

# BOBCAT MEN'S

Newsletter October 16, 2009

Facebook Group Estes Park Soccer

## Valley & Sterling

What an exciting week of soccer! With games coming so close it is awesome to see corrections and changes that are making a huge impact on the team. This week players have made over 30 shots per game!!! Wow- what an accomplishment! Defense has blocked almost 90% of shots on goal! Way to shut down the other teams offense!

Ok scoreboard is broken - so let's fix that this week! WE know it is possible, we have developed the team into a CAT to be afraid of - and other teams are nervous - they are scrambling to stay on top. Now it is time to take them down...all we have to do is finish 10% of our shots! That means 2 people in the goal box after every shot to pickup those rebounds and misses (there are misses). That means taking a breath before the shot to settle and connect. That means focusing not just on the shot but on the back of the net! Let's expand on what we have accomplished and now work on our finish - you increased your shots by 300% now let's increase our finish to 10% of shots!

## Finally - PIZZA Party

Well we earned the party at the beginning of season but so much has developed that we never found time to provide it.

Next Wed Oct 21 there is a break between games so PARTY time!

**Mark the calendar so everyone is able to celebrate as a team**

## Back Issues

At the end of Sept, I was able to meet with Dr Harris of Scott Family Chiropractic in Loveland -they specialize in sport injuries. I'm trying develop a better conditioning and injury prevention program. According to what I learned, many HS teams in the valley work closely with a chiropractor. Soccer puts a lot of stress on the back resulting in many unusual injuries that months of physical therapy may never correct. I found out that many of the hip flexor pain issues that we have been dealing with could be associated with something out of alignment in the back. Until the back is put into alignment, these injuries will not improve. Pain in the hip, lower back and radiating pain into the leg can all be associated with backs out of alignment. Without realignment, these injuries will exacerbate as the body tries to perform in spite of these deterrents. Dr Harris highly recommends having a chiropractic adjustment prior to season and if there are any serious hits, injuries or missteps during shooting to see one during the season for realignments. Thus far we have had two injuries that were corrected and possibly two others that could be just by seeing a chiropractor!

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## Motivation

We are a highly skilled team  
We are a well conditioned team  
We are able to set goals and achieve them

We communicate in small groups  
We have speed in offense and developing speed in defense



# SOCCER

*We are physically able to demolish the teams we have played so far.*

*We are still having issues with communication on the field, solving problems on the field, self confidence and keeping frustrations under control. Mentally we are breaking down.*

*Many of the best athletes in the world constantly battle confidence issues. Venting frustrations out on team mates brings the whole team down, focusing on what we did wrong brings the whole team down, only feeling good about a win and not about the achievements in the game brings the whole team down. It takes an entire team to win a game - one person who is not positive or motivated can infect the whole team.*

*FOCUS on what is going right - every player contributes to the whole team - encourage what they are accomplishing not what they need to improve on - focus on what works well - don't always point out what isn't it will bring down self confidence. Don't point out the obvious negatives(you've got to block those goals) instead acknowledge the attempts so they will push harder next time.*

**Focus on what you can do not on what someone else didn't do.**

*Let's leave some scars on the rest of the conference!*