

## A Quick Snapshot of JVK's Thoughts and Soccer Philosophy

**Do your best at all times!** *You perform the way you practice.*

### **Soccer is a player's game**

- No time outs to insert a coaches specially designed play.
- The game itself is a great teacher.
- Soccer leads to a quality life style.

### **Soccer can provide an experience that most sports cannot give.**

- Travel anywhere on the planet and there is soccer.
- Meet people from many cultures.
- It forces you to think on your feet without someone telling you what to do.

### **My style as a coach**

I'm a pretty calm person for the most part.

You will not hear me constantly standing and yelling instruction in games. I hope to have given enough guidance or have sorted out scenarios with our team all of us to be on the same page and think alike to handle any situation. Maybe reminders or a word for little movements of players to a new position, a quick word to alert a player to a movement that is perhaps un-noticed might be an exception.

Encouragement is important to me. All of us should give encouragement it and all of us should also receive it.

Recognizing quality moments is very important. It's crucial to make more of the great moments happen.

If something is brought up time after time where a particular thing needs to be addressed, then you may have an intense moment. But most times, there is no use in yelling about a mistake that a player obviously knows was made, especially during a game when a new task is in the making. If you're not making a mistake from time to time, you are not trying.

All players wish to have certain moments back so we won't dwell on them or shout about them, but figure out how to make those similar situations better.

### **I will take a dedicated player over a great player who isn't dedicated.**

This is our team playing our game. A great player does us no good if they aren't there. A great player can not improve the team without the team having the player challenging us.

**“A true sign of a great player is the ability to bring out greatness in others”**

**Your priorities are #1 Your Family (*includes religion*), #2 School, #3 THE TEAM**

## It's time to prepare and compete!

### ⚽ Stay involved with this great game

#### ○ Different opportunities to further you soccer passion

- The summer activities such as camps, foot skills training, and just playing soccer.
- World Cup this year is available for all to see. Watch the best and emulate them
- Read a story written by a former soccer player. Reading is good for the mind, it broadens your vocabulary. It's sometimes the only personal time you get.

### ⚽ Take care of yourself!

#### Physical health

- **Eating habit** – Consume food that will give you the right fuel to fight illness, fatigue and keep you strong. (Please see the info that was posted on our school website on nutrition.
- **Carbohydrates** - Load up on carbs “TWO DAYS” before your competition days.
- **Stay away from:** soda, salt and sugars. It will only slow you down, leave you crashing physically and mentally and many times cause dehydration quicker than if you were consuming healthy options.
- **Fluids** - Drink plenty of fluid all day. Water is a necessity! Again without it, you may become dehydrated. Dehydration can cause everything from muscle cramping to migraine headaches. Neither one of these problems will help you perform.
- **Sleeping habits** - You must get sleep. It allows you to recharge. It helps the mind function and trigger decisions quicker and more clearly. Sleep is a time where the body rejuvenates from head to toe.
- **Down Time** - Give yourself some down time alone. You can read. You can draw. Just sit and think. 20 minutes is enough.
- **Stretch** – Stretching helps relieve tightness, improves flexibility, helps recovery time in muscle as well as helps prevent injuries. A little before bed, in the morning &/or tv time.
- **Sun Screen** – Yes, this is also important. The sun may help give us energy, but it can also drain our energy. A sun burn will cause your body to put energy toward repairing cells that were damaged from the sun. Your skin is your protective shell and it's so important, your body may repair it before reenergizing everything else after a long day or workout. Sun burns also don't feel good.

#### Mental health

- **Sleep** again will clear some cobwebs. Mental fatigue will hurt you in more than just soccer. As you know, when you are tired, your decisions and reaction time is less sharp. Driving while tired is dangerous for a reason. Studying when tired is many times a waste of time. Sleep also influences your mood. Want to feel good? Get some solid sleep!

### ⚽ **Practice** – Be there or you will not play. Wear white or ash shirts, black or blue shorts.

### ⚽ **Game Days** - All players are expected to attend the first half of games their team is not playing in as a spectator and support their peers.

- Varsity will watch JV and JV will watch varsity
- This includes all JV2 home games when there is no conflict in the soccer schedule.
- JV2 should follow the rules for varsity matches if there is no conflict in soccer schedule.
- JV players will schedule who is a ball boy for home games so make sure you sign up early to get the game you want if there's a day you can not help.

*Greatness is not in where we stand, but in what direction we are moving.*

*We must sail sometimes with the wind and sometimes against it.*

*But sail we must and not drift, nor lie at anchor.*

*~OLIVER WENDELL HOLMES*