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| **Rondo drills – a simple practice game with multiple benefits**  Coaches at all levels, including professionals, use “rondos” to develop their players. A “rondo” is a game where 1 group of players has the ball while in numerical superiority (from 3v1 to 10v2) over another group of players. The basic objective of the group with numerical superiority is to keep possession of the ball while the objective of the group with numerical inferiority is to win the ball back.  According to Johan Cruyff (some of you may have heard of him!) *“everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven’t got the ball, how to play 1 touch soccer, how to counteract the tight marking and how to win the ball back”.* These are skills that are players need to develop and be better soccer players.  Check out the article on [The Science of Rondo](https://saintiam.files.wordpress.com/2015/12/rondo_science.pdf) for more about rondos, e.g. the benefits of rondos, how to teach rondos, 15 different rondo exercises and progressions. Be flexible with your rondos based on your players’ ability – increase/ decrease the size of the grid or the number of touches; eliminate or add defenders. Some of our WYSA coaches use different forms of rondos – we all should introduce rondos to our basic drill inventory. |
| **Get to know your WYSA coaches**  This week, we will get to know some more about Lucas Larson, WYSA U12/14 Boys coach.   1. What are the 3 most important qualities that you coach into your teams? *Aggression; Physicality; Work Ethic* 2. Where are the worst fields your team has played and why? *Any field that soccer can be played on is a good field* 3. Your one piece of advice to players taking a PK? *Be calm* 4. Describe a memorable game or event that you participated in as a player or coach?*My senior year when Winona Senior High beat Cotter. It was nice to win against Peter Bagshaw!* 5. Your favorite post game food place to eat after an away game? *Chipotle always* 6. Grass or turf? *Grass* 7. What is your favorite Tournament? *The Rochester Tournament* 8. Your pet hate as a coach? *Bad work ethic* 9. What is your favorite team? *Sunderland AFC* 10. Your #1 piece of soccer advice to any player? *Work your hardest, be the best* |
| **Player injuries and player safety**  This is a follow up on the article last week on the General Injury Protocol from US Soccer. The 1st guideline stated that “Coaches should at the very minimum be certified in CPR and First Aid”. Next year, WYSA is planning to provide this certification for the coaches. As coaches, we often rely on anyone qualified at games to help us with injuries, however, this is generally not available during practices. Print out the 2 page First Aid document for some basic guidance on how to deal with injuries such as nose bleeds, bleeding, heat issues, closed wounds. Keep this document with your First Aid kit. Our player’s safety is one of our key responsibilities. |