

D.J.'s Blog 04/21.

I want to start of this week's blog and congratulate all the teams that went and won their final for their respective age group at the Puma Cup and CRSA Chill Out Tournament. I was fortunate to have 2 teams win finals on Sunday, as the U8 Navy Girls and the U9 Tango raised the cup. Please take a look at all the pictures from the weekend on the website.

Now that the weather is getting warmer outside I want to express the importance of encouraging your child on the continuation of touches on the soccer ball. It is my belief along with the staff that many of the players do not take the advantage of a warm day outside of their own designated 2 practice days, to practice with a soccer ball for even ten minutes. Players can even listen to their favorite music and get into a nice rhythm dribbling or juggling a soccer ball (even Coach D.J. does this).

I believe that this country is at times too structured in their activities and players are not encouraged to use different parts of the foot, multiple changes of direction through dribbling, juggling, and overall creativity. In multiple countries around the world you can walk in the streets and watch children playing on their own, trying their own moves, organizing their own teams and rules. I would love to see our players have interest to play soccer away from Campton.

The World Wide Web is full of outstanding and unique dribbling techniques for any child to explore. In the next couple of weeks I will be handing out to my teams a dribble move that I want the player to look up, watch, and perform on their own. They will be given 2 weeks to test and try this move before they perform in front of me and the team.

Both of the U11 Girls teams that I coach have been given homework of things that I would like to see improved. Foot to foot juggling, shuffles to moves, and overall dribbling moves with both feet will be tested on their second practice of the week. I am hoping that the players reach at least 10 juggles foot to foot and increase their overall speed to direct a ball from one foot to the other. Overall this will increase the girl's confidence and help encourage players to try their own unique moves. Please encourage your children to find 15 minutes to explore the soccer ball on the days they are not at a Campton practice.