

Omaha United Soccer Club eNewsletter

**United As One.
One Team, One Heart.
We Are United.**



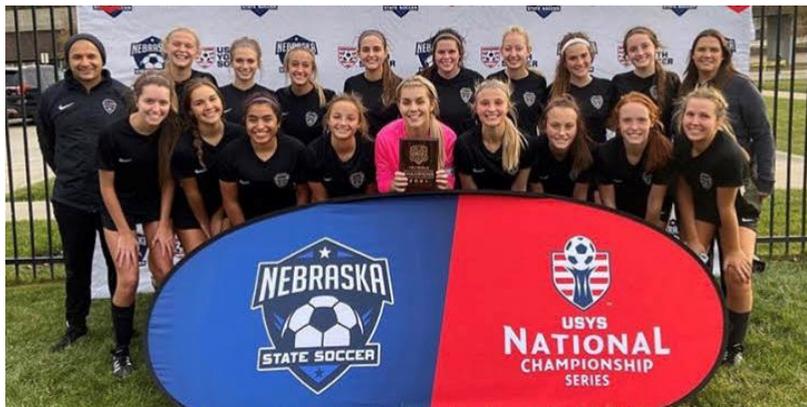
November 2020 | Vol. 7

What's New at Omaha United?

After three weeks of competition, Nebraska State Cup is still in progress!

Congratulations to the 2003 Girls who went 1-0 this State Cup tournament, rolling right past group play and winning FINALS! The team won 1-0 in overtime!

Here are the 2020-21 Nebraska 18U-G State Cup Champions!



Congratulations to the following teams who are continuing on to Semi-finals or Finals!



After going 1-0-2 in group play, catch the 2002 Boys in the Finals on November 4th.

(Read more on the following page.)



2005 Girls are moving onto Semi-finals after going 2-1 in group play! Catch them on Friday, November 6th.



Contact us!



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Nebraska State Cup Still in Progress! (cont.)

Two more of our teams had strong showings in State Cup as well!



2002 Girls performed well, including playing in to earn their spot!



2006 Boys came to play, ending their State Cup group play with 1-0-2 record!

Congratulations to all teams, coaches and players! Let's go United!

Emma Kanne Verbally Commits to Clarke University!

Congratulations to Emma Kanne on her verbal commitment to Clarke University! Emma's teammates on the 2003 Girls' team say they will miss her next year, but are so excited for her to continue her soccer career in college. To read more about what Emma, her parents, and coaches had to say, check out our social posts!



Micro Soccer Winter Sessions Begin November 7!

It's not too late to register your player for Winter Micro! 7 sessions for \$50!

Start them off with the right training.

Build their skills and their love for the game!

Winter 2020 Dates:

**November 7, 14, 21, 28 &
December 5, 12, 19**

Register at this link:

<https://forms.gle/4q1G723fhxxXn3rT6>





Please Stay Diligent!

The health and safety of our players and families has always been a priority for this club. Over the past few months, this has become even more important!

Thank you, parents and players, for continuing to stay diligent during these tough times. We've had a couple of our teams who have quarantined, and we appreciate players' prompt notification of club administration regarding any risks or concerns. Please remember to respect the two-week quarantine to minimize risk to teammates, family, and friends.

As local COVID cases continue to rise, cold and flu season approaches, and training sessions move inside, it's never been more important to pay close attention to symptoms and to stay safe!



Please remember to have your players MASK UP when they are walking to and from training or games, and use hand sanitizer immediately after.

Parents are encouraged to wear masks on the sidelines as well.

Please continue to do your best to SOCIAL DISTANCE!

And if you are not feeling well, are awaiting COVID test results, or have experienced a possible exposure, STAY HOME! ***If you do test positive for COVID, notify your coach and the club right away!***

We are all in this together, so let's do our parts to keep ourselves and our teammates healthy, so we can keep this season going strong!

*Omaha United Soccer Club is where
DEVELOPMENT begins, **GREATNESS** continues,
and **MEMORIES** last a lifetime!*



Indoor Workouts Youth Soccer Players Can Do Anywhere

The skills and descriptions detailed below are taken and/or summarized from a recent article from soccerwire.com (<https://www.soccerwire.com/resources/indoor-workouts-youth-soccer-players-can-do-anywhere/>), which highlights ways to keep soccer players active when outdoors is not an option, and indoor space is limited.

Children aged 6 and older need at least an hour of physical activity every day according to the Mayo Clinic. During the warmer months, it's easy for your soccer kids to get that with games and practices. But even with more indoor facilities and programs like futsal, keeping up the pace is a challenge. Whether your soccer player is older and serious about their game, or just starting out but can't get enough of the game, keeping active while working with a ball will benefit their game for the next season and beyond.

Indoor Soccer Activities Kids Can Do Anywhere

Just because the soccer field is icy doesn't mean that your soccer player can't work on his or her soccer skills. Thankfully there are plenty of things to do inside at home to keep your child's soccer conditioning and improve their technical skills. You can do these in your basement or living room – you don't need a ton of space.

The name of the game is repetition, repetition, repetition. Every touch on the ball for a young player strengthens their comfort with the ball. Many very basic things can make a huge difference, while increasing the speed of repetition will do wonders for their fitness.

Here are some of the best soccer drills you can do for indoor fitness this winter that involve a lot of repetition and only need a small space. They each have many variations, but these will cover the basics and are easy for soccer parents who haven't played or coached the game themselves to follow along and support. If you're worried about broken lamps, try the lower bounce futsal ball instead of a regular soccer ball. The futsal ball also works great if you can get outside on a tennis or basketball court between snowstorms.

Cone Dribbling

All you need is a yard or two of space, 3-5 cones (flat discs work too, but cones force the ball to go around, not over), and a soccer ball. Set up the cones in a line or triangle 1 foot apart.

Get your soccer kid to move the ball between or around the cones in specific patterns using all parts of their feet. Keep a list, time them, make it a challenge. But above all, keep it fun. There is no real right or wrong pattern to use, it's the activity, control and speed that you're going for. It can only help their feel for the ball and keeps their heart rate up. (And their heads out of their Instagram.)

Push-Pull

These two versions of the same general exercise pinpoint the muscles in the foot which can greatly improve a player's ability to control the ball on the field or futsal court. No cones or discs needed, just a soccer ball. Have your child set his or her foot on the ball and move it from toe to heel and back to the toe, releasing the ball slightly with each move. For added effort and a bit more realistic soccer skill, have them hop slightly on the "standing" foot with each move. It will be slow at first, but as they get the rhythm, it will get better. Be sure to use both feet, and even spend more time with the "weaker foot".

The goal is to do it as quickly as possible without losing the ball.



Help your child set a goal – how about 100 reps on each foot in under a minute?

Getting good? Try different directions, like side to side. Try different size balls, or even a lacrosse or tennis ball! There are dozens of variations that only take a ball and yard of space.

Toe Taps

Soccer players of any age can work on toe taps. Even the youngest players can improve their speed and balance as they work on this skill.

Start with one foot on the ball. Move that foot back to the ground while you raise your other foot to tap the top of the soccer ball. Continue tapping the ball with alternating toes. It becomes a hopping movement as they get good. But be careful not to put their weight on the ball, or a blooper reel and ER visit could follow if the living room coffee table is nearby.

You start slowly and then try to speed up. Once they're good standing in place see if they can move the ball slightly in other directions with each touch. Forward, sideways, back all improve ball skill and add to agility. Pretty soon, your soccer players will be getting a great cardio workout as they improve the speed at which they can move their feet.

Cardio Circuit Training

Keep your kids primed for their youth soccer games by running cardio circuit training sessions at home. Kids love the challenge and variety of circuit training.

Set a timer and do 30-60 seconds of each exercise and repeat. You may want to lengthen the total circuit depending on the age and fitness levels of your soccer players. Just make sure to remind them to warm up! Some great cardio circuit training moves include the following:

- High knees
- Butt kicks
- Jumping jacks
- Burpees
- Alternating foot hops

There are hundreds of variations for soccer circuits you could try. It's a great way to get their heart rate up during the off-season. Make it challenging by increasing reps and speed. Keep track on a whiteboard or app and even join in if you're looking to work off some of the holidays yourself. What better motivator for your future soccer star than to compete against soccer mom or dad to show off their youth advantage!

Final Thoughts

We hope these ideas have inspired you with ideas for getting kids active outside of soccer season. Remember, all the conditioning, agility and speed work your soccer player does during the off months will pay off when soccer season hits.



Omaha United Has Multiple Sponsorship Levels Available!

Sponsors for Omaha United Soccer Club can choose from different tiers of support, selecting the best one based on their individual needs.

If you or someone you know is interested in finding out more about sponsorship availability, please contact José Vargas at OmahaUnitedSoccer@gmail.com or 402.740.9977.

Do you have a small business you want to promote?



<https://scooterscoffee.com/>



Don't Forget about Nebraska ODP Tryouts!

ODP Tryouts are nearly here!



November 7th-8th and 14th-15th
#NEBODP



Coaches' Corner: Fall Coach of the Season Is Named!



Congratulations to Enrique Almonte on being named Omaha United SC's **Fall Coach of the Season!**

Enrique was selected for this honor based on his commitment and dedication, not only to his own team and players, but to other coaches and the club.

Club Director Jose Vargas says: *I have watched all of the coaching staff during training/games. I know we are so blessed to have such a wonderful staff. Our coaches have so much passion, strong work ethic and dedication to our members.*

Enrique goes beyond his duties. He is one dedicated and hardworking coach to our members, whether he is part of the coaching staff or not. He is always making time to help other coaches at training or games. At Omaha United SC we believe all our coaches should be United as one. In order to achieve success, we must learn from each other to provide the best development possible for our players. Enrique, we value your time and dedication! Congratulations!

Boys' Director of Coaching Jovan Sudar says:

Enrique is an amazing individual. His dedication to the club, team and the coaches is something we all strive to do. Thank you for all you have done this fall season.

Congratulations to Enrique on a tremendous fall season!



**Pictured right,
Enrique's team, 2012B**

Questions?

Our Directors and Coaches are available to answer questions.

Contact: José Vargas, Director of Coaching, Girls' Director of Coaching: 402.740.9977; omahaunitedsoccer@gmail.com

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