



# Bedford Soccer

Newsletter, Issue 1

Dec 1, 2009

## South Shore Jamboree / Games

South Shore District Soccer Association hosted Bedford Soccer for a U10 jamboree and U12 games in November.

More than 60 boys and girls from Bedford played games against teams from the South Shore at the turf facility in Bridgewater.

We hope to do more of these events for the kids in the future.



### Quote of the Month

'He's quick, he's game, we can't pronounce his name, Russian lad, Russian lad...'  
Everton fans create a chant for their new Russian player Diniyar Bilyaletdinov



**More inside!**

## Coaches Corner

Developing the basic skills of players is critical to developing better players and thus better teams. If a team has 11 players who can control a ball with any part of their body, are comfortable dribbling and manipulating a ball even under pressure, and can pass the ball accurately with different parts of their feet, it makes the team better and increases the enjoyment of the game for players and spectators.

To that end, repetition and practice are the key to improving basic and then complicated skills. Some studies have shown that we need 10,000 hours of practice to achieve a level of mastering anything, from music to sports, at a world-class level. That's 3 hours/day for 10 years. It's no use showing a kid how to juggle once or twice and move on. They need to do it on their own and keep doing it until they master the techniques. Even 15 minutes of juggling and 15 minutes of kicking a ball against the wall on a daily basis will make a difference.

Kids should have a ball at their feet as much as possible. If you send players for a jog around the field to warm up, send them with balls at their feet. If they're running back and forth across the field to warm up, give them a ball each, or get them to share a few balls and pass them from front to back while they are jogging.

This gets them used to having a ball at their feet while doing other things, and helps it become a motor skill, something they can do while talking or jogging. The more ball time, the better.



Argentine sensation Lionel Messi on Barcelona's training methods:

'The Barcelona youth programme is one of the best in the world. As a kid they teach you not to play to win, but to grow in ability as a player. At Barca we trained everyday with the ball. I hardly ever ran without a ball at my feet. It was a form of training aimed very clearly at developing your skills.'

The famous Barcelona academy produced players like Messi, Xavi, Iniesta, and Fabregas, to name only a few who went on to become some of the best players in the world.

### Upcoming Events:

Bedford Christmas Skate  
December 30, 2009  
2:00-3:00 p.m.  
@ Rocky Lake Dome

Christmas Soccer Jamboree  
U10 and U12 Boys and Girls  
Dec 31, 9:00 a.m. - 3:00 p.m.  
@ Soccer Nova Scotia  
Specific game times TBD



## Countdown to the World Cup 2010

We are six months away from the World Cup in South Africa. Every month until June 2010, we will review 3 world cups, starting with the very first one in Uruguay in 1930 and ending with the last one in Germany in 2006, leading up to the greatest sporting event on earth kicking off June 11, 2010 in Johannesburg.

The draw for the group stage will take place on Dec 4, 2009.

Qualified Teams:

Spain, Italy, Germany, Netherlands, England, France, Denmark, Portugal, Greece, Switzerland, Slovenia, Serbia, Slovakia, Argentina, Brazil, Chile, Uruguay, Paraguay, USA, Mexico, Honduras, South Africa, Algeria, Nigeria, Cote d'Ivoire, Cameroon, Ghana, Australia, Japan, Korea Republic, Korea DPR, New Zealand



## World Cup History Uruguay 1930

- The first World Cup of soccer was held in Uruguay in July 1930.
- 13 countries took part in the first World Cup, 4 of them from Europe.
- 93,000 people attended the final.

Semi-finals:

- Argentina 6 – USA 1
- Uruguay 6 – Yugoslavia 1

FINAL:

- Uruguay 4 – Argentina 2

Top goal scorer:

- Guillermo Stabile – Argentina  
8 goals



## Italy 1934

- The second World Cup was held in Italy, in 1934.
- 16 teams competed for the cup.

### Semi-finals:

- Italy 1 – Austria 0
- Czechoslovakia 3 – Germany 1

### Third place game:

- Germany 3 – Austria 2

### FINAL:

- Italy 2 – Czechoslovakia 1

### Top goal scorer:

- Oldrich Nejedly – Czechoslovakia  
5 goals



## France 1938

- The third World Cup was held in France in 1938.
- 15 nations took part.
- It was the first time the host nation did not win the World Cup.

### Semi-finals:

- Hungary 5 – Sweden 1
- Italy 2 – Brazil 1

### Third place game:

- Brazil 4 – Sweden 2

### FINAL:

- Italy 4 – Hungary 2

### Top goal scorer:

- Leonidas – Brazil  
7 goals

