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| **Winona Coaching For Change Program**  There was some recognition of our initiative to promote gender equity and respect this week:   * The Winona Post had an article (front page!) on Wednesday April 5 called ‘Coaching to end gender-based violence’. Check out the article in the following link: [Coaching For Change](http://www.winonapost.com/Article/ArticleID/53801/Coaching-to-end-gender-based-violence) * The Winona Child Abuse Prevention Council recognized WYSA for “its dedication in promoting positive behaviors and healthy relationships with its athletes and in the community.”   It is good to get early recognition for this program but we need to make sure that throughout the season we carry out the commitments that we have made. |
| **Size of your practice area**  This is something that I have at times struggled with – how big should the drill area be? Those drills we find on-line do not always have measurements. Here are some guidelines:   * A good starting point is 10 yards of length for every player in the team or group, e.g. a 4v4 drill for young players should be 40 yards long * Width is determined by the type of game you are playing, e.g. a 4v4 field would be a rectangle so a 40x30 or 40x25 grid would work. * Be prepared to alter the size of the grid – if players need challenging, make the grid smaller; if it is too difficult, expand the grid a further 5 or 10 yards; if it is too crowded, expanded the grid * Take account of the age of the players – a U19 team needs more space than a U12 team * Place 1st cone down in line with another object behind it such as a tree; walk backwards using the 1st cone and reference object; put cones down every 5 or 10 yards |
| **Cotter Fields**  Practices at Cotter Fields - our Contract states that “most teams typically start in April depending on when the first game is scheduled and when fields are dry”. We need to take care of these fields throughout the season so keep off the fields if you are likely to cause any damage. No practicing on the Varsity or football fields. Don’t let players climb over the perimeter fences.  Goals and equipment – any of the small goals that are on the fields are available for any of the teams to use. Don’t use them all at once and be respectful of other coaches needs. Look after the goals and nets – damage can occur to the nets when a 19 year shoots a ball at the net from 2 feet away! Make sure that the large goals are anchored securely. Spare corner flags will be placed next to the WYSA shed. Let Andy Ferstl ([aferstl@gmail.com](mailto:aferstl@gmail.com)) or myself know if repairs, goal anchors, etc are needed. |