



Golazzo!

newsletter

Plantation FC Club Philosophy

Plantation Football Club is a non-profit organization that provides the opportunity for youth soccer players to experience the game of soccer. Our objective is to develop great soccer players along with great human beings. Players are exposed to the technical, tactical, psychological, and physical demands of the game. In addition they will also experience team-building, sportsmanship, work ethic, and leadership skills that will benefit the players for the remainder of the lives on and off the soccer field.

“Mind is everything: muscles - pieces of rubber. All that I am, I am because of my mind.” - Paavo Nurmi, one of only four athletes ever to win nine Olympic gold medals

Dear Plantation FC families:

A few years ago we started the PFC newsletter “Golazzo” with the intention of reaching out to our families and keeping you updated on latest happenings in the club and youth soccer scene across the country and at times across the world. After writing several newsletters we put the newsletter on hold mainly to focus our attention on other areas in the club. A few years later and with more experiences as a coach, its time to warm up the newsletter and bring it back onto the playing field. In the last few years I have still found joy as the DOC at Plantation FC. I also have done some work scouting and coaching at the U.S. Youth National Team level. In addition, I have been teaching the coaching courses across the state which I find to be very enjoyable and have been an instructor for the last 5-6 years. As a coach I have always been one to want to make myself better. Not only to grow my knowledge as a coach, but more important to be able to give more to our youth players. If I become a better coach, my players will become better players. In the last few years I have seen many things at the youth level. Some very exciting and some things that seem to never change even though the game is changing. Therefore, I would like to share these things with our PFC families. Some of the material will be very informative and some educational with the intention of providing a better environment for our players. Some material will be from my experiences and some will be from the experiences or philosophies from the top youth coaches from the country and the world. We also want to keep you updated on what’s going on at Plantation FC. The program has continued to evolve and our players and teams have done many good things in the last few years. That being said, I think the newsletter has spent enough time on the bench and is ready to get back into the starting lineup. I look forward to connecting with all of you again.

Best Regards,

John Ramos
DOC
Plantation FC

Latest News

“Weltmeister”

This past summer PFC took a team to Germany for two weeks to experience European soccer and the German Culture. We traveled on July 28 and returned on August 11. Upon arrival in Munich you would of never guessed that Germany had won the World Cup a couple weeks prior. We took 20 players ages 15-25, most between the ages of 16-19. All of the players were from the PFC youth system or PFC Men’s team. We spent 10 days in Munich or just outside of Munich, 1 day in Innsbruck, Austria and 3 days in Berlin. We played 7 friendly matches and covered several kilometers sightseeing.

Game 1 – PFC v. SC 04 Schwabach U19 (L)
Game 2 – PFC v. Astoria Walldorf Academy U19 (L)
Game 3 – PFC v. TSV 1860 Munich U17 (W)
Game 4 – PFC v. TSG Hoffenheim (L)
Game 5 – PFC v. Austrian State Academy Tirol U18 (T)
Game 6 – PFC v. Spandau 06 (T)
Game 7 – PFC v. Tasmania Berlin (W)

From a development perspective, the trip was a huge success. Our players experienced playing with top Bundesliga academy clubs surrounding Munich. The German mentality, work ethic, and efficiency rubbed off on several of our players. If you were to compare the first game to the last, there was lots of progress. The tactical discipline, speed of play, and reading of the game improved the most. Our boys were forced to adapt in the first few games and they responded well over the length of the trip.

The boys were also spoiled with a personal tour at Hoffenheim, a 1. Bundesliga (division 1) Club, with the vice president of the club. The boys ate lunch in the “Fanhaus,” watched highlights from the past season, sat on the AUDI sponsored player bench (nicer than my furniture), toured the locker room, and hosted a press conference in the media room. What a great experience! From the stadium we headed over to the youth academy. We got to visit the dorms and facility where they house the youth players that will become future professional players. The most impressive part of the academy was not only the facility and the resources they pour into developing professional players, but also the investment in the players academics just in case the players don’t make it to the pros. They place a lot of emphasis on making sure the player is a well rounded person that will be successful as a “fussball spieler” or in the work force.

Then came the most exciting part of the Hoffenheim tour. We took a ride to the facility where the pros train. At this facility they have 1 of 3 Footbonaut’s in the world (Borussia Dortmund and Aspire Academy in Qatar). It’s a 3 million dollar machine that places you in a room surrounded by 4 walls and several panels that light up on each wall. From each wall, a ball is shot out at you on the ground or in the air. As the ball travels, a panel will light up and you must receive and then pass the ball through the panel. The professional and academy players train on this machine several times a week. The vice president challenged myself and Coach Anis to give it a try. So it automatically became a competition. What an experience! I won’t talk about who won. From there we walked around the facility where they had several fields for training and got to get a glimpse of the U23 Hoffenheim training from “Magath Hill.” The facility was first class. They had a practice field with heaters under the grass to melt the snow and we got to see the apartments where players stay after or before training. The professional players are required to stay at the facility from 9-5 as if they were working a regular job. Interesting!

Over several days, the boys trained, played some friendly games and got to experience the German culture. We got to visit places like Munich, Heidelberg and Innsbruck in Austria. The scenery was beautiful with so much history. One of the training sessions the boys experienced was with Matthias Nowak, a coach at Bayern Munich, who challenged the boys from a mental standpoint. The boys worked on the typical technique but were forced to engage their brain in the process through multitasking. Very interesting approach, similar to the “brain centered learning” we experienced at the club with the COGI Training.

We spent the last 3 days of the trip in Berlin where the players had the opportunity to attend a 2. Bundesliga (division 2) match between Union Berlin and Fortuna Dusseldorf. The atmosphere was amazing. Packed stadium and the fans never stopped singing. While in Berlin the boys got to visit the famous “Checkpoint Charlie” on the east side of Berlin and I got to see some old friends from the clubs I played at during my time in Berlin.

Overall, this was a wonderful trip and a great experience for the players. I want to thank Daniel Knopp from Sports Travel Agency for creating this experience for our club. Everything was well organized, comfortable, and very professional. The trip exceeded my expectations, and Daniel was a great host. He stayed with us the whole trip, was a great tour guide, and we were able to establish a great friendship. We plan on making this trip again next summer with two boys teams and one girls team. We look forward to another great experience in Europe and building on our long term relationship with Sports Travel Agency.

For more pictures and the day to day events visit the Facebook page:

<https://www.facebook.com/pages/Sports-Travel-Agency/165414846838659>

PFC Team in Germany

Lyle Howe
Glen Thomas
David Bartholomew
Aleph Franzin
Armando Acosta
Will Inalien
Javier Salas
David Sanchez
Alejandro Osorio
Nicolas Arboleda
Miguel Perez
Alonso Vega
Daniel Lizarazo
Kenn Guichard
Travis Brumfield
Ryan Parra
Daniel Gagliardi
Pablo Osorio
Jack Battaglia
Oscar Salas

Coaches:
Anis Jerbi
John Ramos

UPCOMING EVENTS



- ❖ **Plantation FC Night at Chipotle Mexican Grill** - *Show your Plantation FC spirit by joining us for a club fundraiser. Just come into the 2110 South University Drive, Davie, Chipotle, at the Tower Shops on Sunday, September 14th, from 4:00pm to 8:00pm. Bring in the flyer below, show it on your smartphone or tell the cashier and 50% of the proceeds will be donated to our club. Hope to see you there.*
- ❖ **Save the Date, Saturday September 20th** - *Saturday September 20th is Plantation Night at Lockhart Stadium when the Fort Lauderdale Strikers take on Indy Eleven at 7:30PM. Plantation FC players and their families are also invited to a tail gate party hosted by the club. Check your emails for more details*

Education

“Brain Centered Learning”

What stood out the most during the 2014 World Cup this past summer? For me, the speed of the game was remarkable. When I say speed I don't mean physical speed only. I'm talking about technical speed (how quickly the players execute the technique) and the tactical speed (how quickly decisions are made). This game is not the same game I fell in love with in the 1986 WC. It's faster, more tactical, more demanding, and in many eyes more entertaining. So the question I ask myself as a youth coach is, “How do we give our youth players the foundation to play at this level?”

Do you recall the U.S. vs. Belgium game in the round of 16? The U.S. goal was bombarded. Tim Howard was literally the Incredible Hulk we all saw in the Nike commercials and the U.S. started to play after we went down 2-0. Traveling with the Belgium National team was a gentleman by the name of Michel Bruyninckx. I was introduced to this name about a year ago when I first started to hear more about “brain centered learning.” So of course I did my research on Michel and read many articles on the concept. I saw plenty of his sessions on the internet and I understood the soccer portion of it but really couldn't grasp the “brain centered learning” he was incorporating. So I happened to talk to a coach/friend that I took my C license with back in 2001 who is from Belgium and is the DOC at Wellington Soccer Club. He was aware of Michel and his reputation and talked about how he was trying to get him to come to the states to introduce his COGI TRAINING. So right away I jumped all over the opportunity to bring him to Plantation FC for a week of camp.

It was about 8:30 am on July 21 and I was at Central Park waiting for Michel and his crew to arrive for the first day of camp. A few caravans pulled into the parking lot and out came an army of coaches. Right away I knew this was not going to be your typical camp where you bring in a big name and surround the coach with local guys that don't even have coaching experience. He had his own team of coaches that were groomed under the Cogi Training philosophy. I spent the whole week next to Michel talking about his philosophy and how the brain works. I had only planned on staying a couple hours a day during that week but I found myself so fascinated that I could not leave. All the videos I observed began to make sense after listening and talking to Michel. As I watched the players, several from Plantation FC, I could see how their focus and concentration improved in just a couple of days. It wasn't the presence of the coaches, it was the detail in the training and the exercises that forced the players to improve their focus. Once their attention, concentration, and focus improved, their soccer abilities improved dramatically. What I learned from Michel in this one week of camp was unbelievable. The one thing that really inspired me this week of camp was when Michel talked about how winning and performance are not important. Learning is the most important element. Without triggering the brain to learn, you will never get players to perform at their highest potential. This week of camp answered my question about providing the foundation for our players to play at the highest level. It came down the environment and engaging the brain more often than what we already do in order to maximize a players potential. I know my brain was stretched that whole week of camp. Going back and forth with Michel the whole week was so mentally exhausting that I completely forgot I had to get on a flight to Europe the following Monday and made plans to be at the airport on Tuesday. Thank goodness someone reminded me. No matter how mentally exhausting the week was, the company and the conversations were well worth it. Finally, thank you to Patrick Zoete from Wellington Soccer Club for giving our club the opportunity to host Cogi Training, Michel, and his wonderful staff.

For more information on COGi Training you can visit www.cogitraining.com . We are working to bring Michel and his staff back next summer to do another week of camp and possibly implement his program at Plantation FC in the near future.

Cogi Training Coaching Staff:

Michel Bruyninckx – AC Milan (<http://www.acmilan.com/en/news/show/149654>)

Dirk Gyselinckx – Technical Director RSC Anderlecht

Chris Bruyninckx – former professional, Division 1 coach at Vise and Lummen

Rodrigo Monginho – Sao Paolo, Brazil

Brecht Bruyninckx – Senseball expert

Bert Beulens - Coach FC Wijnmaal

Tom Biermans – Coach FC Wijnmaal

Lenie Onzia – Belgium Women’s National Team, player at RKC Tienen, Arsenal, and Twente

Stephanie Gosiau – Belgium Women’s National Team, RKC Tienen

Heleen Jacques – Captain Belgium Women’s National Team, player at FC Brugge

Filip Dewilde – Former Belgium National Team GK, Anderlecht, played over 100 champions league game.

** If there’s a topic you would like to see discussed, please email your suggestions to ramosport@aol.com with “Newsletter Topic” in the Subject field.



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