



# Golazzo!

## newsletter

### *Plantation FC Club Philosophy*

*Plantation Football Club is a non-profit organization that provides the opportunity for youth soccer players to experience the game of soccer. Our objective is to develop great soccer players along with great human beings. Players are exposed to the technical, tactical, psychological, and physical demands of the game. In addition they will also experience team-building, sportsmanship, work ethic, and leadership skills that will benefit the players for the remainder of the lives on and off the soccer field.*

### Motivational Quote:

*"Every single day I wake up and commit to myself to becoming a better player."*

### **Mia Hamm**

American female soccer player

## *Latest News*

1. **Our u10 boys win at Wellington Tournament.** They beat Jupiter Sting 5-1, Wellington Wave Blue 9-0, Brevard United 4-3, and Cooper City Cobras 7-1 to go undefeated in the Predator Division in this year's 4<sup>th</sup> Annual Wellington Wave Soccer Shoot-Out.

## *UPCOMING EVENTS*



1. "Striker Liker?" – On February 2, 2011 the NEW Ft. Lauderdale Strikers will be visiting Plantation FC. A current professional player from the team will be walking the fields and signing autographs. There will also have a "Striker Liker" tent set up at Pine Island Park from 7:15pm-8:15pm with ticket info and free t-shirts.

# EDUCATION

## The FOUR Components of the Game Technique, Tactics, Physical, and Psychological.

The most important component of all is **technique**. This includes skills like dribbling, passing, receiving, finishing, and heading. Without mastering the technical side of the game, the other components become irrelevant. In order to master their technique, players must have lots of repetition. From the “warm up” phase of practice all the way to the “cool down” phase. This component is a priority in the younger age groups, u6-u12. Without developing a solid technical foundation, a player will stagnate and fall behind as he/she gets older.

The next component is **tactics**. Tactics is also known as “decisions.” “When do I pass the ball?” “When do I try to keep possession of the ball?” “How are we going to defend this team today?” “What is our system of play and why?” These are some of the many decisions the players and coaches have to make in order to influence the game. Many will argue that this element is the most important. But “decisions” would not matter if our players can not make a pass from point A to B. The age of u12 is considered to be the “dawn of tactical awareness.” Meaning this is the age where players begin to develop and mature enough to understand the decisions they must make on the field.

The 3<sup>rd</sup> component is **physical**. This involves coordination, speed, agility, conditioning, and strength. Many coaches make the mistake of putting lots of emphasis on the physical at the early ages. “I want my players to be fit.” So they make 10 year olds run laps or sprints the whole practice. If we do this, then the player is not touching the ball and we completely get away from the technical component. Conditioning oriented training is not a concern until around the age of u16. Prior to that age, the players should have a decent enough level gained by an active training session that requires players to work while achieving all of the components.

The final component is the **psychological** component. This covers what is going on in the player’s mind. For example, mentality, work ethic, confidence, mental toughness, etc. These characteristics are different for every individual. No two players are the same. Being able to inspire players based on their psychological needs becomes very important in keeping players involved in the game for a long time. Winning and losing also affects this component. But winning all of the time doesn’t result in a good mindset. We are all competitive by nature, so there is no need to add additional pressure to win. Nobody likes to lose, but we must be able to deal with it. Winning and losing doesn’t determine your greatness. How you deal with the result is what makes or breaks you.

The challenge in every training session is to incorporate all of these components in order to create a balanced player. Only focusing on one of these at a time only results in waste of time. Many of us only work with our players’ 2x a week so our practices must be productive and economical.

Enjoy,

John Ramos  
DOC Plantation FC



John Ramos  
Director of Coaching  
& Player Development – Recreation & Competitive  
Plantation Football Club  
[www.plantationeagles.com](http://www.plantationeagles.com)

**\*\* If there's a topic you would like to see discussed, please email your suggestions to [ramosport@aol.com](mailto:ramosport@aol.com) with "Newsletter Topic" in the Subject field.**



Plantation FC  
[www.plantationeagles.com](http://www.plantationeagles.com)