

[www.beachsidesoccer.org](http://www.beachsidesoccer.org)



# *Players Guide*

*“SUCCESS IS A CHOICE”*

**Players Name:** \_\_\_\_\_

**U - \_\_\_\_\_ Boys - Girls**

**Strictly Confidential**

By receiving this handbook you agree not to use or disclose any of the enclosed information for purposes other than the Beachside program.

## TABLE OF CONTENTS

|       |                                                                                    |   |            |
|-------|------------------------------------------------------------------------------------|---|------------|
| I.    | Welcome                                                                            | - | page 3     |
| II.   | Introduction                                                                       | - | page 4     |
| III.  | Mission Statement & Objectives                                                     | - | page 5     |
| IV.   | The Beachside Culture                                                              | - | page 6     |
| V.    | Player Standards                                                                   | - | page 7 - 9 |
| VIII. | <u>Beachside Style of Play</u>                                                     |   |            |
|       | Player Characteristics by Positions                                                | - | page 10    |
|       | Beachside Defensive Style of Play                                                  | - | page 11    |
|       | Team Defending Charts                                                              |   |            |
|       | Beachside Offensive Style of Play                                                  | - | page 12    |
|       | Team Attacking Charts                                                              |   |            |
| XI.   | Mental Toughness Player Attributes<br>What Can You Do To Help?<br>& the word 'FUN' | - | page 13    |
| VI.   | <u>Year Round Calendar</u>                                                         |   |            |
|       | U12 – U14                                                                          | - | page 14    |
|       | U15 – U18                                                                          | - | page 15    |
| XI.   | <u>Educational Resources</u>                                                       |   |            |
|       | Developing Mental Toughness Seminar                                                | - | page 16    |
|       | Nutrition & Fitness Seminar                                                        | - | page 17    |
|       | Creating The Culture Seminar                                                       | - | page 18    |
|       | Other Systems of Play                                                              | - | page 19    |
|       | Systems of Play Charts                                                             |   |            |

## WELCOME

Beachside of Connecticut Soccer Club is a premier program that serves highly motivated, dedicated and enthusiastic athletes on and off the soccer field. We are confident that our quality coaching combined with our competitive and challenging environment will help shape our athletes into positive young adults and competent soccer players.

Here at Beachside we are grateful to have athletes of all backgrounds, abilities and interests. Every single one of our athletes is very important to us. That is why it is imperative that we maintain a healthy outlook on sport. While winning and playing both attractive and effective soccer is important to us, developing our athlete's personal values and soccer talents is foremost.

Since 1994, the uniqueness of Beachside continuous: we have not compromised our integrity, maintained our high professional standards and player expectations, and have emphasized a flexible, technical and attractive style of play. Over the long run our setbacks have been equally as important to growth as our success: it is in our setback and disappointments where our club rises to the top and differentiates itself.

This consistent and positive environment has developed Beachside into the most successful soccer club in player development on and off the field in the Region. Our track record speaks for itself, and our coaches, players and parents have all played a role in our success and development as a club over the last 16 years.

[Come experience the Beachside Culture.....](#)

**And realize your dream, as other players in our program have, whatever that may be:**

World Cup Player  
U.S.A. Senior National Team Member  
Professional Player  
NCAA Herman Award Winner  
NCAA Champion  
NCAA All-American  
NCAA Academic All-American  
*NCAA Soccer Player*  
Regional Champion  
State Champion  
Compete Against the Countries Best  
Help Support Charities in Need  
Build Friendships that will last a Lifetime  
Become a Positive and Well-Rounded Individual  
Become Part of a Family

We take pride in providing a well-rounded soccer program that gives everyone of our athletes the groundwork to be successful in any opportunity that may come their way.

[Mickey Kydes](#), Founder and Coaching Director

## **INTRODUCTION**

This player information guide is an educational tool developed to help all players clearly understand the Beachside Culture. This handbook is a combination of experiences from successes and setbacks, coaches feedback and educational resources used since the establishment of Beachside in 1994. The information in this guide is important to the development of our players, teams and overall program. This guide will give you an idea of what we stress and expect from all of our players here at Beachside. We are hoping that you can use this material to help you, your teammates, and your program achieve success.

Please share this handbook with your parents as it is equally important for them to understand the Beachside Culture. Their support and reinforcement of our Culture is essential to the growth of the program.

## **MISSION STATEMENT**

*Excellence*

*Commitment*

*Professionalism*

A non-profit 501(c) 3 corporation, Beachside of Connecticut Soccer Club is a leading premier educational soccer program for boys and girls in New England, featuring teams that compete and succeed at the regional level. The program provides high quality soccer and character developmental opportunities for the area's most talented and committed youth soccer players.

## **PROGRAM OBJECTIVES**

DEVELOP PEOPLE

DEVELOP SOCCER PLAYERS

ATTRACTIVE & EFFECTIVE TEAM PLAY

WIN

## **PRACTICE & GAME OBJECTIVES**

1. OUTWORK
2. OUTTHINK
3. OUTPLAY (style of play)

## **THE BEACHSIDE CULTURE**

**“SUCCESS IS A CHOICE”**

### **COACHES**

*WIN*

*ENJOYMENT*

*SOCCER SKILLS*

*WINNING ATTITUDES*

*BE THE MARGIN OF VICTORY*

*PROFESSIONAL ATTITUDE - CLUB WIDE*

*HEALTHY LIFESTYLE – FITNESS AND NUTRITION*

*WE WILL NOT LEAVE OUR PERFORMANCE TO CHANCE*

*“CHARACTER IS WHO YOU ARE WHEN NO ONE IS WATCHING”*

*HEART, TEAMWORK, COMPETITION, PRIDE, MENTAL TOUGHNESS*

*“COMPETITION NOT ONLY DEVELOPS CHARACTER, BUT EXPOSES IT”*

*“WE WILL NEVER BE SATISFIED WITH BEING WONDERFULLY MEDIOCRE”*

*ALL BUSINESS APPROACH AT ALL PRACTICES, GAMES AND TOURNAMENTS*

*TALENT IS WHAT GOT YOU HERE, BUT IT IS CHARACTER THAT WILL KEEP YOU HERE*

**COMMITMENT, WORK ETHIC, RESPONSIBILITY, LEADERSHIP, LOYALTY**  
**THE PILLARS OF OUR PROGRAM**

**PARENTS**

**PLAYERS**

## **PLAYERS STANDARDS**

(ATTENTION TO DETAILS)

- ***Commitment***
- ***Responsibility***
- ***Work Ethic and Discipline***
- ***Punctuality***
- ***Dress Code***
- ***Have Fun***
- ***Checklist***

Note: All Beachside coaches have the right to enforce all of the above standards using their own discretion.

### ***Commitment***

- Beachside is first and foremost for outstanding players who are committed to soccer as their primary sport.
- Players are expected to be at every Beachside event required by their team and the program.
- All players are required to promote the interest of the Beachside Soccer Program above and beyond other personal concerns that may conflict with those of the club.
- Train on your own.

### ***Responsibility***

- Follow all of the Beachside standards
- Appropriate equipment and gear at practices and games (*checklist*)
- Organized sideline at practices and games (*bags lined up*)
- All shirts are always tucked in while at practice and games
- Display good sportsmanship under all circumstances

## *Work Ethic and Discipline*

- Participate fully
- Exhibit a strong work ethic
- Exhibit clear and confident communication skills
- Willingness to listen, learn and develop
- Being supportive

## *Punctuality*

- Practices and Meetings: 15 minutes before start.
- Games: 60 minutes before start.
- Tournament Games: 45 minutes before start.

## *Dress Code*

- Practices:  
1<sup>st</sup> / 2<sup>nd</sup> practice of week: Practice kits: Black jersey, black shorts, white socks  
3<sup>rd</sup> practice of the week: Beachside white T-shirt, Any black shorts,  
Any white socks  
  
**Note:** Full practice cotton gray sweats
- Games:  
To Game: Beachside white T-shirt, game shorts, game socks, sneakers. Sweats if necessary?  
Home/Away Game Kits in Bag.
- Tournament-Hotel:  
Beachside sweats or Beachside white T –shirt with any bottom while in Hotel.

**Note:** Full practice cotton gray sweats for early morning run.

***\*Curfew is always 10 PM unless otherwise specified by coach.***

## *Have Fun*

- Competition is Fun.
- Setting goals and trying to reach them is Fun
- Commitment, hard work and discipline are Fun.

## **Practice Checklist:**

- Be at field at least 15 minutes before practice begins
- Appropriate dress code
- Beachside Bag
- Pumped soccer ball
- Appropriate soccer shoes
- Shin guards
- Beachside sweat suit
- Beachside Hooded Top and cotton pants
- Sneakers
- Drink
- Beachside Players guide

## **Game Checklist:**

- Be at field 60 minutes before kick off
- Appropriate dress code
- Beachside Bag
- Home and away full game kits
- Pumped soccer ball
- Appropriate soccer shoes
- Shin guards
- Beachside sweat suit
- Beachside Hooded Top
- Drink
- Beachside Players guide

## **PLAYER CHARACTERISTICS BY POSITIONS**

**GOALKEEPER:** All the characteristics goalkeepers need (physical, technical, tactical, psychological). Must communicate very well and be very good with their feet.

**FLAT BACK:** Very good man to man, and 1 on 1 defenders. Strong, and good in the air. Most important is to be tactically sound (ability to read situation). For example, who and when to mark, or who and when to cover. Offensively they must be technically composed on the ball, play simple and be a support for teammates in possession.

**OUTSIDE BACKS:** Must be physically fit and fast. Good 1 on 1 defenders and must be tactically aware to know when to provide cover for other defenders. Offensively they must be technically sound because they become attacking wings in the attacking third. Possess the ability to beat defenders 1 on 1 and cross the ball effectively. Tactically sound offensively, because they must read the situation and attack the flanks properly.

**DEFENSIVE MIDFIELDER:** Ability to read game, strong and good tackler. Ability to close down holes and pick up and mark players who are free. Offensively, must be good technically and be able to distribute and add support from behind. This position is very important to the stability of the team. This player must be patient and consistently remain in the middle pocket of the team. Offensively, the ball goes through this player often.

**OUTSIDE MIDFIELDERS:** Fitness and ability to zone mark and pressure ball hard. Offensively this player is creative, great technically and effective in tight situations (important to ball possession style of play). Flexibility and freedom to roam and rotate with other midfielders usually in the offensive half. Ability to shoot and score a big plus.

**OFFENSIVE MIDFIELDER:** Ability to zone mark and pressure ball hard. Usually the most technical and creative player on the team. Ability to distribute, go to goal, shoot and score. At times inter-changeable with forwards.

**FORWARDS:** Ability to pressure ball with other forward as a pair. Most of the time they do not defend in the defensive half so they can remain as options to go forward once the team wins possession. Ability to hold ball and take defenders on. Good communication and combination work with other forward. Ability to drop back in the midfield and create. Great finishers.

## BEACHSIDE DEFENSIVE STYLE OF PLAY

### Team Defense

- 1.** Pressure on the ball ***shorten***
- 2.** Zone (mark space not man) ***opponents***
- 3.** Cover / pinch over ***field of play***

### Defensive Player Characteristics

- 1.** Attitude
- 2.** Tactical awareness ***defend***  
(Ability to read game) ***as unit***
- 3.** Good one on one defenders

**BEACHSIDE OFFENSIVE STYLE OF PLAY**

**Team Offense**

- |           |                                          |                                      |
|-----------|------------------------------------------|--------------------------------------|
| <b>1.</b> | Possession & Technique                   | <b><i>total</i></b>                  |
| <b>2.</b> | Element of surprise<br>(Attacking backs) | <b><i>offense /<br/>everyone</i></b> |
| <b>3.</b> | Flexibility                              | <b><i>involved</i></b>               |

**Offensive Player Characteristics**

- |           |                                           |                             |
|-----------|-------------------------------------------|-----------------------------|
| <b>1.</b> | Technique                                 |                             |
| <b>2.</b> | Individualism<br>(Personality/creativity) | <b><i>unpredictable</i></b> |
| <b>3.</b> | Confidence                                |                             |

## MENTAL TOUGHNESS PLAYER ATTRIBUTES

Confidence

Self-motivated

*LIFE*

Dealing with setbacks

Focus

### WHAT CAN YOU DO TO HELP?

**Maximum mental & physical effort 'ALWAYS'**

**Practice on your own**

**Study the game  
(Viewing soccer games)**

### THE WORD 'FUN'

The word fun means different things to different people, and in different situations. To players unused to discipline or hard work, fun may involve having loose, unstructured practices in which players are largely free to do as they wish, including not practicing at all unless the mood strikes them.

**To other players - those who have been properly conditioned psychologically - fun is a sense of enjoyment and personal satisfaction derived from improving skills, indulging in competitive drills and scrimmages, and pursuing team goals.**

The prudent coach will stress this latter kind of thinking among his or her players.

Having fun should not be the goal of daily practices. The role (and function) of practice is to prepare players to compete, not to provide players with a pleasant, relaxing way to spend a few hours every afternoon. Preparing for competition is seldom fun for athletes in the conventional sense of the word fun; that is, it normally involves great outlays of physical and mental effort, whether to expand or maintain players' strength, endurance and/or concentration levels. If (or when) players ever reach a point where they are no longer willing to accept the rigors of training - if they no longer enjoy practicing or competition - further motivation is virtually impossible to achieve.

\* Coaching & Motivation, William E. Warren

BEACHSIDE OF CONNECTICUT SOCCER CLUB

U12 - U14 YEAR ROUND CALENDAR

|                                       |   |                                                                 |
|---------------------------------------|---|-----------------------------------------------------------------|
| Mid June to<br>Early July             | - | <b>Beachside Tryouts</b>                                        |
| July 15                               | - | Registration, Paperwork & Uniforms orders for players selected  |
| Late August                           | - | Mini Pre-season / Uniforms                                      |
| September to<br>Mid November          |   | <b><u>Fall Season</u></b>                                       |
|                                       |   | - Three mandatory practices per week                            |
|                                       |   | - One mandatory Goalkeeper practice per wk                      |
|                                       |   | - One game on weekends (on occasion 2 games)                    |
| <u>Two Fall Tournaments</u>           |   | <i>(Pending team acceptance)</i>                                |
| Labor Day                             |   | - Maryland, Virginia, Pennsylvania, New Jersey                  |
| Columbus Day                          |   | - Maryland, Virginia, Pennsylvania, New Jersey                  |
| Mid November to<br>Early December     |   | <b><u>Winter Season</u></b>                                     |
|                                       |   | - Mandatory indoor practices                                    |
|                                       |   | - Fitness testing                                               |
| Early December to<br>January          |   | - <b>Break</b>                                                  |
|                                       |   | - Fitness Maintenance Program                                   |
| January to<br>Early March<br>practice |   | - Fitness Testing                                               |
|                                       |   | - One mandatory indoor practice & one mandatory outdoor running |
|                                       |   | - 8 to 10 mandatory Goalkeeper practices                        |
|                                       |   | - Possible Indoor Tournaments                                   |
| March                                 |   | <b><u>Preparation for Spring Season</u></b>                     |
|                                       |   | - Two mandatory outdoor practices per week & Friendly Games     |
|                                       |   | - Possible indoor practices?                                    |
|                                       |   | - Regional Leagues for teams who qualify                        |
| April to<br>End of June               |   | <b><u>Spring Season</u></b>                                     |
|                                       |   | - Three mandatory practices per week                            |
|                                       |   | - One Mandatory Goalkeeper practice per wk                      |
|                                       |   | - One game on weekends (on occasion 2 games)                    |
|                                       |   | - Open Cup Games                                                |
|                                       |   | - Beachside Banquet                                             |
| <u>Three Spring Tournaments</u>       |   | <i>(Pending team acceptance)</i>                                |
| March                                 |   | - Maryland, Virginia, Pennsylvania, New Jersey                  |
| Beginning of April                    |   | - Maryland, Virginia, Pennsylvania, New Jersey                  |
| Memorial Day                          |   | - Maryland, Virginia, Pennsylvania, New Jersey                  |
| Early July                            |   | - Regional Tournament                                           |
|                                       |   | (If team wins open cup)                                         |

**POSSIBLE EXTRAS: Tournaments, Region 1 and other leagues**

BEACHSIDE OF CONNECTICUT SOCCER CLUB

**U15 - U18 YEAR ROUND CALENDAR**

|                                             |   |                                                                                                                                                                                                                            |
|---------------------------------------------|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| End of June<br>Early July                   | - | Beachside Tryouts                                                                                                                                                                                                          |
| <b>August 15</b>                            | - | Registration, Paperwork & Uniforms orders for players selected                                                                                                                                                             |
| September to<br>Mid November                | - | Players in High School Season                                                                                                                                                                                              |
| Mid November to<br>Early December           | - | - Extra Tryouts to complete roster<br>- Mandatory indoor practices<br>- Outdoor practices<br>- <u>Outdoor tournaments for U15 to U18 teams</u>                                                                             |
| Mid December to<br>January                  | - | - <i>Break</i><br>- Fitness Maintenance Program<br>- Possible outdoor college showcase tournament - Florida (after Dec 25)                                                                                                 |
| January to<br>Early March<br>practice       | - | <u><i>Winter Season Starts</i></u><br>- Fitness Testing<br>- One mandatory indoor practice & one mandatory outdoor running<br><br>- 8 to 10 mandatory Goalkeeper practices<br>- Possible Indoor Tournament?                |
| March                                       | - | - Two mandatory outdoor practices per week & Friendly Games<br>- Possible indoor practices?<br>- Regional Leagues for teams who qualify                                                                                    |
| April to<br>End of June                     | - | <u><i>Spring Season Starts</i></u><br>- Three mandatory practices per week<br>- One Mandatory Goalkeeper practice per wk<br>- One game on weekends (on occasion 2 games)<br>- Open Cup Games<br>- <i>Beachside Banquet</i> |
| <u>Two or Three Spring Tournaments</u>      | - | <u><i>(Pending team acceptance)</i></u>                                                                                                                                                                                    |
| March<br>End of March/April<br>Memorial Day | - | - Maryland, Virginia, Pennsylvania, New Jersey<br>- Maryland, Virginia, Pennsylvania, New Jersey<br>- Maryland, Virginia, Pennsylvania, New Jersey                                                                         |
| Early July                                  | - | - Regional Tournament<br>(If team wins open cup)                                                                                                                                                                           |

**POSSIBLE EXTRAS:** *Tournaments, Region 1 and other leagues*

## Developing Mental Toughness Seminar

Darren Treasure, Ph.D. - January 26, 2001

Any player wanting to play soccer at the collegiate level, and, even professionally, must have a high level of mental control as well as very good ball control, soccer intelligence and physical ability. This seminar on “Mental Toughness” was designed to help Beachside players develop their mental skills, which means staying calm when things are not going as you want, concentrating for longer and especially in vital moments of the game, and knowing how you can be more self-confident.

This seminar also explains how important mental control is and how it takes a lot of time and practice to develop it, just like any other part of soccer.

### Seminar Main Points

The following are main points summarized from the seminar.

- Developing mental skills at a young age is vital. It is harder to train this when the players are older.
- Mental skills are as trainable as soccer technique.

#### 1. P.R.I.D.E

Personal  
Responsibility  
In  
Delivering  
Excellence

- Take responsibility for what you achieve and don't achieve, and don't blame others. *“If you achieve your goals, it's because of you. If you don't, it's also because of you.”* Realize that every action has a consequence, which you can choose to be positive or negative. Life is about making choices. You are the one in charge of your life so only you can control your destiny.

#### 2. Control the Controllables

- Control yourself and how you react to whatever happens to you. Remember that when opponents try to put you off and take you out of the game, it's because you're a threat to them, so take this as a compliment.
- How do you react to problems that you face, such as, failures, losing, pain or intimidation?

#### 3. Concentrate

- Play in the present moment (not the past—thinking about prior mistakes made, or the future—wanting the game to be over)
- Know and understand the critical moments in a game when your team and the opponents are most vulnerable to giving goals away. These are (a) at the beginning and end of each half, and (b) after a goal has been scored.
- Learn to recognize these situations (or cues) during games.
- Plan of success: (a) Start and end each half very competitively, (b) After scoring a goal, increase the pressure on the opponents, and (c) after conceding a goal, also increase the pressure on the opponents
- How good are you at recognizing and focusing on these cues, taking advantage of them and blocking out everything else that may act as a distraction?

#### 4. Body Language

- Develop positive body language—Look like you mean business by dressing like a soccer player, being well prepared and organized (physically and mentally), and showing that you're focused, but calm.
- 90% of language is non-verbal, and it's 16 times more powerful than what you actually say.
- After a great achievement, act as if you do it all the time.
- Do you maintain positive body language despite your team being behind, or you being hurt?

#### 5. High-Level of Self Confidence

- Michael Owen: Dribbles directly into the box. His attitude is he wants to score.
- The most important voice you will ever hear is your own.
- Can you maintain confidence under pressure or when doing poorly?
- Stay positive in the face of challenge/pressure; you must LOVE the challenge of a tough competition.
- Deal with adversity: Never give up when it looks like it's all over.
- We learn more about ourselves when we're under pressure—when we're either tired or losing.

***“To be a winner, it's your attitude that counts”***

## **NUTRITION & FITNESS SEMINAR**

**“DO NOT LEAVE PERFORMANCE TO CHANCE”**

**Derek Touchette – March 8, 2003**

Take care of your body - - Food is fuel for performance - - Control & maximize your performance

### **I. Hydration**

- a. Once your body becomes dehydrated you are a lost cause
- b. Once you are thirsty it is too late
- c. It takes 24-36 hours to recover from dehydration
- d. 10% of dehydration reduces speed and strength
- e. coffee and soda are the quickest ways to become dehydrated

### **II. Drinks**

- a. The importance of water
- b. Dilute sports drink 50/50 with water before and at half time of game
- c. Post game – full sports drink
- d. 30 minutes post game – slim fast or ensure shake – best way to replenish nutrients

### **III. Food**

- a. Balance meals – fats are OK
- b. 5 – 6 meals per day
- c. Breakfast is most important meal – do not skip
- d. At tournaments you must eat before early games (early morning warm up first recommended)
- e. 500-600 calorie pre activity meal 1.5 – 3 hours before
- f. Pizza takes 24 hours to fully digest
- g. Fast food is the worse thing to eat
- h. Good balanced meal 2-3 hours after game is important

### **IV. Sleeping**

- a. A good nights rest is important
- b. Napping – 20 min, 45 min or 1.5 hours (exact)

### **V. Regeneration**

- a. Hot/Cold contrast
- b. Soccer Ball massage
- c. Long distance slow running
- d. Stretching
- e. Pool workout
- f. Massage sticks
- g. Foot ice baths
- h. Ice tube baths

### **VI. Dynamic stretching**

- a. Stretching while moving
- b. Never static stretch without some type of movement first

## **CREATING THE CULTURE SEMINAR**

Anson Dorrance – March 4, 2003

### **I. CREATING THE CULTURE**

- a. Winning and losing are important issues
- b. Become the margin of victory and take for the responsibility for that
- c. When you build your heart and character your athletic participation has value
- d. Athletics do not develop character but exposes it!
- e. Shape the character
  - 1. Commitment
  - 2. Work ethic
  - 3. Competition
  - 4. Discipline
  - 5. Leadership
  - 6. Honesty and Loyalty
- f. Do not be content with being wonderfully mediocre
- g. You can succeed but you must be committed
- h. The culture you create influences winning attitudes and develops character. The process leads to success. All great coaches preach and teach?

**OTHER SYSTEMS OF PLAY**

**I. 4-2-2 (Beachside Main System of Play)**

**II. 4-3-3**

**III. 4-5-1**

**IV. 4-3-2-1**