

SPRING 2011



# AFUSA



## AFUSA BOYS DOC

DIRECTOR OF BOYS  
COACHES

### Raul Diaz Arce

**AFUSA** hires Raul Diaz Arce who comes to us from the Chicago Magic Club as Academy Technical Director and has experience as the USSF Development Academy Technical Adviser. He also worked as an assistant coach and scout with the United States U-17 Men's National Team.

#### Playing Career:

El Salvador National Team (1987-2003):

55 Appearances, 39 Goals, Second All-time Leading Scorer

**Professional Club Career:** 241 Appearances, 113 Goals

Including six years in Major League Soccer

Good strikers need an edge of coolness, a dash of daring, and a hunger for the ball. In the first three seasons of MLS, Raul Diaz Arce typified these qualities. Only Roy Lassiter scored more goals in that stretch than Diaz Arce. He had 23, 15, and 18 to kick off MLS on his way to 82 in a six-year career. Raul won two MLS Cup Championships with DC United. Diaz Arce seemed to score wherever he went, he had a striker's pedigree.

Check out some of Raul's goals  
[http://youtu.be/g9mvTY\\_9rxs](http://youtu.be/g9mvTY_9rxs)



## NATIONAL TEAM CAMP

**Delaney Fechalos & Maddie Burdick at National ID Camp/ Boys GA ODP travel to Winston-Salem, NC**

Both Delaney and Maddie Burdick represented Region III ODP in Costa Rica at the international tournament. They were selected into the National Team player pool to fight for a spot representing the US National Team.

*"National team camp was awesome; I would do it a million times over. It was the most fun I have ever had playing soccer. All the time and energy I put into the game was worth that one week. Sometimes it may seem like you give up a lot of time just being a kid, but it all pays off. Throughout the experience I have made some of the best friends. It's a great feeling to know that other kids share the same passion and have dedicated themselves just like you. I will continue to work hard in hope of having many more experiences like this."*

Sincerely, Delaney Fechalos

### **AFU Alumni get picked in MLS Draft**

Blake Brettschneider - DC United - '11

Sam Arthur - Chicago Fire - '11

Jimmy Maurer - NY Red Bulls - '11

Sean Johnson - Chicago Fire '10 - USMNT



# ATLANTA FIRE UNITED

SEAN JOHNSON  
AFU 2007 GRAB + UCF GK, U20'S  
SIGNED WITH CHICAGO FIRE  
US MEN'S SENIOR NATIONAL TEAM



TEAMS USSF DEVELOPMENT ACADEMY (BOYS) ELITE CLUBS NATIONAL LEAGUE (GIRLS) SUPER Y ALUMNI

## Letter From the President

### Boys DOC

We have been working on the organizational structure of the club for several months now and at the top of the list was finding a boys Director of Coaches that could help us build our boys select program into a national power. One that could help us develop and retain talented players and lead them into battle.

There were many qualified candidates that applied but in the end we are very excited to announce Raul Diaz Arce as our new Boys Director of Coaches. He brings international playing experience, United States Soccer Federation (USSF) development philosophy and coaching experience. Please help us welcome Raul to AFUSA and the Atlanta Area.

### Club Day at the Silverbacks Stadium

Atlanta Silverbacks have partnered with us to create an exciting environment for soccer fans in the city of Atlanta. They are offering free tickets to all our coaches and referees three days before home games. They have provided us with a ticket sales link to make it easy for members to buy tickets and they will rebate a portion back to the club for our financial aid fund. We are planning an AFUSA CLUB NIGHT at Silverbacks Stadium on May 21st. Tickets are discounted to \$12 when purchased at the fields. Look for tickets near the merchandise trailers. I would love to fill that place up and have an exciting atmosphere for all.

### Camps and Clinics

We promised new camps, clinics and programs and we have succeeded. We are adding PRE-TRYOUT mini camps to get to know players who are interested in tryouts. Our RECREATION Camp is on our schedule for June 6-10 and we want to make this the place to go for summer camps. We would like to expand the 4v4 tournaments to include players from our recreation, academy and select programs who would like to test their skills against other youth academy and select players. Any opportunity to play in these environments will make you a better player.

### Website Facelift

The AFUSA new and improved website is currently under construction and will be launched in the very near future.

*Bill Moe - President AFUSA*

Our new Community Partnership program has landed us a few new CLUB sponsors, meaning you will see their banners, and logos, and even some coupons around the club and on our web site. Please Support our new partners.

**Country Inn & Suites - 678-405-2900**

[www.countryinns.com/afusa](http://www.countryinns.com/afusa)

**Pepperoni's Pizza - Duluth Station**

**770-232-0224 [www.pepperonisduluth.com](http://www.pepperonisduluth.com)**

**Hampton Inn/Sugarloaf - 770-570-3099**

[www.atlantasugarloaf.hamptoninn.com](http://www.atlantasugarloaf.hamptoninn.com)

**Steверino's - Duluth Town Green**

**770-622-2110 [steверinosduluth.com](http://steверinosduluth.com)**

**Smoothie King - Duluth & Johns Creek**

**770-622-2110 & (770) 814-2552**

[www.smoothieking.com/stores/store.php/702](http://www.smoothieking.com/stores/store.php/702)

**Advocare - Available at Merchandise Trailer**

[www.GetTheAdvocareEdge.com](http://www.GetTheAdvocareEdge.com)

**Atlanta Marriott - Norcross**

**(770) 263-8558 for AFU Group Rate**

#### May

7-8 Atlanta Fire United SA Atlanta Classic Tournament

14-15 GSSA u12 Academy Cup

14 -15 Rec State Cup District Round Robin

21 AFUSA CLUB DAY at Atlanta Silverbacks

23 AFUSA Youth Academy Informational Meeting - SHP

24-25 AFUSA SELECT/ACADEMY MINI CAMP (U9-U13)

28-30 u13 - u17 State Cup Round Robin Matches - Columbus

30-31 u18 & u19 State Cup Round Robin Matches

31-4 u9 -u12 Academy & u13 Select TRYOUTS

#### June

3-5 AFUSA SELECT MINI CAMP (U14+)

6-10 AFUSA Recreation Soccer Camp

7 u14-u19 Select Tryouts Begin

14 u9-u12 Academy & u13 Select Signing Day

21 u14-u19 Select Signing Day

#### July

16/23 Fall 2011 Season Rec REGISTRATION - Bunten Road Community Building - 10:00 AM to 3:00 PM



ATLANTA FIRE UNITED

SEAN JOHNSON  
AFU 2007 GRAB + USF GK, USY'S  
SIGNED WITH CHICAGO FIRE  
US MEN'S SENIOR NATIONAL TEAM



TERMS USSF DEVELOPMENT ACADEMY (BOYS) ELITE CLUBS NATIONAL LEAGUE (GIRLS) SUPER Y ALUMINI

## Raul Diaz Arce, Boys Director of Coaching

To All AFUSA Coaches, Members and Community Partners

**Atlanta Fire United SA Announces Official Hiring of Raul Diaz Arce as Boys Director of Coaching**  
May 5<sup>th</sup>, 2011

Duluth, GA - Atlanta Fire United Soccer Association is excited to announce the hiring of Raul Diaz Arce as the Boys Director of Coaching. Raul was most recently the Academy Technical Director for the Chicago Magic Soccer Club and also was a USSF Development Academy Technical Advisor dating back from 2007. From 2004 to 2007, Raul served as the United State Boys U-17 National Team Assistant Coach and Scout under John Ellinger and John Hackworth.

"Our Boys Program has been stagnant over the past few years and we needed a big name who was current in the industry to move it forward once again", said Mark MacKain, AFU's Director of Operations. "Raul brings a nice blend of playing and coaching experience that is attractive to players. They see his accomplishments and want to learn from him, he relates to the players very well."

Known as being one of the best attacking players the United State has ever seen professionally, Raul began his career in his native country of El Salvador in 1988 with Dragon in the Salvadoran second division, where he was the league's leading scorer in the 1991/92 season with 21 goals. He then moved up to play

for C.D. Luis Angel Firpo of the Salvadoran first division from 1991 to 1996. Here he would go onto win the league's top scorer three season in a row (1993-1996) with 24, 21 and 25, respectively.

In 1996, Raul signed with Major League Soccer, and was drafted tenth overall in the MLS Inaugural Player Draft by D.C. United. He quickly established himself as a dangerous striker in the league, scoring 23 goals in his first season with United, second in the league behind Roy Lassiter, and still the fifth best single-season mark in MLS history. Raul was also the first player in MLS history to score a hat-trick in postseason play. He scored 3 against the Tampa Bay Mutiny on October 10, 1996. DC United won 4-1 and would go on to become the first MLS Champions. Raul continued to light things up in his second season, registering 15 goals, and helping D.C. United to win their second consecutive MLS Cup.

Salary cap pressures resulted in D.C. trading one of the league's most prolific scorers to the New England Revolution in the offseason of 1997. Raul continued to excel in New England, scoring 18 goals and 8 assists for his new team. Raul would eventually play for the Tampa Bay Mutiny and San Jose Clash, as well as being briefly owned by the MetroStars, registering 13 goals and 7 assists in the 1999 season. Raul would continue to be shuttled around in 2000, playing for Tampa Bay and D.C. again in

2000. Raul left MLS second in career goals scored with 82, behind only Roy Lassiter.

Raul made his debut for El Salvador in an April 1991 UNCAF Nations Cup qualification match against Nicaragua in which he immediately scored 2 goals and has earned a total of 68 caps, scoring a record 39 goals. He has represented his country in 28 FIFA World Cup qualification matches and played at several UNCAF Nations Cups as well as at the 1996 and 1998 CONCACAF Gold Cups. His final international was a September 2000 FIFA World Cup qualifications match against Honduras.

"Raul brings a wealth of experience to the field", says Bill Moe, president of AFUSA. "His knowledge of how to develop players the right way is direct from the federation. His passion for excellence will help our boys program get on the fast track. We look forward to helping players get to the next level. Stay tuned as we create teams that play exciting soccer that is fun to watch."

As seen from his expansive professional and international playing and coaching experience, Atlanta Fire United SA is looking forward to Raul becoming the face of the boys program as they continue to further develop the clubs coaching and directorial staff. Raul's position as Boys Director of Coaching is active as of May 1<sup>st</sup>, 2011 and all contact info will be listed on the club's website [www.atlantaunitedsoccer.com](http://www.atlantaunitedsoccer.com).

# ATLANTA FIRE UNITED SOCCER CAMPS

## CAMP DATES

Summer Camps are a great way to prepare for tryouts, improve your skills, learn from top coaches, have some fun playing the game you love.

### Preseason Tryout Camp

- Tues. May 24th, Wed. May 25th
- U-9 to U-13 Boys and Girls
- 6:00pm to 8:00pm
- SHP Field #4 / Cost: \$50

### Preseason Tryout Camp

- Sat. June 4<sup>th</sup>, Sun. June 5<sup>th</sup>
- U-14 and above Boys and Girls
- 1:00pm to 3:00pm
- SHP Field #4 / Cost: \$50

### Recreational Camp

- June 6 to 10 / GPP
- U-6 to 14
- 9:00 to 12:00 / Cost: \$115
- 9:00 to 3:00 / Cost: \$165

### Striker Camp

- July 25th to 27th
- Who: Boys-Girls U-14 and above
- 9:00am to 12:00pm Cost: \$120

### Team Camp

- August 1<sup>st</sup> to August 5<sup>th</sup>
- Boys and Girls U-9 to U-13
- 9:00am to 12:00pm or 5:30 to 8:30
- GPP Cost \$150
- August 1<sup>st</sup> to August 5<sup>th</sup>
- Boys and Girls U-14 and up
- 9:00am to 12:00pm or 5:30 to 8:30
- SHP Cost \$150

## ACADEMY TRY-OUTS GIRLS TRY-OUTS

- Tues. May 31st & Thur. June 2nd
- Girls Under 9, 10 & 13, 5:30 to 7:00 pm
- Girls Under 11 & 12, 7:00 to 8:30 pm

## BOYS TRY-OUTS

- Wed., June 1st & Fri. June 3rd
- Boys Under 9, 10 & 11, 5:30 to 7:00 pm
- Boys Under 12 & 13, 7:00 to 8:30 pm

## ELITE CLUBS NATIONAL LEAGUE

### AFU U13 Girls Impressive in Inaugural ECNL Jr Games

Atlanta Fire United 98 Elite (u13 girls) won all 4 games of the inaugural Elite Clubs National League (ECNL) Junior Friendlies. The Fire girls swept Birmingham United, Carolina Elite, CASL, and Charlotte by a combined score of 19-2. Wins included a dominating 7-0 victory over perennial powerhouse CASL and a 5-0 win against

Charlotte, the finalist at this year's Disney Junior Showcase. AFU beat BUSA 4-1 and CESA 3-1 in December. Momentum has been building for the Fire after a successful fall season in which AFU finished with a record of 21 wins, 2 losses, and 6 ties.

They picked up a Georgia State League Championship and the Nike Cup Tournament Championship to compliment their ECNL results. AFU will try to defend their league title this spring while preparing for the Georgia State cup Championship Tournament in June. Won the Concorde-Fire Challenge Cup and were Finalists at the Jefferson Cup.

## WHAT IS ODP

The Olympic Development Program (ODP) was created by [US Soccer](#) around 25 years ago for two purposes:

- To identify national team players early, at the youth level.
- To provide development opportunities for these potential national team players.



In most ages, the tryout process in Georgia starts with Preliminary Tryouts in September, followed immediately by the State Tryouts in September or October. Some of the older age groups do not have Preliminary Tryouts due to the smaller number of players involved. In those instances, all the players go directly to the State Tryouts. The Preliminary Tryouts are open for all age-eligible players. Those who do well in the Preliminary Tryouts are invited to the State Tryouts and are joined there by the players who were in the State Pools in the previous year. Typically, between 50 to 80 players are involved in a State Tryout, depending on the age group. At the State Tryouts, a State Pool of 30-40 players is selected (the younger ages tend to have bigger pools than the older ages).

### **Current AFUSA ODP players, many go to Region III Camp**

#### **'94 Girls ODP:**

Lauren Harriman  
Kristen Rivers

#### **'95 Girls ODP:**

Taylor Burns  
Grace Demaska  
Mary Fitzpatrick  
Julia Raymond

#### **'96 Girls ODP:**

Maddie Burdick  
Delaney Fechalos  
Caroline Gualdoni  
Bria Mosley  
Peyton Sedgwick  
Jordan Salvador

#### **'97 Boys ODP:**

John Arndt  
Tyler Chiu  
Tirrel Josephs  
Billy Johnson  
Chris Mikus  
Justin Peachey

#### **'97 Girls ODP:**

Clara Gastaldi  
Stephanie Lee  
Dani Marcano  
Kendall Parks  
Ambria Shutts  
Julia Smith

#### **'98 Boys ODP:**

Sweezan Kizito  
Diego Manrique  
Hernando Manrique  
Walker Moe  
Sam Morton

#### Noah Thomas

Jun Zaragoza

#### **'98 Girls ODP:**

Nicole Aussin  
Kameron Downs  
Kinsey Dziwura  
Isabelle Grest  
Kendall Towe  
Haley Salvador

#### **'99 Boys ODP:**

Andre Benoit  
Luke Biasi

#### **'99 Girls ODP:**

Kate Batchler  
Morgan Dewey  
Grace Green  
Dani Moore  
Sofia Rubio

ATLANTA FIRE UNITED **SOCCER** ASSOCIATION



AFUSA Fall 2011 **SOCCER** REGISTRATION  
RECREATIONAL LEAGUE

**SUMMER CAMPS**  
REC-June 6-10, 2011  
George Pierce Park

**770.271.4525**  
field hotline

afusa@list.atlantaunitedsoccer.com

U14 and younger  
games are usually  
played at home  
(or in house)  
U16 and U19 play an  
inter-league schedule

gwinnettcounyparks & recreation APPROVED FOR DISTRIBUTION  
Date: 4/18/11 Initials: SWF BY [Signature] EXECUTIVE DIRECTOR

**REGISTRATION**

July 16 & 23

Fall 2011 Season

Rec Registration

Bunten Road

Community Building

10:00 AM to 3:00 PM

Online Registration available

**YOUTH ACADEMY MEETING**

Recreational players and parents are invited to attend the Youth Academy Informational Meeting at Scott Hudgens Park. Get information about tryouts, meet the coaches, training curriculum, player commitment, financial obligation, etc. There is a pre-tryout Mini Camp available on Tuesday May 24th & Wednesday May 25th. See page 3 for more details.

**Monday, May 23rd, 5:30pm-7:00pm, SHP #4**

**FALL 2010 HUDGENS CUP CHAMPIONS!**

U10 Boys - Red Division:

Champion - Fusion, coached by Matt Robinson

U10 Boys - Black Division:

Champion - Arsenal, coached by Tom Vooris

U10 Girls - Red Division

Champion - Avalanche, coached by Steve Hartshorne

U10 Girls - Black Division

Champion - Classics, coached by Keith Spaulding

U12 Boys

Champion - Enforcers, coached by Mike Moss

U12 Girls

Champion - Hotshots, coached by Grant Lloyd

U14 Boys

Champion - Dragons, coached by Min Lee

U14 Girls

Champion - Classics, coached by Bruce Bagnasco

The Hudgens Cup was the culmination of a very successful soccer season. The weather cooperated beautifully throughout and helped to make everything run very smoothly. There was plenty of good play in all age groups.

Check [www.atlantaunitedsoccer.com](http://www.atlantaunitedsoccer.com) LATEST NEWS section for details regarding our online Registration dates.

**Rec Allstars May 22**

For end of season parties...



**New Atlanta Fire merchandise is here**



	LADIES T'S	HOODIES	T-SHIRTS	SWEAT SHIRTS
Our merchandise trailers are open at George Pierce and Scott Hudgens Park on game days. Try the Advocare line of hydration drinks.	long slim cut Comes in Red, Black, White, Deep Heather, Raspberry, Ocean Blue and Soft Pink.	Ultra Cotton Red and Black with AFU logo printed full chest. Adult & Youth sizes available.	Nike & AFU T's We offer a wide variety of T-shirts including our AFU shield printed full chest.	Ultra Cotton Black, Red and Sport Gray. Adult to Youth Small available while they last!

# PHOTO CONTEST



## We need your best shots

We need your best photos. In order to share with the community the joys of soccer at our club, and to avoid seeing nothing but my photos, we are asking for your best shots. E-mailed photos will not be accepted. Mail CD or DVD to our PO Box. All photos will be considered for promotional purposes.



**AFU '98 Elite**  
Boys Team Coached  
by Darren McKune

Classic I  
Champions &  
Georgia's  
#1 seed going  
into State Cup

## Atlanta Fire United joins Southeast Pre-Academy League, a US Club Soccer National Premier League

**Duluth, GA (April 7, 2011)** – Atlanta Fire United is pleased to announce its participation in the newly-formed **Southeast Pre-Academy League**, one of US Club Soccer's **National Premier Leagues (NPL)** for boys. The Southeast Pre-Academy League includes the U-14 boys age group beginning in fall 2011.

The National Premier Leagues are leagues throughout the country with the highest level of competition in a given area, offering a platform for long-term player development by providing consistent and meaningful games between the region's top players. The NPL also provides opportunities for players to be scouted by U.S. Soccer national staff. Winners of each league within the NPL will qualify for US Club Soccer's inaugural **National Premier Leagues Champions Cup** in July 2012.

Leagues within the NPL currently include the Midwest Developmental League, NorCal Premier League, Northeast Pre-Academy League, Northern Illinois Soccer League, Oregon Premier League and Texas Pre-Academy League. Several other National Premier Leagues across the country will be announced shortly.

Ten clubs from the U.S. Soccer Developmental Academy will be participating in the Southeast Pre-Academy League:

- Atlanta Fire United (GA)
- Birmingham United (AL)
- CASL (NC)
- Charlotte SA (NC)
- Concorde Fire (GA)
- North Meck (NC)
- Richmond Kickers (VA)
- Richmond Strikers (VA)
- South Carolina United (SC)
- Virginia Rush (VA)

The Southeast Pre-Academy League will kick off in September 2011, and participating teams will play up to 18 total regular-season games over the fall and spring season, depending on their division placement.

"We are very excited to be a member of the Southeast Pre-Academy League," said Mark MacKain, Atlanta Fire United's Director of Coaching. "This league provides an avenue for our top young boys to compete against the best players and clubs in the region every year. We expect the Southeast Pre-Academy League to be an important part of improving player development and opportunity for our players."



770-570-3099



770-263-8558



I love this Country.

678-405-2900

# GAME DAY - PARENT EDUCATION

## Today's lesson is on Hydration.

Hydration is just as important as food intake before and after exercise. Two hours before exercise, athletes should consume 16 ounces of water or a sports drink to help hydrate them ahead of time.

Thirty minutes before exercise, athletes should intake another eight ounces to prepare themselves for activity.

During activity, fluids should be available for athletes at all times. Because athletes are sweating out important fluids, they must replenish them by drinking eight ounces every 20 minutes. If players are engaging in short activity, of 30 seconds or less, they are at a high risk for dehydration because of the intensity of the work.

Long-term activity of 30 minutes or more requires periodic rehydration, such as the eight ounces every 20 minutes just suggested.

If an activity lasts more than 40 minutes, water is not sufficient to rehydrate the body. The nutrient loss through sweat requires a sports drink to replenish electrolytes.

Many athletes will prefer not to drink during activity or will feel ill directly after intense

exercise. All athletes must drink adequate liquids before, during, and after activity to avoid dehydration, which can lead to nausea, dizziness, and fatigue.

After activity, athletes should continue to intake fluids. At this point, fluids can be the normal amount the athlete would consume with a meal and through the rest of the day.

A total of 64 ounces of fluid is a minimum for athletes, though more is suggested. A good test of proper hydration is a urine test. Athletes should pass clear urine, not dark or with a restricted flow.

Encourage athletes to pay attention to their own needs, as all athletes will have slightly different needs. If an athlete feels uncomfortable, light-headed, or otherwise abnormal, they should come to you for counseling.

As fluid intake levels will change based on environmental effects, pay attention to the outside influences affecting fluid needs in athletes.

Stand Out,  
Ben Baker  
American Coaching Academy

## Georgia Soccer Parental Excellence Program

### Parents education meeting for the Youth Academy parents with Jacob Daniel

NGHS in April & Coming back this Summer!

The Georgia soccer Parent Education Seminar addresses the most common issues of sport parenting, helping parents understand their role better, understand how players develop, how to support their child as he/she goes through the ages and levels, how to attain excellence, and the do's and don'ts of sport parenting. The content is based on expert research and data and is presented in simple to understand and insightful concepts.

Parents play a vital role in youth soccer but are often the least informed stake holders. Most parents' primary goal is to help their child enjoy his/her soccer experience and help them reach their potential. In addition to that, many parents help manage their child's team and some even hold important positions at their youth club. Most board members and decision makers at youth clubs are parents.

Georgia Soccer recognizes the important contribution made by parents in youth soccer and appreciates the challenges facing parents in their quest for guidance on how to help their child reach his/her potential in life, how to be supportive, and how to help their club in its mission to develop players.



## PATHWAY - PLAYER DEVELOPMENT

1. Developing the Desire to play (U4-U9) Rec./Jr. Academy
2. Learning to Play (U9-U12) Recreational/ Youth Academy
3. Developing the Player (U13-19) Rec./ Select/Super Y
4. Preparing to Compete (U15-U18) R3PL/ECNL/USSDA
5. Preparing to Win (U18+) College/Pro/ International

## CLAUDIO REYNA

U.S. Soccer Youth Technical Director  
Player Development Summit 4/21/11

1. **Development over winning:**  
There are no short cuts - we need to create the culture of education and development over winning games
2. **Quality Training:**  
Make every session a quality session, keep them active and focused and push them to train harder
3. **Age Appropriate Activities:**  
Too much too soon leads to confusion and hurts development. You don't teach a second grader calculus.
4. **Fun & inspiration:**  
Inspiring your players will bring out the best in each player and help them grow and contribute on the field and off. Keep it fun and active so they want to continue training and playing,

US Soccer.com presents the new coaching curriculum for U6 and up.

# PLAYER DEVELOPMENT

## PRACTICE VS GAME WHICH IS BETTER FOR DEVELOPMENT?

In any sport, players develop skills via a combination of practices and competitions. This begs the questions: what should the practices-to-games ratio be; how often should we schedule games; and what is the total number of games and practices for optimum development. Given that many experts attribute player burnout to excessive number of games and unrelenting pressure to perform, answers to these questions will have a huge impact on the quality of experience and performance levels attained.

When it comes to youth soccer, the volume of practices and games is dictated, directly or indirectly, by the coaches and the parents. This is an area of considerable debate and misperceptions, where economic factors, status chasing, bragging rights, player recruitment and other factors are thrown into the equation and cloud the issue for well meaning but confused parents. It is hoped that this article will assist parents and coaches in making more informed decisions that will benefit player development.

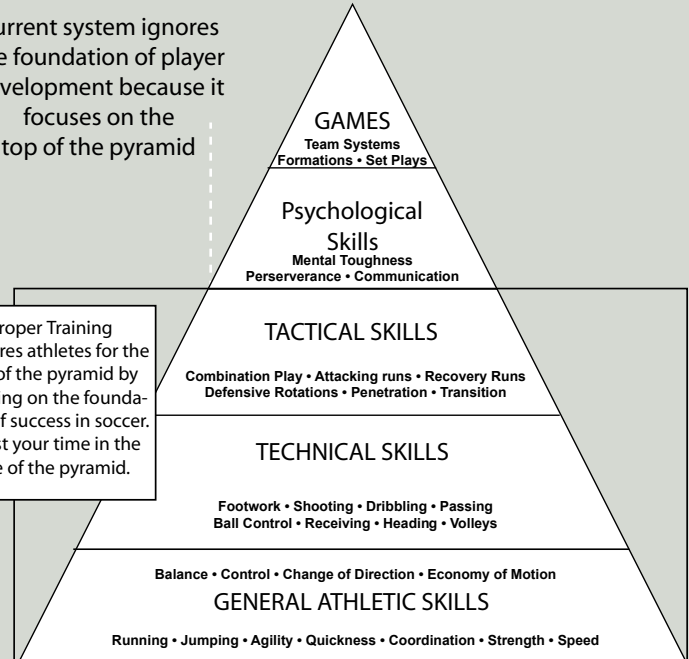
One very important measurement in player development is how much skill a player learns that is 'transferable' to the next team he/she will join. In other words, as players grow and move from team to team, from level to level, how much of what they learned in the past is useful in the future. For example, a choreographed movement rehearsed and learned to execute in a corner kick has no residual value once the player leaves the team and joins another. But the ability to strike a ball is a skill that will always prove useful, in any team and any level.

In soccer, coaches tend to divide the trainable components of the game into four categories: Technique, Tactics, Fitness, and Psychology. We start by outlining the effects practices and games have on each of these components, in order to arrive at some conclusions and recommendations and clear up the confusion.

## Player Development Pyramid

Current system ignores the foundation of player development because it focuses on the top of the pyramid

Proper Training prepares athletes for the top of the pyramid by focusing on the foundation of success in soccer. Invest your time in the base of the pyramid.



## TECHNIQUE

By player's technique, we mean the ability to control and master the ball and execute the complete repertoire of receiving, passing, dribbling, shielding, shooting, heading, etc.

### Benefits from Games:

The best way to improve technique is through constant repetition and high volume of contact with the ball. Games provide very limited technical benefits since players don't get many touches of the ball. When you have 22 players sharing one ball, each player only gets on average 20-40 ball touches per game. In fact, depending on position and amount of minutes played, some players only touch the ball 10-20 times per game.

### Benefits from Practices:

In a well structured practice that is geared towards technical development, players would typically touch the ball hundreds of times in one single practice. By keeping the player-to-ball ratio small (1:1 through 4:1) and using small-sided games, each player would easily accomplish 200-400 touches, and often even more, in a 90 minute practice session.

## Conclusion:

Without question, practices provide much better technical development than games. Players will learn technical skills mainly in practices and clinics.

Next time we will discuss the best way to develop TACTICS or player decisions on the field, with and without the ball.



Support Atlanta Fire United

Smoothie Day

May 7th, 2011

Stop by Smoothie King - Duluth Near SHP  
between 10:00 am & 6:00 pm

One mile south of Scott Hudgens Park  
Portion of proceeds benefit AFUSA  
4205-A Pleasant Hill Road Northwest  
Duluth, GA 30097



AFUSA would like to announce our  
**AFUSA Club Night, May 21st**  
End of season party!

**Youth Soccer On-Field Experiences**

**“Be a Part of the Game!”**



**High Five Line/Team Tunnel**

Create a “High Five Line/Team Tunnel” on the field through which the Silverbacks players enter the stadium as the night’s match starts!

**Pre-Game Matches by our best teams**

**Ball Boys/Girls (40 group tickets)**

Up to 16 players can be a ball boy/girl at a Silverbacks game. Must be 10 years old and up.



**Dream Team (40 group tickets)**

Up to 22 players walk out hand and hand with the Silverbacks’ players as the team takes the field for that night’s match!

**Halftime Mini-Games (40 group tickets)**

This experience allows a team to play in a mini scrimmage, put on during halftime of a Silverbacks game on the stadium field! Limited to three 4v4 games.

**Get your tickets for the AFUSA cheering section.**  
Tickets are discounted to \$12 each

**Sold at GPP & SHP Merchandise Trailer.**

Tickets for all other games can be purchased on our Ticket link on our web site. Tickets Start at \$13

**Who is the Silverbacks starting Goalkeeper?**  
- Hint: He is a former AFUSA player.



**Sponsorship Program**

We would like to invite you to become involved with our revamped sponsorship program. Help support our teams and our club by finding sponsors for AFUSA. These donations can help thousands of children and teens enjoy the thrills of playing soccer.

**BOARD OF DIRECTORS**

Scott Grest  
Robby Kerr  
Denny Jenkins  
Mark MacKain  
Austine Murphy  
Mirza Mustafic  
Hugh Kinsel  
Bill Moe - President  
Sal Chillemi - Vice President

**AFUSA NEWS**

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