

## The Coach's Perspective

Dear VSA Community,

Hope you are having a fantastic fall! Exciting times and days ahead as we near the end of the FIFA World Cup. Opening game was November 20th! The Final will be played on Sunday, December 18<sup>th</sup>. Click here for more exciting World Cup news and updates:

[FIFA World Cup Qatar 2022™](#)

Be sure to talk to your players about the games. Maybe do a quick round robin during warmups. Have each player share an observation about the World Cup, their predictions or who they are following and why. These games only come around every four years and some of our kids will be adults the next time these games roll around. I don't know about you, but I always find it refreshing to hear a kid's perspective on things that we as adults have become accustomed to and sometimes take for granted. Take this opportunity to share in the excitement of the Cup through your players' eyes, engage in dialogue and gain a fresh perspective!

During this holiday season, it is the time to rejuvenate and connect. It is the ideal opportunity to take stock and express gratitude for all the good things you have going on. Not only are we getting to connect with others during the World Cup, we also are looking forward to spending time with family and giving gifts to the people we care about, which is a wonderful chance to show your gratitude. In that spirit, I wanted to share another activity that you can do with your players:

### **What Can I Give vs. What Can I Get?**

This season I was working with a team, and we decided to focus our season on what we could give instead of what we could get. It turned out to be a powerful, transformational theme for our season that the players picked up and ran with in some exciting ways and I wanted to pay it forward for you to try.

When our kids sign up to play soccer, the focus is often what we can get out of the season. We are generally wired to think about what we are going to achieve and how we are going to get there. Setting personal goals and working to achieve those personal goals is a major motivating factor in competitive sports and life, but what happens when we shift our thought patterns. Instead of thinking about, "What can I get?" try to ask, "What can I give?" This simple task changes how you look at your experience playing soccer. Now those personal goals take on a new significance and suddenly in that context they are relevant to the player next to you on the bench, the one walking injured off the field, and the one who you look to for that key assist at a critical moment. That shift in perspective can change how your players prepare. It can impact their mindset prior to taking the field as well as the level of work and commitment they put into games and their training. Often, it's easier to give than to get and when they are playing for something bigger than themselves, it's also easier to dig deeper when adversity appears. If your experience matches mine, you'll see the whole tone of the season shift in some amazing ways.

I could go on and on, but this article does a really great job and provides some great discussion points for you to bring up with your players (both for parents and coaches):

<https://1drv.ms/w/s!Ag3VEAfnKmbFIXjLTCLNeDysuyEN?e=3SRbzF>

So, as you can see, the question of "What can I get?" is in many ways self-limiting because it is focused on self. "What can I get?" is limited to what a player is able to receive, and the focus is very narrow. On the other hand, what you have to give is boundless. It's not about who you are trying to be or a checklist of goals to achieve, it is about who you are, what you have to offer and there really are no limits to that.

So, on that note, during this holiday season, enjoy the World Cup and remember to have fun out there and always try your best!

John Curtis, Director of Coaching



### **United Soccer Coaches Convention and US Youth Soccer Workshop**

Register now for the [2023 United Soccer Coaches Convention](#) in Philadelphia, Pennsylvania! Ignite your passion for soccer coaching by experiencing five days of education sessions, networking events, and more, all centered around the game we love. The United Soccer Coaches Convention and US Youth Soccer Workshop will be held Jan. 11-15, 2023.

Full registration includes:

- All United Soccer Coaches Convention and US Youth Soccer Workshop education sessions (Over 225 total sessions!)
- The ability to earn a United Soccer Coaches Special Topics Diplomas and/or Professional Development Certificates (must complete required sessions)
- Unlimited access to the Exhibit Hall
- Networking events dedicated to expanding your coaching network
- Attendee T-shirt (only available to those on-site, while supplies last)

**Elevate coaching to impact player environments.  
Better environments = better athletes.**



### **US Soccer Grassroots Coaching Education**

Professional development is key to our growth as coaches, for those interested in upcoming coaching education opportunities, courses are added throughout the year. If you're interested in engaging in coaching education, I would recommend reaching out to your club's Director of Coaching or myself. I've included a link below to the Vermont Soccer Coaching Course page where you can find more information. Member clubs of Vermont Soccer interested in hosting a course for your coaches can also reach out to me at [doc@vermontsoccer.org](mailto:doc@vermontsoccer.org).

Current course offerings: <https://www.vermontsoccer.org/coaches-courses/>

### **US Soccer Coaching Education**

This free introductory module, which represents the first step in the newly revised coaching license pathway, is now the general starting point and is the required prerequisite to undergo any of U.S. Soccer's Grassroots Licensing Courses. Coaches who complete the module will also be provided with four complimentary Play-Practice-Play training sessions.

The module takes approximately 20 minutes to complete.

<https://learning.ussoccer.com/coach/courses/available/16/details/1546>



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### **US Youth Soccer ODP**

Vermont ODP Players selected for the US Youth Soccer ODP Interregional, Orlando Florida.

- Sebastian Fouche, Far Post, 2009
- Barrett Freeman, Nordic, 2004
- Tristan Laundree, Plattsburgh, 2005
- Megan Marroquin, Far Post, 2009
- Matteo Paganini, Far Post, 2009

US Youth Soccer Vermont ODP Pool training begins in January for players born 2006 - 2012. If you have not yet registered to tryout and would like to learn more about Vermont ODP 2022-2023 and how to participate in the upcoming cycle you can reach out to John Curtis at [doc@vermontsoccer.org](mailto:doc@vermontsoccer.org) or 802-497-8587.

Thanks again to all our players, parents, coaches, and referees for all you do to make Vermont Soccer so great. We wish you all a great holiday season! Remember, we are here to support you in any way we can.

John

John Curtis, Vermont Soccer Director of Coaching – US Soccer A license, youth coach, high school coach, college coach, coaching instructor, and parent.

*Director of Coaching John will provide the Vermont Soccer Community with his perspective monthly on important events, ideas and initiatives that impact players, parents, coaches and families (current and past).*