



## From the Director of Coaching



Hi everyone

ECU is now entering into its 4<sup>th</sup> year. It is with great pride and fortune that I am able to write this as Director of Coaching of Emerald Coast United. I've enjoyed a long career as a professional soccer coach and I have many great memories that will stay with me for a long time. I have been fortunate to have travelled the world playing, coaching, watching and enjoying the wonderful game of soccer. I have many, many friends who I have shared some great soccer experiences with.

Winning trophies and personal honors give soccer players and coaches great satisfaction and strong feelings of accomplishment. I have been fortunate to have won many medals as a player and coach. Each one is special, hard earned. I could not have won those medals by myself. I won them as part of a team. Teams have to work hard in order to achieve success.

*Continued on page 2*

## INSIDE THIS ISSUE

- 1** Letter from DOC
- 1** ECU Tryouts
- 2** FAST SOCCER
- 2** Success Stories
- 3** Coach's Corner
- 4** Nutrition
- 4** Calendar of Events

## ECU TRYOUTS 2010-2011 SEASON

June 1-4, 2010 @ Twin Oaks in Niceville

**Boys: June 1-2**

5:15 pm U9-U12

6:30 pm U13-U18

**Girls: June 3-4**

5:15 pm U9-U12

6:30 pm U13-U18

DOB 8/1/98 - 7/31/02

DOB 8/1/92 - 7/31/98

Please arrive 15 to 30 minutes prior to start time with [completed tryout form](#) (forms available on line at [www.emeraldcoastunited.org](http://www.emeraldcoastunited.org) under forms tab) in order to process through tryout line. There will be a mandatory parent meeting on the field at the commencement of tryouts.

Players must attend both sessions for their age group. All players must tryout in their age group regardless of previous play.

Wear cleats & shin guards, bring ball and water.

No tryouts for Academy age - born after 7/31/02. Need only to register on June 8th.

NOTE: The Academy is getting a new name! This year it will be referred to as the Youth Development Program (YDP). New name, same great instruction for our youngest players.

## Quote of the Month

*“The Vision of a Champion is someone who is bent over, drenched in sweat, and the point of exhaustion, when no one else is watching.”*

*Anson Dorrance*



The one thing I learned as part of a team is that each team member is dependent on each other. All of the great players in the history, from Mia Hamm to Wayne Rooney, could not have achieved greatness and success without 10 other players on the field. As great as they are they cannot play by themselves. They have to have players working with them, together for the good of the team.

We have good players and good teams at ECU and a very good staff team of coaches. I'm very proud of what you have all achieved. Without each other and hard work, there would be no ECU. Our teams at ECU consist of players, coaches, trainers and parents.

Our staff consists of coaches, trainers, team managers, board members and volunteers. Without each other there is no ECU. Be sure to give a big thank you to your parents, coach, trainers and team managers. They do what they do for the love of the game and of course because they love you.

Heading fast are the annual ECU player tryouts. I wish every player the very best luck during tryouts. Playing for ECU or any team should mean something to every player. Wearing the uniform should be the only motivation a player should need to perform as best they can. Look for details on the website for tryout information. Due to the success of ECU I expect a great turn out in June.

I spoke earlier about my personal soccer journey and how fortunate I have been to have enjoyed a lifetime in soccer. I have been blessed to have spent a long time sharing my passion with great soccer friends, mentors and families. Out of all of my accomplishments I see my greatest one as being a part of building ECU into a well respected, competitive club and sharing this with the ECU families I have come to regard as my own. I have spent more time with you all than my family back in England.

I would to thank all the members of Emerald Coast United for their dedication, support and commitment to building our wonderful club. I would also like to say thank you for sharing my passion and for giving me more great memories.

See you on the fields  
Coach Phil

The **2010 FIFA World Cup** will be the 19th FIFA World Cup, the premier international football tournament. It is scheduled to take place between 11 June and 11 July 2010 in South Africa.



## Looking for something to do this summer to keep up your soccer skills??

### ECU FAST SOCCER SUMMER PROGRAM

The ECU F.A.S.T Soccer summer program will be offered over the summer twice weekly.

#### **Program description:**

#### **F.A.S.T Soccer stands for Fitness And Skills Training**

Players will be divided into skill level appropriate groups, focusing on developing skill and speed. Training will include Technical, Tactical and Fitness Development. Small sided-games, SAQ, ball touches and functional positional play will all be developed through Player Performance Evaluation Program.

Each session will be fast paced, high intensity activities designed specially for the ambitious, serious, competitive player who is prepared to work hard and focus on reaching the highest level of player performance. Enrollment is open to all ECU and local players.

**Location:** Twin Oaks soccer complex, Niceville

**Ages:** Boys and girls 8-16

#### **Cost:**

\$5 per session for ECU registered players  
\$10 per session non ECU

More information will be available shortly on website regarding days and times that FAST will be held. Check [www.emeraldcoastunited.org](http://www.emeraldcoastunited.org)

### **Emerald Coast Cup a Success**

Thanks to all your hard work, the 2010 Emerald Coast Cup was another huge success. Everyone from the tournament committee members who put in hundreds of hours, to the parents who just showed up to do their Field Marshal duty, were required to make this event happen. Here are some stats:

- 144 teams
- 17 ECU teams
- 28 divisions
- 20 fields at 4 different sites
- 90 referees
- 237 games played

Congratulations to all of our teams on their wins. We had many ECU teams reach semi-final games in very tough brackets and the following teams made it to the finals:

- U9B Green - Finalists
- U11B - Finalists
- U14B - Champions
- U15G - Champions
- U16B - Champions
- U18G - Champions

## ECU SUCCESS STORIES

The U-16 Boys qualified for State Cup and played their first round matches just north of Miami, FL. They played three matches and their performances were outstanding in all three. This year's results were dramatically better in comparison to their first round exit last year, tying one and then winning their final two matches. The U-16's tied their first match 0-0 against a team from Tampa, who was a semi-finalist in last year's State Cup. They went on to face two other elite teams from Boca Raton and Miami, winning 6-0 and 2-0 respectfully. The ECU Boys did not give up a goal in their first three games of State Cup, a statistic that is more than impressive. Their results placed them as the top team in their four team group, rewarding them with a second round bye. This guarantees the U-16 Boys will represent ECU in the final 16 teams in State Cup, which is a historical moment for the club as ECU has sent its first ever team through to the Sweet 16 at State Cup.

Greg DeVito has this to say about his team, "The boys performed tremendously well in the first round of State Cup. I am very pleased to have advanced beyond the first and second rounds by finishing as the top team in our group and am even more pleased about our performance. Our defending was tight, we held the majority of the possession in each match, and we also capitalized effectively in the attack. The boys were focused and were very sharp over the weekend, as were their training sessions and matches in preparation for State Cup. We will look to continue our preparation for the next stage of State Cup, hoping to once again perform well and advance into the final round."

### Florida 5A All State Teams

Two of our very own ECU U17 Girls were selected for the All-State High School team:

Molly Everitt 5A 1st Team and Julianne Gaubron 5A 2nd Team

This honor is determined by participating High School coaches only.

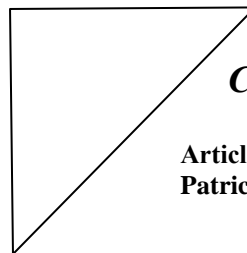
### Daily News Players of the Year from ECU

The Northwest Florida Daily News has named the 2009-2010 All-Area Soccer Teams. Both the boys and girls Players of the Year are ECU players! The Boys Player of the Year is Ricky Hoegg (repeat winner from 2008-2009) and the Girls Player of the Year is Kaitlyn Kutemeyer.

**Congratulations to all the ECU teams. ECU had a very successful 2009-2010 season and we have great expectations for the same in 2010-2011.**

**Managers,**

**Please submit your success stories to have added to the ECU newsletter. Submit to [tko1608@aol.com](mailto:tko1608@aol.com).**



## COACH'S CORNER

Article contributed by Patrick O'Neil.  
Patrick is the U12 boys coach.

**Research shows that 7 in 10 soccer players will quit playing youth soccer before they reach the age of 13. There is a growing danger in US soccer today.**

**All too often I see young athletes being taught to focus on short-term winning results rather than on the skill development that sets the foundation for long-term involvement and success in select soccer. This misguided focus on results - results due in part to factors ultimately out of a young soccer players control - sets our players up for failure, decreases their interest and passion, and drives them away from select soccer, robbing them of the benefits of athletic participation.**

**The toxic environment that an adult-driven, win-at-all-costs mentality brings to a select soccer doesn't help matters for our players. The fear of making mistakes due to adult pressures to perform impedes individual freedom and creativity, hinders true development and makes the game no longer fun for the players.**

**We need to change this culture for our younger players.**

**Our goals as coaches should be to redefine what it means to be successful in youth select soccer; and empower young players by allowing them to have full control over this redefined success; and assist them by providing tools and ideas designed to maximize player development potential, interest, and enjoyment.**

**In the end, it's all about the smiles and development at the younger ages. The time will come when all players reach the age of U-14 and the focus will change to match the competitiveness of the game. Players will be pushed to play at high skill levels, and results will matter. Unfortunately if we never give them a chance to make the "game" their own and enjoy it, they will never reach that level.**

Patrick O'Neil

U-12 Boys Coach

# Nutrition For Soccer - Eating & Drinking For Peak Performance

In soccer, or any sport for that matter, proper nutrition is always undervalued.

Players and coaches alike assume that diet only becomes a factor at the highest level of the game -- that extra edge where the tiniest advantage can mean the difference between winning and losing.

## Not so!

Nutrition makes a **significant** difference -- at all levels and ages!

Eating and drinking incorrectly before a game for example, can cause a sudden rise in insulin, followed by a sharp drop in blood sugar. The result is lethargy and jelly-like legs. Another example...

Eat too close to kick off and it can leave you feeling sick and nauseous. Why? When food is in your stomach, it becomes your body's highest priority...

Blood is directed to the digestive system in order to process the meal quickly before the food has chance to spoil and ferment. When you exercise heavily, blood is shunted away from major organs (and the digestive system) in order to supply working muscles with their increased demand for oxygen. A feeling nausea is the body's way of limiting exercise so that blood can be directed once again to the digestive system. Ignore it, or push too hard and the only option left is to physically expel the food from your system!

Ideally then, you should eat a suitable meal 3 hours before kick off. More than 3 hours and you could go into the game feeling famished and weak from low blood sugar. Any sooner and you run the risk of feeling sick.

Following a game is a different story however. You want to eat as soon as possible to replenish carbohydrate stores. Having snacks to hand is a useful strategy rather than waiting until you get home for a big meal. You have a "window" -- a period of time after exercise when it's best to replenish your energy stores. Beyond this window it becomes much more difficult to replace carbohydrate stores and can take up to 2-3 days. No good if you are playing or training a day or two later.

## CALENDAR OF EVENTS

Tryouts for 2010-2011 season  
June 1 – 4, 2010  
Location: Twin Oaks Fields

Registration  
June 8 – 9, 2010  
Location TBD

Board Meeting  
June 24, 2010

### Contradictions in Player Development

Mike Strickler, FYSA Director of Coaching, wrote an excellent article in the latest edition of the FYSA Touchline newspaper entitled "Contradictions in Player Development." He made five very good points, such as this one:

"Games versus Training: The current trend of teams is to play more and more games with some players playing in excess of 100 games per year. We need to change that trend towards the training sessions the player is participating in. At the US Youth Workshop there was an interesting study that shows a player has contact with the ball on average 2+ minutes per game but in a quality training session they have contact with a ball 21+ minutes. So it takes ten games to equal one training session in terms of contact with the ball. The emphasis should be focused more in terms of training versus games. We are coming up to the time when you will be deciding on your team activities for the upcoming season and the quality of training is the most important factor to look at."

To read the entire article, please visit [www.fysa.com](http://www.fysa.com)

**Emerald Coast United would like to**

**thank our corporate sponsors:**

