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NOVEMBER, 2009

## Welcome to the Kansas Olympic Development Program (ODP) Newsletter.

Throughout the course of this year, this E-Newsletter will be sent out to all participating players in order to provide you with news and updates on the Kansas ODP program. If there are certain news or items of interest which you feel would benefit you or all participants of Kansas ODP, please feel free to e-mail suggestions and/or updates.

Thank you.

Mark Sheldon  
Director of Coaching  
Kansas Youth Soccer

## NOVEMBER TRYOUTS ARE HERE!

If you have not completed the ODP Survey - DO IT NOW - [CLICK HERE TO TAKE THE ODP SURVEY PRIOR TO NOVEMBER TRYOUTS.](#)

On Saturday, November 14, Kansas ODP will conduct our second and final TRYOUT in Emporia, KS at the TRYSA Soccer Complex (Map to TRYSA Soccer Complex).

Girls Tryout Schedule:

8:30-8:55AM Check-In

9:00-10:30 Tryout Session #1

1:15-2:45 Tryout Session #2

Boys Tryout Schedule:

10:15-10:40AM Check-In

10:45-12:15 Tryout Session #1

3:00-4:30PM Tryout Session #2

If you are interested in taking the next step towards becoming a better soccer player and wanting to tryout for the Kansas ODP teams, register at [http://www.kansasyouthsoccer.org/ODP\\_registration.php](http://www.kansasyouthsoccer.org/ODP_registration.php) (DEADLINE FOR REGISTRATION WILL BE WEDNESDAY, NOVEMBER 11).

If you are unable to register online, [PRINT OFF](#) a registration form for the 2009-2010 Olympic Development Program.

You will need to hand deliver at the CHECK-IN the completed registration form, registration fee, front/back copy of health insurance card and a small passport sized photo.

Questions - contact Mark Sheldon, Director of Coaching at 913-782-6434 ext. 502.

## WHAT'S NEXT IN KANSAS ODP?

After the November 14 tryout, coaches will select and name a State Pool of players in each age group. The players selected for the State Pool will pay for the next phase of trainings, games, and competitions. Based on these trainings, games, and competitions, the FINAL STATE TEAM will be selected and named to attend the Region II ODP Camps in July. The Boys camp will be in our backyard at the Overland Park Soccer Complex. The Girls camp will be at NIU in DeKalb, Illinois. The dates of these camps will be officially posted in December, so please check the calendar on our website.

The following is a tentative timeline of what's coming up next in Kansas ODP, so please clear your calendar of conflicts just in case you are selected for the Kansas ODP State Pool and the events scheduled. More details will be provided by your age group administrators regarding each specific event in the timeline.

- November 17 (By 12:00PM) - State Pools selected and posted on website
- November 23 (By 5:00PM) - State Pool players must send in checks for \$100 (State Pool) and \$38 (Tulsa Event)
- November 24 (By 5:00PM) - Tulsa Event Roster along with link to Hotel reservation posted on website
- December 1 - Hotel reservations link closed
- December 12 & 13 (Weekend) - Selected State Pool players attend ODP Friendly versus Oklahoma ODP
- December 14 (By 5:00PM) - Checks for Jan. Nebraska Event sent in (can also hand in at Tulsa event or before)
- December 16 (By 5:00PM) - Nebraska Event Roster posted on website
- January 2 or 3 - Selected State Pool players attend Nebraska Freeze ODP Tournament
- January 24 (Times TBA) - Girls State Pool Training
- January 31 (Times TBA) - Boys State Pool Training
- February 6 (Times TBA) - Boys Winter League Games (two games)
- February 7 (Times TBA) - Girls Winter League Games (two games)
- February 14 (Times TBA) - Boys State Pool Training
- February 21 (Times TBA) - Girls State Pool Training
- February 27 (Times TBA) - Girls Winter League Games (two games)
- February 28 (Times TBA) - Boys Winter League Games (two games)
- March 5 (By 5:00PM) - FINAL STATE TEAMS & ALTERNATES SELECTED AND POSTED ON WEBSITE

For dates, times, sites, etc. about ODP events, please use the Calendar link off the website - <http://www.kansasyouthsoccer.org/>.

From the Main Menu, scroll down to "Calendar" and select either ODP Boys or ODP Girls. A monthly calendar will show up. In the right corner, you can click on "Agenda" and it will display events in a list view of the upcoming events for ODP.

Your age group has an administrator who will send out periodic e-mails to the age group to provide specific details, especially about ODP events like tournaments, games, trainings, and camps. Please make sure your e-mail is correct. To view the Administrative Staff, please visit our website at -

[http://www.kansasyouthsoccer.org/ODP\\_Administrators.php](http://www.kansasyouthsoccer.org/ODP_Administrators.php)

If you need questions answered, please call the State Director of Coaching (Mark Sheldon) at

## TIP OF THE MONTH

### BACKYARD GAMES

(from Mike Singleton, MA DOC)

The offseason is near, so here are ways players can work on their skills on their own. ...

#### 1. Juggling

- a) Juggle the ball with all parts of your body (left and right sides). Try not to have more than five consecutive juggles with the same body part (i.e., feet, head, etc.).
- b) Juggle with a friend or friends in a similar fashion to the basketball game "HORSE" -- the player who drops the ball gets a letter.
- c) Play one-touch or two-touch juggling with your friends, earning letters for drops.

#### 2. One-vs-One

- a) Only use one foot -- the ball cannot touch your other foot.
- b) Have a goal (or a cone) which you can score upon from all sides.
- c) Same as b, but have the same goal for both players.
- d) Have two goals for each player, one on an end line and one on a sideline.
- e) Have three goals for each player, one on an end line and one on each sideline.

#### 3. Wall Soccer

Just kick a ball against a wall using both your left foot and right foot. Place hard shots against the wall (with accuracy and force). Try doing this three-touch, then two-touch, then one-touch. This game helps with trapping/receiving, positioning, striking of a ball with both feet, foot speed, being on toes, and concentration.

It also will improve your passing/shooting accuracy because of the high number of touches you will have on the ball and the high number of balls you play against the wall.

Vary your shots - high, low, left, right, inside foot, outside foot, instep, etc., and make yourself work at a high pace to get your body behind the ball before it rolls past you. Get closer to the wall to improve foot quickness and move further away to increase lateral quickness.

#### 4. Own the Ball!

Just you competing for possession of one ball (through shielding) with one other person. If you lose possession, do whatever you have to do get the ball back as quickly as possible. Correct shielding technique -- body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going.

## US SOCCER & EA Sports offer Interactive Training Online

Click on the link to the US Soccer website to view the EA SPORTS Interactive Training for soccer presented in association with U.S. Soccer.

<http://interactivetraining.easports.com/soccer/home.action>

Whether you've been playing soccer for many years or you're new to the game, players of all ages and abilities need to practice. EA SPORTS and U.S. Soccer have partnered to develop this resource which provides technical instruction and basic drills for soccer player's age 8 to 12 years old.

This website is a guide to helping players improve their technique and ability in the sport of soccer.

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