

October 2021

THE FORCE EFFECT

Cleveland Force Soccer Club Newsletter



CFSC & GIRL THRIVING PROGRAM

KNOW. ACT. BE.

CFSC has partnered with the Girl Thriving Program!

Starting in November, coaches, parents, and players will begin to be a part of workshops that are a part of the club education initiatives. This program will start with the U13 and U14 players and families. As the year progresses, there will be workshops for the U15 - U19 girl's families, coaching staff, and players.

Mandy Fontaine is the founder of the **Girl Thriving Program**. Girl Thriving builds confident and resilient young women through educating them on the power of their brains, self-awareness, and ability to develop purposeful habits and meaningful goals. Our mission is to help young women confidently face all of life's obstacles while also empowering them to know, act, and be their authentic selves to thrive.

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GIRL THRIVING CONTINUED...

As a previous collegiate athlete, licensed professional school counselor, high school athletics coach, and now personal development coach, Mandy understands the power of self-talk, visualization, repetition, failure, grit, and growth mindset. The program helps young women know the power of their minds, become more self-aware and create new habits that empower them to "level up" their performance.

The following is a tentative schedule and events for Coaches, Parents & Club Levels U13s & U14s. All workshops are supported by neuroscience research and are tailored to the needs of each age group, team, coach, and program director.

BRAIN TRAINING FOR CLUB COACHES

NOVEMBER 2021

Coaches will receive a quick overview of the Building an Athletic Brain workshop. We will then shift our focus more heavily on the neuroscience of the adolescent brain. How it differs from ours, how we can retrain our athletes' brains, and gain a deeper understanding of the thinking, feeling, and acting of the triad we all naturally align. This knowledge and self-awareness, as a coach, will help you better understand yourself and, ultimately, how to motivate your players.

PARENT INFORMATIONAL SESSION

DATE: TBD (7 PM-8 PM VIA ZOOM)

Parents will receive an overview of what their daughter(s) will be learning at the Building an Athletic Brain workshop. This meeting will allow them to ask questions and learn more about their child's developing brain.

BUILDING AN ATHLETIC BRAIN FOR 13S & 14S

DATE: TBD, 1.5 HRS.

Please keep on the lookout for more information on this program, U13 - U19, in the coming weeks. We are excited to offer this program as a part of our club's vision to provide more educational experiences for our members off the field. Evernote helps you remember everything and get organized effortlessly.

KNOW

"The adolescent brain is primed for learning and thirsts for identity.

My job is to help you gain self-awareness, grow in your identity, and harness the power of your brain to develop a discerning mind and control in your life."

ACT

"We all have areas in our lives where we want to grow. In order to figure this out we have to assess our strengths and acknowledge our limitations. Working together, we will use brain-based, strengths-focused training to create new, healthy habits."

BE

Thrive = Joyful in growth, overcoming obstacles, & living a life fully engaged. Life doesn't just happen, you have to make it happen! Our brains thrive on certainty and clear paths. In order to do this, you need to establish your values and plan around them. It is my job to help you figure out who you are and who you want to be in order for you to thrive!

**CLICK HERE TO VISIT OUR
WWW.GIRLTHRIVING.COM**

STAY TUNED FOR PROGRAMMING SPECIFIC FOR THE BOYS OFF FIELD GROWTH!

PLAYING SOCCER VS. PLAYING AT SOCCER

BY: CHRISTIAN LAVERS, ECNL DIRECTOR

I spend several hours of every week watching or coaching soccer games at various age and ability levels—high school varsity, ODP, and several different club age groups. As you would expect, even within similar age groups, the technical level of the teams varies quite dramatically. However, disturbingly, the quality of individual decision-making and the quality of team play in many of these games seems to be almost entirely unrelated to the individual ability of the players.

Let me clarify that statement a bit—individual technical ability is the most obvious and most important pre-requisite to play attractive soccer. However, the distressing problem apparent in many of the youth games I see is that many teams with very good technical players (players with much of the necessary “hardware” to play attractive soccer) are only playing “at” soccer. In fact, in these games, every team fits very distinctly into one of two very different categories—those teams that are playing (or attempting to play) soccer, and those teams that are playing “at” soccer.

WHAT'S THE DIFFERENCE?

Playing Soccer: A game that “makes sense”—a game where players make conscious decisions about where to play the ball and conscious decisions about how to move and where to run.

Playing “At” Soccer: A game marked by an inordinate emphasis on field position and hustle.



When you watch a team that is **playing soccer**, the game can almost always be summed up in one phrase: “**It makes sense.**” Players are consciously thinking about what to do with the ball and passes are played with some degree of thought—they are played to teammates, not just aimlessly hit forward. The ball is played backwards or square as often as it is played forward, and the team attempts to keep possession of the ball through a combination of dribbling and passing. Though most times these ideas are not executed perfectly by young players, importantly, the players show that they have ideas and are thinking like soccer players!

Unfortunately, at younger ages, when the technical skills of the players are not fully developed, teams that are attempting to play soccer seem to spend a lot of time in their own end of the field. In fact, they lose games to teams that play “at” soccer 9 out of 10 times. Why does this happen? It happens because the athletes trying to play soccer pass the ball to their teammates instead of kicking it as far forward as possible. When players are young they end up primarily playing short passes, and when because of weaker technical skills this string of passes ends at 2 or 3, the opponent wins the ball and kicks it 30 yards past everyone on the field. Passing and thinking is a losing proposition at first.

When you watch a team that is playing “at” soccer, there seems to be little rhyme or reason to what happens on the field. The team rarely puts together more than 2 passes at a time. The prevailing attitude of the players is to kick the ball as far forward as possible, as quickly as possible, and then to run as fast as possible to win it back. Goals are scored through a “dump and forecheck” style of play, not through individual skill or through intelligent team combinations. This style is also marked by an inordinate emphasis on aggressive defensive play, because when teams consistently give the ball away by whacking it forward they must be able to win it back farther down the field by applying unrealistically high pressure.

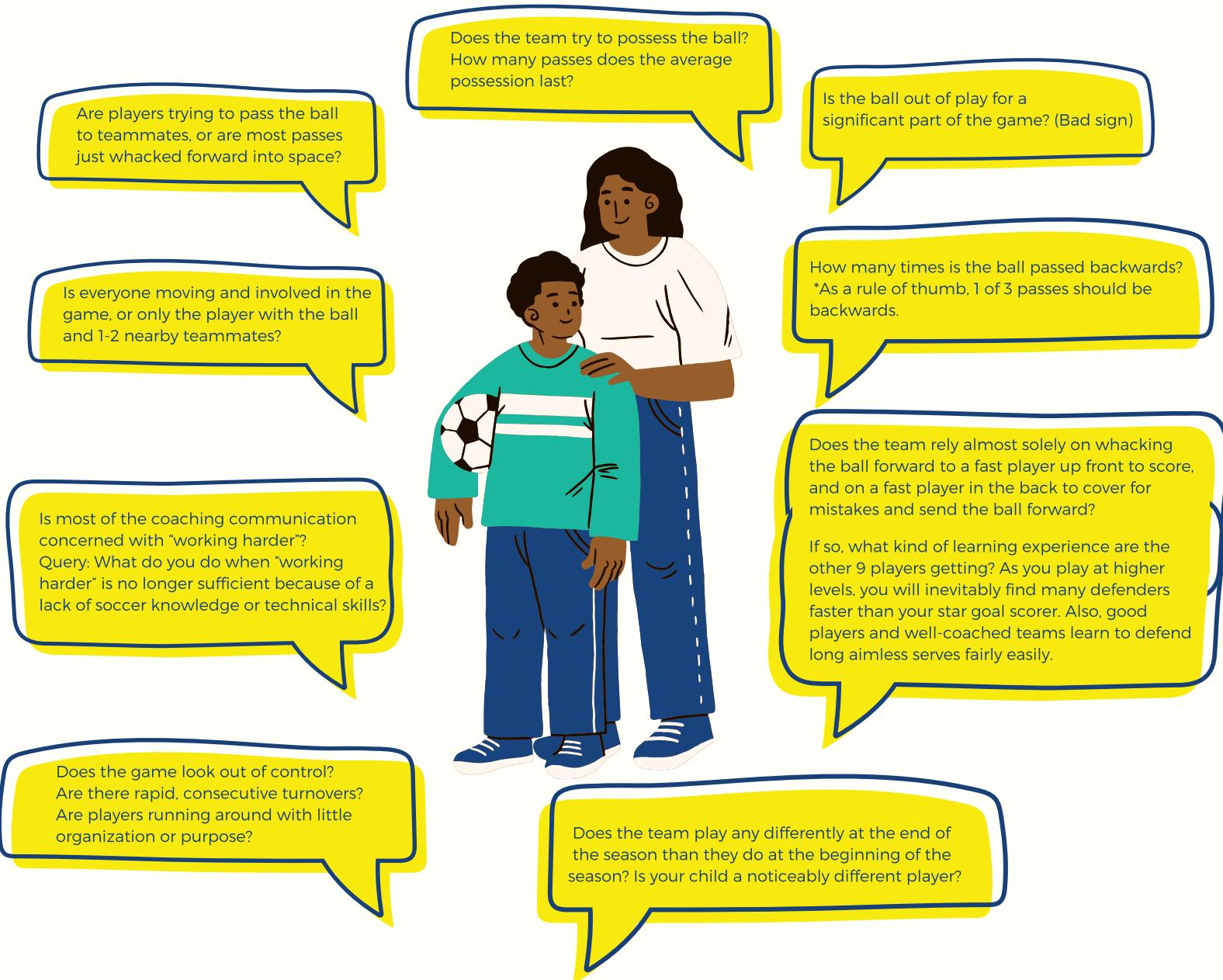
SO, WHAT'S THE PROBLEM?

Playing “At” Soccer:

- Places no emphasis on making good individual decisions with the ball. Players become indoctrinated in the actions of playing without thought—aimlessly playing forward. At young ages, players are successful playing this style and, quite understandably begin to see this as “proper” soccer.
- Does not develop soccer players. Playing “at” soccer will not teach players to read the game and does not stimulate players to find creative solutions to problems on the field. Athletes that play at soccer will not fulfill their soccer potential at any level.
- Playing at soccer encourages undue emphasis on simple hustle and “win one for the Gipper” coaching. Highly charged players run all over the field to win the ball, with little or no idea of what to do when they get it.

PLAYING SOCCER VS. PLAYING "AT" SOCCER CONTINUED...

Here are a few questions you should ask yourself as you watch your children's games:



Think about these questions during the next few games. If your son or daughter desires to continue to play as he/she gets older, he/she needs to learn how to play soccer now.

Athletes and teams that play soccer, not simply play at soccer, will win in every sense of the word in the long run and by then it's too late to for those who played at soccer to catch up.

CLEVELAND FORCE VISION: EDUCATION & PLAYER PATHWAYS

BY: EVERETT PALACHE, CFSC DIRECTOR OF COACHING

The last five years have been a wonderful experience as the DOC of Cleveland Force Soccer Club. I truly feel blessed to have the pleasure to work with such an outstanding group of Coaches. During this time, the program accomplished many things that have established it as one of the top programs in North East Ohio.

RECENT MILESTONES FOR CFSC:

- A high percentage of players graduate from CFSC and play college soccer
- A high rate of members finding success as individuals and teams at the high school level
- Creating "Pre Pro Pathway" with USL
- U23 men's team playing in OVPL
- Numbers of boys and girls teams playing in National events deep into July



Our vision has been to create an environment where coaches & players can learn new ways to teach and learn the game of soccer. CFSC's mission & vision now include our focus on "education." The outcome is to develop more technical & high soccer IQ players.

CFSC VISION

To develop & challenge players from start to finish by being the innovators in the education of soccer development in Northeast Ohio; through the integration of coach development, player development, parent education, and League Platforms.

We have developed a comprehensive system to teach CFSC players the "game of soccer" to achieve our vision. The "competitive tier and high performance tier" has provided us the opportunity to build "classrooms," allowing players to grow and learn at a rate appropriate for their needs. While also using the experience of our senior leadership to help mentor new families and coaches.

In our system, there is no 1st team and 2nd team until the ages of U15 - U19. We have a 1st team set up for the boy's program with the USL Academy program (USL - A U19). While the girl's program currently has the U19 ECNL team and soon will have the ECNL Super Cup team [U15-U19 program like the boys USL - A]. At the older ages, we start to see the impact of the coaches, curriculum, environment, players' drive, and talent on their final placement at an academic institution of their choice. We should always keep in mind that the end of the youth soccer journey will always center around academics, intangibles, and character.

OUR COMMITMENT TO CONTINUED EDUCATION IS WHAT WE FEEL SETS CFSC APART FROM OTHER CLUBS.

OUR COACHES AND DIRECTORS ARE PASSIONATE ABOUT THE GAME AND HOW WE GO ABOUT TEACHING THE GAME.

The CFSC philosophy is, training is like the classroom, league games and tournaments are quizzes, and final placement is the test. A vital component of the overall system is the winter curriculum (pool/team training and supplemental training programs). The players that have been fully committed to the winter program have shown significant improvements technically, physically, and mentally. We hope to see an increase in the attendance at training. With the help of the PlayMetrics "attendance function," this will help the Coaching Staff better prepare and for the club to have a better record of who attends sessions consistently.

We remain committed to our philosophy, mission, and vision as we start the winter training curriculum due to the fantastic results we have seen over the years. We look forward to seeing each player/coach's growth and development throughout the year and sharing great memories as a program.

SOCER TODAY

CFSC EDUCATION DEPARTMENT

Across the country and world for decades there has been a conversation and informational articles written about the impact parent behavior has on the development of players in youth sports. There have been conversations about sideline behavior, helicopter parents, and lawnmower parents. These behaviors and actions have led to many players and referees to leave the sport.

We currently have a referee shortage due to the pandemic that provided many senior referees to realize going back to the field to be yelled at just was not worth "it". Youth soccer players consistently leave the sport when get to 11v11 soccer (U13-U14) because they don't want to be yelled at by their coach or parent. Once the field gets bigger and the player can no longer cover the ground athletically and they don't have skill because they were only asked to run hard and not make their own decisions. They lose passion and drive to get better because they are always motivated by results and not process. As a result of these factors and many others, CFSC has been researching the psychology behind parent involvement and the impact sideline behavior both by the parent and the coaches.

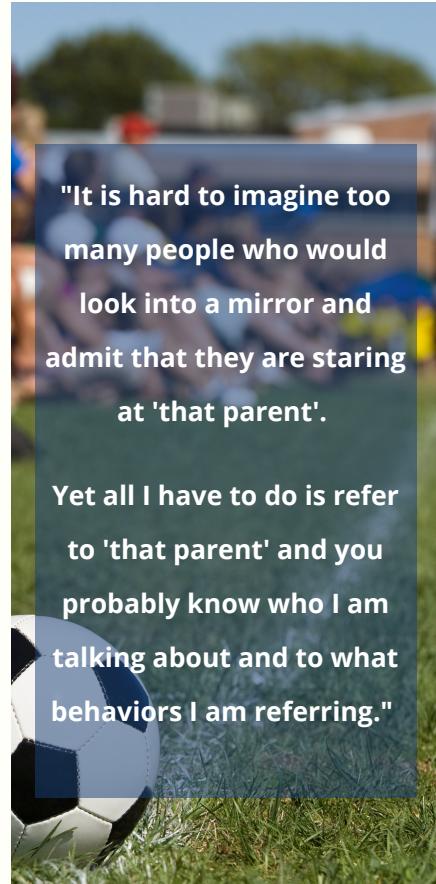
Through this research CFSC has made a commitment to "Coach and Parent" education with the creation of our Education Department. The department will work on a 3-5 year plan to help improve the player environment with key partners (parents, referees, coaches, etc).

1. **CFSC will continue to invest into licensed and experienced coaches.**
2. **CFSC has developed a mentoring and development environment to provide continued education to coaches, parents and players.**
3. **CFSC will provide a monthly informational & educational newsletter.**

Below are links to articles from "Soccer Today - Voice of America Soccer" that are simple, informative and a part of a series. Please take a moment to read these and ask yourself are you "that parent". We hope many of you answer no and want to be a part of the solution to the continued issue in the development process. We appreciate all the families for your Commitment, Humility, Integrity, Respect and Passion. We all have a role in the development of the player and the environment they grow up in. CFSC is committed to creating a value driven environment because it is not just about what happens on the field it more important about our character both on and off the field.

How Soccer Parents Should Talk To Their Youth Soccer Players – A Way That Works
Parents on the Soccer Sideline Series by Jason Pratt

How To Deal With Negative Parents
Parents on the Soccer Sideline Series by Diane Scavuzzo



WHAT'S NEXT? - UPCOMING EVENTS WITH CFSC

