

Alton High School Soccer

“Everything you ardently desire, enthusiastically act upon and mentally envision will eventually come to pass”

“Excellence not perfection”

Terminology

Diving In- When a defensive player lunges incorrectly at the offensive player in possession of the ball. The defensive player is now off balance and easily beaten by an offensive player.

Pressure- Defensive player closing down the offensive player in possession of the ball. Pressure is applied to force the opponent to the side line or towards defensive cover.

Cover- Defensive player is in a position to assist teammate applying pressure.

Support- When defensive players position themselves to aid their teammates in containing the opposing players.

Jockeying- Defensive player delays the offensive player correctly by not diving in and waiting for support.

Thirds Of The Field- The field is divided into 3 thirds- Defensive, Middle and Offensive

Strong Side Of The Field- The side of the field where the ball is located.

Weak Side Of The Field- The side of the field opposite where the ball is located.

Numbers Up- Having more players present than the opposing team at any location on the field. This will help create offensive chances in the offensive third of the field and create support and containment in the defensive third of the field.

Numbers Down- Having fewer players present than the opposing players at any location on the field. This will prevent good offensive chances from occurring in the offensive third of the field and prevent containment and support from happening in the defensive third of the field.

Numbers Forward- Moving more players than the opposing team into the attacking third of the field. This will create more offensive chances.

Numbers Back- Moving more players than the opposing team into the defensive third of the field. This will help prevent the opposing team from scoring chances.

Back Door/Back Side- The area on the weak side of the field at the goal. Most goals are scored or given up at this area.

Carrying- Dribbling with open space and no opponents present.

Taking Men On- Dribbling in an attempt to move past an opponent.

First Runner- first player making a run for either a pass or a cross.

Second Runner- Second player making a run; usually the runner most open

Checking To- Offensive player runs to a teammate in possession of the ball.

Checking Away- Offensive player runs away from teammate in possession of the ball.

Recovery Run- A sprint to get back behind the ball on a route from their current position towards the near goalpost.

Urgency- Style of play where the team uses maximum effort on both the offensive and defensive side of the ball. Teams will defend hard using proper pressure and cover but move the ball quickly when possession is gained.

Nutrition Before Games And Practices

Practices

◆ Before morning practices, every player should eat lightly. Cereal, Pancakes or toast are suitable but do not eat heavy fried foods or fast food. Every player should eat 1 medium to large banana or two oranges, or ingest an 8-12 oz glass of orange juice. Fortified Orange juice and bananas are high in potassium which will aid in preventing cramping. An egg can be scrambled by placing it in a coffee cup and scrambling it. I also recommend adding a little salt and pepper for flavoring and vegetables you may like as well, like onions, green pepper, tomatoes, etc. and maybe some cheese. Cook it for 90 seconds but let it cool before you eat. Also, if muscles are sore, jog and do a light stretch before coming to practice.

◆ Between practices, every player should drink ample amounts of fluids (12-32 oz). Sport drinks are suitable but contain sugar which can cause insulin crash leading to headaches and nausea when not accompanied by ample amounts of water. During the school day, especially on days of games, try to take a drink every time you pass a water fountain or try to hydrate frequently during the day with a water bottle. Meals should be light and stay away from fast food which is high in both fat and sodium. Sandwiches, vegetables and salads (with small amounts of dressing) are fine. Every player should rest their legs and ice them if sore. Do not use heat or heating ointments and do not swim.

◆ After practices, every player should eat as soon as they feel possible. **Do not skip meal and go to bed!** Every player should eat a well-balanced meal that is slightly higher in protein than fat or carbohydrates. Some type of poultry, fish or red meat and vegetables and pasta dishes with meat and poultry are fine. 8-12oz of low fat chocolate milk is a great way to resupply muscles after training. If muscles are sore, ice them down for twenty minutes before going to bed.

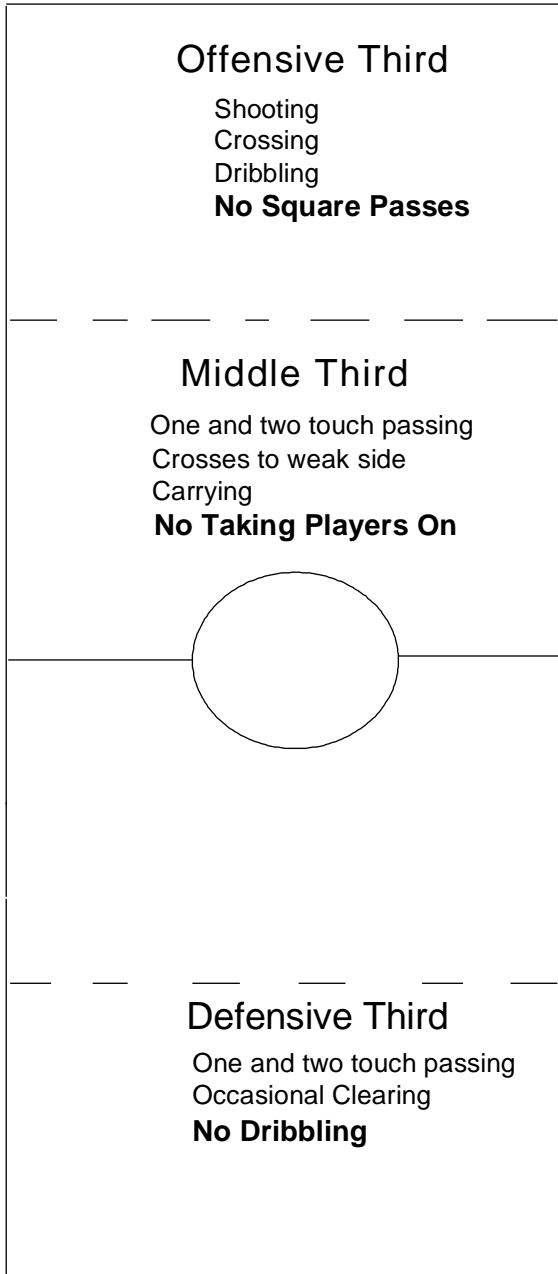
Games

◆ The night before games, meals should be high in carbohydrates and light in fat. Pasta and rice meals with other vegetables but lacking large amounts of meat or poultry are excellent. Rest is the next most important factor before a game. Players getting fewer than 7-8 hours of sleep have slower reaction times and less endurance than well rested players getting 8-9 hours of sleep.

◆ Before games, do not load up on sweets. Extra sugar (sucrose) does not provide extra energy but will cause an insulin overload which will negatively affect your performance. Better foods are bananas, oranges and grapes which are high in the sugars fructose and glucose as well as potassium. Glucose is the main energy source for the body and will provide extra energy faster than sucrose. Every athlete also needs to ingest 8-32 oz of water at least one hour before the game. Crackers and granola bars are also suitable before a game and they will often cause the athlete to drink water. Gatorade, Powerade, etc. are also fine to drink before a game. The main idea is to keep the muscles hydrated so try to drink throughout the school day.

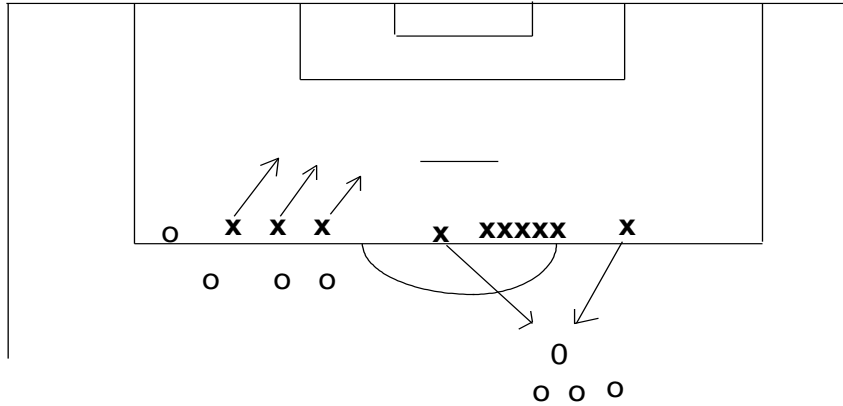
◆ After games, any meal balanced with protein, fat and carbohydrates is suitable. However, stay away from fried fast foods as much as possible. Fast food does not provide balance in a meal. Pizza is a suitable after game meal.

Do not use Vitamin and Mineral Supplements unless you have physician approval. Vitamin and Mineral Supplements can be more harmful than good if taken improperly! Also, avoid energy drinks!



Numbering System for a 1-4-3-3 formation.

- 1- goalkeeper
- 2- right wing back
- 3- left wing back
- 4- right center back
- 5- left center back
- 6- holding midfielder
- 7- right winger
- 8- center midfielder (box to box midfielder)
- 9- striker or center forward
- 10- attacking midfielder
- 11- left winger



Defending Set Plays

- ◆ Must Have 1-2 Players To Attack Ball
- ◆ Number Of Players In Wall Varies (Designated by Coaches and Keeper)
- ◆ Weak Side Players Drop Off Before Shot Or Pass
- ◆ Player On Outside Also Looks For Play Around Wall
- ◆ 2 Tallest Midfielders Then Two Tallest Forwards Make Up Wall; Backs should be marked up.

Team Rules

I am not a coach that likes a lot of team rules, especially since there is already a code of conduct in place at the high school. Outside of the code of conduct, here are the rules I expect every player to follow:

1. Side Line Behavior- Absolutely no one, other than myself, will direct any comment toward the referee. Any player that receives a yellow card for dissent will be given significant extra running the next training session. If this behavior continues, the player will be removed from the team.
2. Training Time- All practice times have been sent out to all players (and parents). Players are expected to be dressed and ready to train at the starting time indicated. If a player arrives late, he will do 10 push-ups for each minute he is late. The only exception to this is if tardiness relates to something school, family or medically related. However, the player must notify the coach by using Group Me before the start of practice to be given approval.
3. Team Travel- We will travel to and from games on the bus as a team, meaning no one is allowed to go home with their parents following a game. The exception to this is a family emergency or an appointment made in advance (for a weekend game). This also applies to an appointment in which the parent will drive the player to the game following said appointment. For such situations, the coaches need to be notified at least 24 hours in advance and the paperwork needed is located on the Alton High web site. On the weekend days we travel, the bus times are listed on the schedule and the players will be reminded the day before. Players need to arrive at least 15 minute prior to departure because we will leave exactly at that time. Any player late for the bus will not play that game and cannot drive themselves or be driven to the game by their parent to the game. The exception is the same as stated above. If it is a weekday game and we need an early dismissal, it will be set up 15minute prior to leaving. This gives plenty of time for students to leave the classroom, get their equipment and meet the bus.
4. Equipment- For training, players must wear the training shirt, proper footgear and shin guards EVERY training session. Anyone that does not have the proper equipment will not be allowed to train. For games, players are reminded before each game to bring all equipment to each game and pack their bag the night before so nothing is forgotten when in a hurry. If a player is missing equipment, they will not play the game unless their parent can bring it to them. We do not share

equipment on this team. I bring extra jerseys to be used in case of blood related injury not because someone forgets theirs. If a player leaves equipment at the field following training or a game, and a coach picks it up, it will cost the player 50 push-ups for the return of **each** piece of equipment.

5. Hazing- There is absolutely **NO HAZING** allowed on this team. Any player(s) involved in the hazing of any player(s) will face the discipline of the code of conduct or removed from the team as warranted by the action. The closest we will get to hazing is that all freshmen are expected to collect equipment following practice and on away game days, to carry equipment from and to the bus.

6. Contact- We will use Group Me as our primary means of contact with players and bulk email for information that needs to go to players and parents. Group Me and email can also be used to notify me in advance. My email address is:
gnasello@altonschools.org

If it is a true emergency, my cell phone is (618) 616-4330.