



## November 2015

### Calendar

Monday Nov. 9th

*General Meeting*  
8pm @ KOC

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Friday, Nov 13th

Winter Programs Open

- Ball mastery - Players born in 2009-2010
- Academy program - Players born in 2007 and 2008
- Futsal Training - Players born in 2005 and 2006

[Learn More](#)

### MAKE an IMPACT



*Get involved with the WSA*

Thursday, Nov 19th

*WSA Meet & Greet*

***"Learn how to get more involved with the WSA board, its programs, and the Club"***

Oh'Brian's on the Green

1300 Raritan Rd,  
Clark, NJ 07066

7:30pm - 9:30pm

**RSVP**

## A Message from the Director of Coaching

# New U.S. Soccer Coaching Initiatives Target Improvement in Youth Development Standard

Many of you are aware that the landscape of youth soccer in the US will undergo a couple of major changes in the near future. In my article in the October newsletter I outlined the 2 major changes that are coming up. For a more detailed explanation on both changes I would like to refer you to the newsletter from last month, [October Newsletter 2015](#).

I know that the article in last month's newsletter was read by many people. I received emails from parents asking me questions on how these changes will impact our different programs and I've done my best to answer all questions. Our club has not sat still and we have ideas on how to adjust to the changes coming up. At this point and time we are waiting, like many other member clubs in New Jersey, how and when all changes will be implemented in New Jersey. Our governing body of youth soccer in our state is responsible for enforcing the changes. Once NJ Youth Soccer has communicated with all their member organizations (clubs and leagues) what the next 2 years are going to look like we can provide our members with more detailed information. We will make sure to keep our members informed, through the newsletter and/or website.

From a development standpoint the idea to have the players engage in more small sided games to help them to learn to play the game, can be seen as a very positive change. The players are provided with the opportunity to take small steps in their development (4v4 - 7v7 - 9v9), before they are exposed to play 11v11 at U13. As an association we made a conscious decision several years ago to play 4v4 through U8, rather than to play 8v8 at U8, as we knew that this was much better for the development of our players involved. Physically and mentally young players in that age group are not ready for such an environment yet, but at many other clubs they are still exposed to the 8v8 format at U8. Over the last several years some clubs already moved away from 8v8 at this age, with many clubs actually modelling their U7 and U8 programs after the programs we run in Westfield. More touches in a smaller game setting will help players build the technical foundation. A lot more opportunities to touch the ball provides young players with a lot more repetition and can eventually help them grow as soccer players.

players. This helps a club develop players who are both comfortable and confident on the ball. This is one of the main reasons US Soccer is mandating implementation of small sided games through U12. Although many clubs recognized that small sided games are more beneficial for their youngest members, they failed to provide their members U6-U12 with an opportunity to play in the right environment.

Tactically players need to gain a good understanding of the basic principles of the game. When players are younger they do not have the capability to understand complicated game scenarios, but many are playing on a field with too many players. The game concepts become a lot more complicated with more players on the field. This has a direct effect on the players' ability to make a decision. More players on the field, means more possible lines of interaction. That is, probable connections between players. More lines of interaction make for a more tactically complex situation. Too many lines of interaction can make it a very overwhelming experience for a young soccer player.

In a 4v4 game you have a total of 56 lines of interaction, whereas in an 11v11 game we can get to 462 lines of interaction. This means that there are many more complex scenarios to deal with in an 11v11 game. Exposing young players to too many possible decisions to make when they are not ready for it can lead to disappointment and frustration. This is another reason US Soccer feels it is necessary to mandate small sided games for the players U6-U12. As an association we focus heavily on the development of our members and putting them in the right environment to help them become better players is very important to us.

**The WSA will make an effort to keep our entire membership up to date. We are planning ahead and will make sure to provide all our members with more information on this matter as soon as we have more information.**

**Ruben vloedgraven**  
**Director of Coaching - Westfield Soccer Association**  
**[doc@westfieldnjsoccer.com](mailto:doc@westfieldnjsoccer.com)**



## FC Premier EDP Cup

FC Premier had an extremely successful showing at the EDP Cup Tournament on Columbus Day Weekend. The U12 boys and girls teams were champions in their divisions while FC Premier United U13 Boys came in third and FC Premier Gladiators came in 4th place.

The FC Premier White 03/04 U12 girls went undefeated at the EDP Cup tournament on Columbus Day weekend. They defeated Soccer Association of Columbia SAC Premier White (MD), their toughest opponent of the tournament, by a score of 1-0. Coach Michael Jeffrey is pleased with the way the players have adapted to the big field.



The FC Premier Red 03/04 U12 boys also went undefeated at the EDP Cup tournament on Columbus Day weekend. Incredibly they had 10 goals for and only 2 goals against during the day tournament.

In the NJ state Cup, FC Premier Madrid U14 boys made it to the semi finals by round but fell short in OT by a score of 2-3. Also, FC Premier Red 03/04 U12 boys reached the semis and will be playing November 7th.

Lisa Ellner

FC Premier Administration

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