



JULY NEWSLETTER

STATE TOURNAMENT TIME!

This season there were 34 travel teams who participated in the MYSA season. There were several trends throughout the club: tenacity, camaraderie and growth throughout the season for individuals and teams. Several teams' efforts were rewarded at the end of the season with a bid into the state tournament which will take place this upcoming weekend in Mankato Shakopee and Coon Rapids. We are very proud of all our teams and wish these teams well as they get the opportunity to compete against some of the best teams in the state! If you have time or in one of the above locations, stop by and support a CMYSA team.



SAVE THE DATES

Monday, July 18th – 22nd: Minnesota United FC Camp (rec and travel option)

- 9 to 12 at Whitney Fields

MYSA State Tournament

- Mankato, Shakopee, Coon Rapids

Sunday, July 24th – 27th: CMYSA Travel Tryouts for 2017 Teams

- Whitney Fields

Registration for Fall Rec Soccer Opens July 22nd

Start of High School Soccer Season

* Email any questions about events or registration to Emily@cmysa.org

U17 C2 Girls Coached by Greg Trombley and Beth Fenstad playing in Mankato, MN

U17 C1 Boys Coached by Adal Villalobos and Josh Alessio (not pictured) playing in Mankato, MN

(Continue on the next page)

Open Registrations

CMYSA 2017 Travel Tryouts
(U9 to U17)

July 24th to July 27th at Whitney

<http://www.cmysa.org/page/show/677898-registration-page>

Minnesota United FC Camp

July 18th to July 22nd

Rec and Travel Camp at Whitney

[Click here to register for CMYSA World Cup Camp](#)

State Tournament Time

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U16 C3 Girls coached by MacKenzie Feeny and Nicole Mach playing in Coon Rapids, MN



U16 C2 Girls coached by Matt Hager and Reed Mauriala playing in Coon Rapids, MN



U11 C2 Boys coached by Stuart Perry playing in Shakopee, MN

SPONSOR RECOGNITION

CMYSA would like to recognize and thank all the sponsors of our
CMYSA Golf Tournament!



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What's the deal with all these numbers: **WINGERS**

The United States Soccer Federation (USSF) has adopted new initiatives to help coaches and parents better understand how to assign players positions. This system is used around the world and is implemented into the US youth soccer.

This month we will focus on the **Left (#11) and Right (#7) Wingers**. Successful wingers have the following characteristics:

TECHNICAL:

The wingers need to have the ability to have quality flank services of various kinds (driven [in the air and ground], bent, and lofted) with both feet. They need be apt at running with the ball at high speeds to penetrate the defense. It is crucial to have a quality first touch away from pressure and technical ability in dribbling and ball manipulation.

TACTICAL:

The wingers need to be transition orientated as they are often the 1st defender when losing the ball and a quick transition pass out away from pressure when winning the ball. They need to have mobility to create team crossing opportunities and timing of runs for central goal scoring opportunities.

PHYSICAL:

Wingers possess speed endurance, are fast paced and good agility. They must be able to accelerate both with and without the ball.



MENTAL:

Wingers must be ambitious and have an attacking mentality as they often penetrate the defense. They must be patient and have knowledge of the best decision with the ball instead of the quickest shot. They must be focused and remain engaged when the ball is on the opposite side of the field and able to recognize game cues both with and without the ball.

The number 7 and number 11 are given the opportunity to create attacks both wide and centrally and are gifted in 1 v 1 situations. They are vital on the backside of crosses and keeping plays alive and often high assist leaders within a team. Some notable wingers to watch include Franck Ribery (Bayern Munich), Cristiano Ronaldo (Real Madrid), Ignacio Piatti (Montreal Impact), Darlington Nagbe (Portland Timbers), and Christine Press.



Skill of the Month

Advanced Ball Lift #3

Link:

<http://www.gtsoccer.com/video/lifts/default.htm>

Goal: lift the ball up and begin foot juggling

Start with the sole of your right or left foot on the ball even with your other foot. Drag the ball back behind your plant foot. Do a little flick to get the ball in the air (behind your plant foot). Then hit the ball back down with your laces to bounce the ball higher in the air and forward (in front of your plant foot). Start juggling the ball with your feet. See the link for the video it is under advanced lifts #3.

2016 OLYMPICS

One of the best ways for players to improve is to watch high-level soccer. There is no better environment to do this in than one with a room full of excited soccer enthusiasts. CMYSA is partnering with Blue Line Sports Bar and Grill (Sartell and St. Cloud) for an Olympic soccer viewing experience. We will be hosting four (2 men's games and 2 women's games) CMYSA - Blue Line events throughout the Olympics. The Olympic Soccer runs from August 3rd to August 20th. If you or a team is interested in participating watch your email as we will be releasing the dates next week! If you have a game that you would like considered, please email Emily Willaert at Emily@cmysa.org.

Games to keep on your radar include:

- USA Women vs. New Zealand: August 3rd
- USA Women vs. France: August 6th
- Brazil Women vs. Sweden: August 6th
- USA Women vs. Columbia: August 9th
- Portugal Men vs. Argentina: August 4th
- Brazil Men vs. South Africa: August 4th
- Women's Semi-Finals and finals: August 16th and 19th
- Men's Semi-Finals and finals: August 17th and 20th

CMYSA is on Facebook. Like us to stay up to date on all CMYSA happenings and help us reach 250 likes by August 1st!



CMYSA - Central Minnesota Youth Soccer Association





Recognition

League Standings:

- U11 C2 Boys 1st in league (9 - 1 - 0)
- U11 C2 Girls 1st in league (8 - 0 - 2)
- U15 C1 Girls 3rd in league (4 - 4 - 4)
- U15 C2 Boys 3rd in league (7 - 3 - 0)
- U16 C2 Girls 3rd in league (8 - 2 - 2)
- U17 C2 Girls 2nd in league (6 - 1 - 5)
- U19 C1 Boys 3rd in league (6 - 4 - 0)

MN ODP Pool Selection:

- Ethan Miller (2003)
- Joseph Pearson (2002)
- Zachary Randolph (2004)
- Raymond Waldusky (2002)
- Edgar William Waldusky (1999)

MN ODP Team Selection:

- Ethan Miller (2003)
- Joseph Pearson (2002)
- Edgar William Waldusky (1999)

Soccer Central

Games to watch:

- Sunday, July 17th: Montreal vs. New York at 4:00 pm on ESPN
- Sunday, July 17th: Portland vs. Seattle at 2:00 pm on Fox
- Saturday, July 23rd: Portland vs. LA Galaxy at 2:30 pm on ESPN
- Wednesday, August 3rd: Women's Olympic Games (games are televised on NBCSN, MSNBC and USA)
 - Sweden vs. South Africa
 - Canada vs. Australia
 - Brazil vs. China
 - USA vs. New Zealand
 - France vs. Columbia
- Thursday, August 4th: Men's Olympic Games (games are televised on NBCSN, MSNBC and USA)
 - Iraq vs. Denmark
 - Honduras vs. Algeria
 - Brazil vs. South Africa
 - Portugal vs. Argentina
 - Sweden vs. Columbia
 - Mexico vs. Germany