



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.

“Good coaching is helping someone go from good to great on their athletic journey. Great coaching is the same, but includes helping them go from good to great on their life journey at the same time” - David Benzel

Latest News

“Pelada”

Last week I had the opportunity to view the movie “Pelada” at the Art and Culture Center of Hollywood. “Pelada” means naked in Portuguese and another name for “pick up” or “street soccer.” The movie reminded me of my youth days where my brother and I would drag the neighborhood kids out of their homes to play in our version of the World Cup. Our fields were made of cement, our fans were the trees, our boundaries were the houses, and the game ended at dinner time. All of us pretended to be a player and I was always a Brazilian player; Socrates, Zico, Eder, Pele, etc. Those games were the best games. When we scored it was a huge celebration, as if the cameras were on us. I also recall the day my brother and I were invited to play soccer on vacation in Peru, we must have been around 10 or 11 years old. We were so excited, lacing up our cleats and pulling up our long socks. Thinking we would have to get in our rental to go to the field, I walked outside of my grandmother’s house to learn the field was right there in front of us. A narrow street with an elevated sidewalk (sidewalk was not the sideline!), cracks in the cement, potholes, an uncovered sewer hole, jagged ground from the earthquakes and garbage flying around everywhere. The kids pulled out a makeshift wooden goal about the width of a soccer ball. This was our field. Not the nice green grass I was used to here in the states. I could not believe we were going to play on this field. So I stood there in shock for a few minutes and my brother and I ran out there in our cleats and high socks. The studs on our cleats were gone after 30 minutes of play. Meanwhile, kids were playing with holes in their shoes and some with no shoes at all. Every few minutes the game would stop to allow an elderly woman to walk through our field with groceries, an occasional car driving through the neighborhood, or the bread man on his bike. The game would end when one of the elderly women came out to the field and emptied a bucket of water onto the street in order to stop us from playing. So as soon as the field dried, we were back on the street. WOW. You don’t appreciate moments like that until you actually experience them. I will never forget and I am thankful that I played in those games. “Pelada” is about games like this; games that come about whenever and wherever. All you need is a ball, a goal, a creative mind, and PASSION for the game.

“Pelada” is a must see movie. If you missed it last week you can visit <http://www.pelada-movie.com/> and purchase the movie. Thanks to Jeff Rusnak for putting the event together for the soccer community (Jeff Rusnak is the soccer columnist for the Sun Sentinel).

UPCOMING EVENTS

- ❖ **Registration for 2010-2011 Season** - July 28 and July 29 @ Pine Island Park Concession Stand, 7pm – 9pm
- ❖ **Plantation FC Street Soccer 2010** - <http://www.plantationeagles.com/>

EDUCATION

What do we take away from the World Cup?

I apologize for not getting the newsletter out this past month. I have been suffering from a severe case of world cup fever. Now that the tournament is over, back to reality. From 3 high level games a day, to nothing. So now I must find a way to satisfy the addiction for the next 4 years. So now that the tournament is over, what should our players take away from this event?



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1. Dreams. If you ask an American youth soccer player where he would like to go with this game they will probably tell you “I want to make my high school team or play college soccer.” That’s it? I remember dreaming of playing in the World Cup. Playing for my national team in front of millions of fans. Dream Big!
2. Technical – Players are technically sound. They make minimal mistakes. Dribbling, short passes, long passes, first touch on ground or in the air, and heading. We also include crossing and finishing, although it was not always the best, but we can blame the ball. All of this under pressure. Our players need lots of repetition in the technical area.
3. Tactics – These are the decisions we make on the field. Do I pass or do I dribble? Do I play a long ball or a short ball? Do I make a diagonal run or check back for the ball? These are decisions that the players must make all the time on the field. And the decisions must be made in a fraction of a second. It could be the difference in winning a game or losing a game.
4. Physical – These players are covering anywhere from 4-7 miles a game. They are agile, explosive, and fast. Some are short and powerful and some are tall and scary. They all have the lung capacity to last 90 minutes and on some occasions 120 minutes. Whatever the build, they must be able to handle the physical demands of the game.
5. Psychological – These guys are warriors. Blood, sweat, and glory. They fight for every ball, or better positioning. They sacrifice their bodies and head to destroy plays. Every play on the field is a battle to win, the more battles they win, the better chance of

winning the war at the end of 90 minutes. Focus, concentration, and engagement at all times. No down time. Their work ethic is amazing. They are team players and are more than willing to do the dirty work for their teammates. These guys are not only physically exhausted at the end of 90 minutes, but mentally exhausted as well.

6. Soccer is an unforgiving game. You could play the perfect game and still lose. You can have the best players and not always win. Soccer is drama. Anything can happen. Although there are a few rules and referees to police the game, they do not always apply. As spectators and as coaches, there are times where we really can't do anything but sit there and bite our nails. Soccer is a player's game. This is why this sport is so great. In youth soccer, we need to apply this rule. Many coaches and parents want to influence the game because they want to be the center of attention. Not in this game, the players are the ones that count and there is nothing you can do about that if you are outside the lines.
7. Every world cup that passes, one's passion for the game grows. We are either ecstatic our team won or got far, or sad that our team didn't do so well. We are sad that 2010 is over but we can't wait for 2014. And after every world cup that passes, our youth players are hopeful and working towards perhaps playing in the next one. Aim for the moon, land amongst the stars. And just like that Nike commercial, our youth can also "Write your future."

**** 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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