

APRIL 2020



# RFC NEWSLETTER

"KEEPING THE SOCCER COMMUNITY CONNECTED"



## BC SOCCER UPDATE

BC SOCCER'S LATEST UPDATE INDICATES THAT ALL SANCTIONED SOCCER ACTIVITIES ARE POSTPONED UNTIL MAY 15 AND WILL BE RE-EVALUATED THEN.



BC SOCCER'S SKILL DEVELOPMENT ACTIVITIES VISIT BC SOCCER'S WEBSITE FOR SKILL DEVELOPMENT ACTIVITIES FOR ALL AGES & ABILITIES THAT CAN BE DONE IN YOUR HOME! [HTTPS://WWW.BCSOC-CER.NET/SKILL-DEVELOPMENT-ACTIVITIES](https://www.bcsoccer.net/skill-development-activities) SEND US A VIDEO OF YOUR AWESOME SKILLS!

<https://www.bcsoccer.net/skill-development-activities>

## 2020/21 SOCCER SEASON

REGISTRATION FOR THE UPCOMING SOCCER SEASON STARTING IN SEPTEMBER WILL BE OPENING ON APRIL 15. PLEASE, VISIT [WWW.RICHMONDFC.CA](http://WWW.RICHMONDFC.CA) TO REGISTER YOUR DAUGHTER OR SON!



STAY HOME,  
STAY SAFE,  
WASH YOUR HANDS!

COACHING TIPS FROM EMAD. PRACTICE YOUR PULL PUSH STEP-OVER.

<https://youtu.be/7X8V5IL0uo4>

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# MAKENA

## GIRLS U12 DEVELOPMENT

SHOUT-OUT TO MAKENA FOR THIS AWESOME DRAWING! MAKENA CANNOT WAIT TO GET OUT ON THE FIELD AND PLAY AND SHE CHALLENGES ALL OTHER GIRLS OUT THERE READY FOR THE SEASON TO START TO SEND IN THEIR DRAWINGS!!  
SEND YOUR RFC ART TO

RFCNEWSLETTER@RICHMOND.CA



HAVE SOME FUN TRYING SOME SKILLS ! GREAT PRACTICE FOR WHEN WE GET BACK TO PLAYING!

### Developing: **Ball, Game, Mind & Body** Center

<b>TECHNICAL</b> To develop speed to set up a move	<b>TACTICAL</b> To develop skills to receive and make quick passing combinations	<b>SOCIAL &amp; EMOTIONAL</b> Have positive attitude making a move	<b>PSYCHOLOGICAL</b> Develop confidence in your skills	<b>PHYSICAL</b> Performing various movement patterns during
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**GARETH BALE WALES RONALDO** 1v1 Diagonal/Attack The V Drag Step Over

**The Move:** When being challenged diagonally from the side, feet to receive the ball but crossed drag the ball back with the sole of the same foot and push off at the opposite direction using the inside or outside of the drag back foot. Then step over with the same foot and take away with opposite foot then repeat the process.

**1v1 Diagonal/Attack The V Drag Step Over**

**Right Foot** **Left Foot**

**Skill Practice 1**  
Players practice to the left side of the markers and perform the right foot (Gareth Bale Ron) the Ronaldinho left foot move. Reverse practice to use left foot.

**Coaching Points:**

- Exaggerate foot strike of the ball
- Drag back must be executed quickly
- Get ball out of feet to clear the moving opponent
- To be successful the timing of the move is crucial

**Skill Practice 2**  
Players practice the right and left foot drag back moves encouraging good technique. The Ronaldinho left foot move. Reverse practice to use left foot.

**Skill Practice 3**  
Players practice a right foot Gareth Ronaldinho left foot a left foot followed by a pass to the other. This player then dribbles back to the start.

## THIS MONTH'S FEATURE PLAYER IS: MAKAYLA (U17)

1. FAVORITE TEAM: FC BAYERN MUNICH
2. FAVORITE PLAYER: ALFONSO DAVIES (BECAUSE OF HIS WORK ETHIC AND HIS ABILITY TO NEVER GET COMPLAISANT)
3. WHY DO YOU PLAY SOCCER? I ENJOY THE COMPETITIVENESS WITH MY FRIENDS AND KEEPING ACTIVE ALL YEAR.
4. WHY DO YOU LOVE BEING A GOALKEEPER? I LOVE TRYING TO STOP THE OTHER TEAM FROM SCORING... ESPECIALLY ON BREAKAWAYS... WITH MY LACK OF HEIGHT, THEY THINK ITS EASY!
5. WHAT IS YOUR ADVICE TO YOUNG PLAYERS STARTING? TRAINING WILL GET HARDER BUT YOU SHOULDN'T GIVE UP... THE COACHES AND SKILLS YOU LEARN PREPARE YOU FOR SUCCESS AND DON'T FOCUS ON WINS AND LOSSES... INSTEAD FOCUS ON WHAT WENT WELL AND WHAT YOU CAN IMPROVE ON BOTH AS A TEAM MEMBER AND AS AN INDIVIDUAL.
6. PRE-GAME RITUAL: FRUIT SMOOTHIE WHILE TAPING KNEES AND DOUBLE CHECKING EQUIPMENT.
7. FAVORITE FOOD: PASTA

