of play, cross in front of the attackers between knee and chest height, time attacking runs and cover near and far post areas, firm touch to re-direct ball to goal



## Equipment and Apparel

Be sure to ask your Trainer about our great deals and prices on all equipment and apparel needs. This week's special is:

## MLS Camps Self-Help Coaching Booklets

MLS Camps 10-Week Self-Help Booklets are great for novice and veteran coaches or parents. Taken directly from MLS Camps exclusive National Curriculum, dozens of fun, developmentally-appropriate activities bring out the talents in each player and enhance them as each week progresses. Choose from ages: 5-6, 7-8, 9-11 and 12-15.

\$15 each or all 4 for only \$50 (includes shipping)

