

“TO SERVE, not to be served”

Faith-Based Coaches Summer 2019 Update

Message from the Chair

(Mike Lynch, michaelylynch@bac.edu):

Summer means rising temps, family vacations, mission trips and lots more, especially this year with the World Cup in France! The month-long daily fixtures of games are great; the best teams and best players on display in one grand tourney all the way to the final in Lyon, July 7th. Our great game historically brings people together like no other, transcending language, culture, religion, gender, etc., unified in our shared passion for our great game! My prayers for this World Cup are to continue this beautiful tradition and:

- for player safety, for each team to compete at their best, and for every coach and every player to *place the essence of Sport Virtue as their pinnacle purpose and achievement as observed historically in the ancient Olympics and seen today in rare but cherished morally praiseworthy, goose bumps moments.*
- for the safety of all the fans and event personnel and for many exciting and memorable moments with old and new friends made playing pick-up soccer around the stadium, side streets and back yards or watching games in outdoor fan fests, pubs and homes around the world.

The theme of this summer newsletter is “Character First” of the United Soccer Coaches new Commitment to Culture (<https://unitedsoccercoaches.org/united-soccer-coaches-unveils-commitment-to-culture/>). I hope you enjoy the content presented in this update on this important guiding principle as well as some helpful tips on excellence in attacking free kicks and throw-ins. Please pass along this newsletter to your fellow coaches that may not yet be on our faith-based coaches newsletters. Finally, we welcome any and all feedback, so we can serve fellow Faith-Based Coaches in our mission, “To provide a space where coaches from any faith tradition can exchange ideas about how their faith informs their coaching and their soccer program.” Have a fun, fruitful, faith-based summer!

CHARACTER FIRST

We honor, teach, and develop the core values of HONESTY, LOYALTY, RESPONSIBILITY, SELFLESSNESS, COMPASSION, & DISCIPLINE.

• **BOOKS & RESOURCES ON CHARACTER DEVELOPMENT IN SPORT:**

- “Teaching Character Through Sport: Developing a Positive Coaching Legacy” (Bruce Brown & Mike Colbrese)
- “InSideOut Coaching: How Sports Can Transform Lives” (Joe Ehrmann)
- “Soccer Field, Mission Field: 100 Coaches Reveal How They Play for Something More” (Michael Zigarelli)
- “Wooden: A Lifetime of Observations & Reflections On and Off the Court” (John Wooden & Steve Jamison)
- “Make the Big Time Where You Are” (Frosty Westering)

CHARACTER FIRST EVEN BETWEEN RIVALS

Earlier this year, Carson Anderson from Grace Christian Academy in Nashville, Tenn. explained to his team that he was diagnosed with Ewing Sarcoma in his left foot, which had spread into his lungs. Determined to beat it, he pressed on and remained positive through all the treatment and challenges. Anderson, was able to play in a few games earlier in the season, before fracturing his right ankle. He then became a beacon of light on the sidelines always encouraging his teammates.

Beyond being a light to his teammates, other teams noticed and a few players from Christ Presbyterian Academy in Nashville decided to create an award in his honor.

Before the game between the two rival schools, CPA players presented Carson with the first **Carson Anderson Lion Heart Award**, which will be an annual award given between the teams. The teams will alternate on selecting the Lion Heart Award, which is also both team's mascot. The teams have a desire to display this courageous spirit in all their games and to recognize those who embody it.

As the season continued, Grace Christian Academy won their first State Championship and Carson was able to play in the final game

It's great to see how soccer united these teams together and to see how they are living out the values of Character First.



Carson Anderson, middle, was presented with the first Lion Heart Award named his honor from CPA players on Tuesday, April 23, 2019 at GCA near Leiper's Fork. - *Photo courtesy of J. Wilkinson III*



Carson Anderson, middle, with his teammates after winning the State Championship.

“THE CHAMPION’S MANIFESTO” (Scotty Kessler)

True CHAMPIONS are made, not born. CHAMPIONS are made in adversity. Bad days, problems, heartaches, and losses are all necessary elements in molding CHAMPIONS.

Character is built in the storm. It is not built in prosperity; it is built in adversity. You develop strength when you are in trouble. Learning to handle opposition rightly will make you a CHAMPION.

CHAMPIONS don’t let their circumstances affect their character. Bad games, bad plays, bad breaks do not change their will to prepare, their will to strive and fight for excellence every chance they get.....everyday..... all day long.

CHAMPIONS will inspire their teammates to play harder, more intensely, by their example. They walk their talk.

CHAMPIONS are interested in learning all they can, mastering skills and responsibilities, acquiring every characteristic that helps them gain the edge.

A CHAMPION is not an individual star necessarily – but a team player who knows how to function with others.

A CHAMPION lives above pressure but thrives on it. A CHAMPION is willing to pay the price – whatever it takes!

A CHAMPION is not sidetracked by distractions or by things that do not help them reach their goals.

A CHAMPION knows that winning is a by-product of being committed to excellence – winning takes care of itself.

CHAMPIONS hang around other CHAMPIONS because they want to be influenced by each other’s character. Nothing hinders them from their goal.

CHAMPIONS love competition – the challenge of becoming more disciplined, more intense, more prepared. They realize the harder the battle is, the greater the adversity – the stronger they’ll become and the quicker they’ll achieve their goals.

CHAMPIONS are never satisfied with their performance, but are always content with the fact that they are continually striving to get better.

CHAMPIONS are uncomfortable with imperfection – always pursuing perfection, while knowing it can never fully be reached, but loving the battle of trying to reach it. They Fight For Excellence!

CHAMPIONS are committed to Excellence...always...only.

THE DIFFERENCE BETWEEN CHAMPIONS AND EVERYONE ELSE IS VERY SIMPLE. CHAMPIONS ARE ALWAYS WILLING TO DO THE “LITTLE THINGS.” THAT’S THE SIMPLE DIFFERENCE.

Being a CHAMPION has nothing to do with being #1, or the amount of playing time a person gets. In fact, being a CHAMPION is not exclusively a characteristic of athletes – there are CHAMPIONS in all facets of life: students can become CHAMPIONS, parents also...anyone can! We’re talking about character, not winning and losing –
CHAMPIONSHIP CHARACTER!

CHAMPIONS are not affected by scoreboards or team records. Whether the score is 50-0 or 0-50, whether their record is 0-10 or 10-0, they play the same and they practice the same – All Out!

CHAMPIONS never quit. They don’t even know what the word “quit” means. They only know to keep working, to keep striving...regardless of circumstances.

CHAMPIONS know that to be a CHAMPION they must be committed to excellence in everything they do, in every situation – whether at home, at school, at work, or at play. They realize that it is impossible to be committed to excellence in one thing and not another, because being a CHAMPION is not what you do but WHO YOU ARE.....IT’S CHARACTER!

CHAMPIONS know they have to learn to serve – before they will ever know how to lead.

CHAMPIONS never desire their opponents fail or get injured. In fact, they actually want them to play well, because the better the opposition plays the greater the CHAMPION is challenged to perform! It is a double win!

The mark of a CHAMPION is hard work – they work when no one is watching.

CHAMPIONS realize that sometimes they fail...maybe often and over and over. But they know that what makes them a CHAMPION is how they respond each time they fail. Champions choose to forget their failures, and fight on again.

The “Mark” of a CHAMPION is how they respond each time they fail. The CHAMPION chooses to forget their failures and fight on again. Their motto is “knocked down seven times, get up eight!”

Being a CHAMPIONS has nothing to do with success and failure on the scoreboard, it has to do with choosing to have a CHAMPIONSHIP CHARACTER every moment of every day.

CHAMPIONS realize that some days, even most days – they don’t “feel” like working, striving, paying the price to becoming a CHAMPION. But then they remember, or another CHAMPION reminds them, that being a CHAMPION is a choice they make over and over and over each day.....and so they make that choice again.

Above all, Being...BECOMING A CHAMPION...is a CHOICE YOU MAKE EACH DAY.

What Will You Choose?

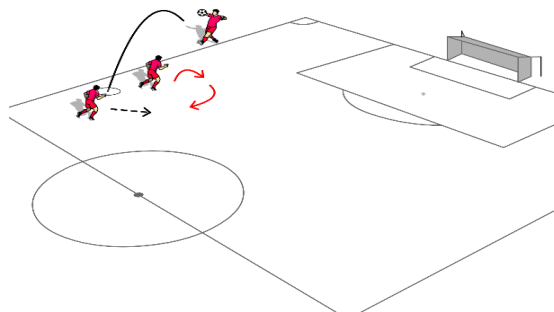
Taking a Look at Set Pieces

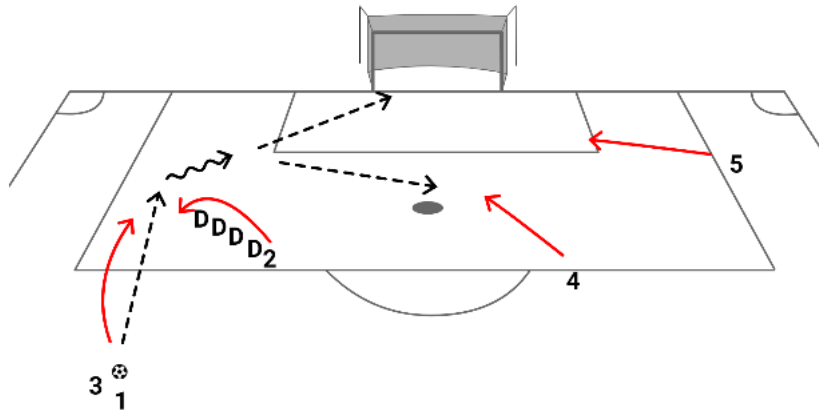
Throw-ins & Attacking Free Kicks

Throw-In Standards:

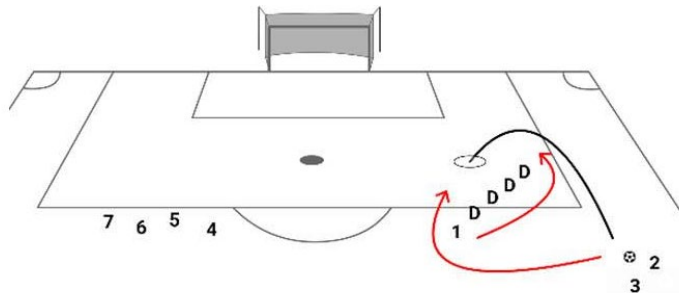
1. Ball arrives to teammate in the air (no bounce). If the ball must bounce, strive for two or more bounces (one bounce throws are harder to deal with under pressure of an opponent)
2. Throw in quickly if possible. First quick option is usually square to thrower for quick in bound. Second quick option is a drop to player behind for switch of play.
3. If not able to get ball in play quickly, then set up loop pattern run (two players stacked vertically that run one large continuous loop). If able, a third runner checking to ball from an advanced diagonal angle provides even more options once the loop starts.
4. Thrower then just sees what’s open (READ-ACT). Two stacked players should repeat loop until open player, good opportunity emerges. Sometimes an option is revealed in first running of loop, but often the best is the subsequent loops (as defenders will drop their marking). The SECRET: If the opponent tracks the runners, the play is ON! If the opponent doesn’t track the runners, the play is ON! Watch the video and it will make more sense - <https://youtu.be/bDKEIYDD-to>

Basic pattern:

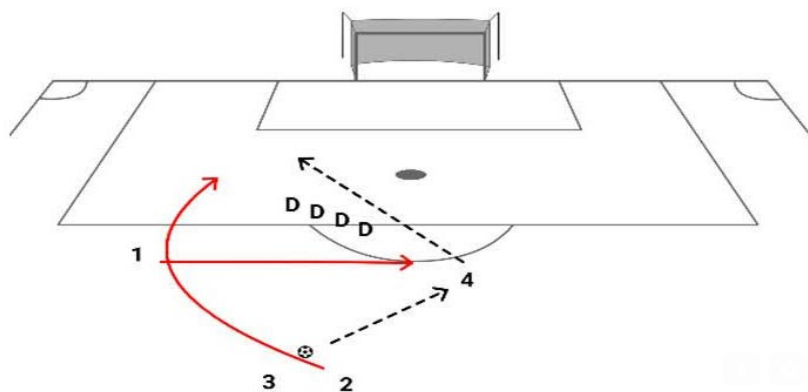




1 runs over the ball and stops just outside the near-post end of the defensive wall. Simultaneously, 2 moves behind the wall to a position off the shoulder of the defender at the near-post end. 3 then passes the ball through the gap created by 1 and 2. 1 moves with the ball and either shoots on goal or passes to 4 or 5 who are springing toward the goal.



On a prearranged signal, 1 sprints around the front of the defensive wall and then toward the near post. At the same time 2 sprints over the ball and past the far-post end of the wall. 3 makes a chip pass over the wall to either 1 or 2, who shoots on goal. 4, 5, 6, and 7 create space for 1 and 2 by maintaining their positions and keeping their defenders attention on them.



1 sprints toward the middle of the field, parallel to the 18-yard line. 2 sprints over the ball toward the area vacated by 1 and continues past the near-post end of the defensive wall. 3 passes the ball to 4, who makes a one-touch pass to 2. 2 shoots on goal.

Stay In Touch

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