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| **Heat illness prevention techniques**Temperatures and humidity levels have been rising over the last week. MYSA provides recommendations to shorten and suspend games at high heat index levels - we need to make sure that our players are safe from heat-related illnesses (dehydration, heat cramps, heat exhaustion, heat stroke) during practices as well. US Soccer Federation provides practical guidelines to keep our players safe in the event of extreme heat:* Acclimatization to the heat (a child needs as many as 8 to 10 days to acclimate sufficiently)
* Players should wear clothing that is light-colored and lightweight that facilitates evaporation of sweat
* Alert athletes to bring more water and to properly hydrate before, during and after practices
* Allow more frequent water breaks and take breaks in a shaded area wherever possible
* Move practice times to cooler portions of the day, i.e. morning and dusk
* Modify the intensity and length of a practice

Heat-related illnesses can be very serious – we need to protect our players. For more information click on the following link: [US Soccer - Youth Heat & Hydration Guidelines](http://www.usyouthsoccer.org/assets/1/15/Heat_Hydration_GuidelinesUSSF.pdf) |
| **Get to know your WYSA coaches**This week, we will get to know some more about Rachel Stein, WYSA U14 Girls coach. 1. What are the 3 most important qualities that you coach into your teams? *Communicate, good first touch and keep your head in the game!*
2. Where are the worst fields your team has played and why? *I have only coached two WYSA games…Our first game at LaCanne left me with a lot of bug bits and I think I even swallowed a few pesky gnats *
3. Your one piece of advice to players taking a PK? *Take your time and take a deep breathe.*
4. Describe a memorable game or event that you participated in as a player? *Playing a pick-up in the village of Kyampisi, Uganda against a group of locals, needless to say the whole village showed up to cheer us on!*
5. Your favorite post game food place to eat after an away game? *Chipotle*
6. Grass or turf? *Grass*
7. What is your favorite Tournament? *Schwan’s USA CUP*
8. Your pet hate as a coach? *The words “I can’t”*
9. What is your favorite team? *USA – Womens *
10. Your #1 piece of soccer advice to any player? *Have fun, play hard!*
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| **Defensive Principles**Defensive drills are generally not the players’ favorite but are vital to the success of our player’s development. Check out the links below for some of the basic principles and some defending drills you can use:[Technical Coaching Points - Defending](http://assets.ngin.com/attachments/document/0112/0410/cp_defending.pdf) [Defending Drills](https://www.sportsessionplanner.com/s/Go3M/Defending-in-the-final-1-3.html) |