

Omaha United Soccer Club eNewsletter

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



October 2020 | Vol. 6

What's New at Omaha United?

Micro soccer has a successful fall season!

The fall season of Micro soccer at Omaha United was filled with fun and learning! Each Tuesday, a group of about 30 boys and girls gathered to run drills, learn fundamentals, and participate in scrimmages coached by enthusiastic volunteers and Micro Program Director, Jesse Wanning. Jesse had this to say about the fall season,

“Watching our young players develop each week was an awesome experience for not only myself, but for their parents as well. I am really looking forward to getting our winter session started, meeting our new players, as well as seeing our return players!”

And what's even more exciting? Sign up is now available for the 2020 Winter Micro session!

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

Act now to get in on the Early Bird pricing! \$50 for 7 sessions!



LINK:

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



At Omaha United, we believe that **the love for this game starts early!**

And that's why our Micro and Academy programs are designed to teach fundamentals while keeping the PLAY in soccer!



Contact us!



www.OmahaUnitedSC.com



402.740.9977



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September Tournament Successes!

Exciting news for some of our teams who found success in local and regional tournaments in September!

2006 Boys finished as FINALISTS in the Cornhusker Classic!



2002 Girls were CHAMPIONS in their division of the Cornhusker Classic!



2002 Boys were CHAMPIONS in the Fremont Fall Invitational!



2003 Girls were CHAMPIONS in the Heartland Midwest Classic Tournament!



Congratulations to all players and coaches!



State Cup Schedules Are Out!

State Cup schedules are announced, and Omaha United Soccer Club has four accepted teams and one team ready to play in!

Starting October 10, the following teams will be competing in 2020-21 Nebraska State Cup!

- 2006 Boys
- 2002 Boys
- 2005 Girls
- 2003 Girls
- 2002 Girls will play in to compete!



A Reminder about COVID and Cold and Flu Season!



Thank you to our players, families, and coaches who continue to prioritize staying healthy. We have been able to maintain our season so far due to your diligence.

Be sure not to let up!

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!***

If your family participates in flu shots, it's about that time, so keep your eyes open for those opportunities.

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.



15 Key Soccer Skills – How to Achieve Success in Football (Ertheo)

The skills and descriptions detailed below are taken and/or summarized from a recent article from ertheo.com (<https://www.ertheo.com/blog/en/elements-success-in-football/>), which outlines areas of focus for soccer players who want to be at their best! Talk with your coach for ideas on how to improve in these areas!

1. Ball control

Ball control refers to a player's ability to **collect the ball and gain control of it** using all parts of the body including feet, legs, chest, and head. A player with **good ball control** is able to **receive passes both on the ground and out of the air with clean first touches** keeping the ball close to their body. Ball control also refers to a player's ability to maintain possession of the ball, successfully protecting it from opponents.

2. Dribbling skills

A player with good dribbling skills can **move the ball in different directions at different speeds with both feet**. They can successfully maneuver through opponents without losing possession of the ball. Superb dribbling skills are essential to achieving success in football for players of all positions.

3. Passing accuracy

Passing accuracy refers to a player's ability to **use both feet to send the ball to the player's desired destination**. That could mean sending the ball straight to a teammate's feet with power and precision, sending a through pass into space with proper weight, crossing the ball accurately in front of the net, or, for strikers, shooting the ball accurately and powerfully into the back of the net.

4. Body control

Body control refers to a player's ability to move their body fluidly to optimize balance and coordination. Long strides, correct running form, and a low center of gravity are good indications of good body control.

5. Spatial awareness

Spatial awareness refers to a player's ability to **see space clearly across the entire pitch and utilize it to their advantage**. Intelligent players with good spatial awareness:

- Are aware of the immediate **space around them**.
- Are always **aware of where their teammates are and where they should** be according to the positioning of the other team. This allows on-field peer coaching and the ability to anticipate their teammate's position and make a quick, instinctive pass almost without looking.
- Are **aware of the geometry of the game**. They know how to position themselves and others to **make wide angles** and easy passing opportunities for themselves while on offense, and **narrow angles** and difficult passing opportunities for their opponents while on defense.

6. Tactical knowledge

Tactical knowledge refers to a player's **knowledge of the nature and structure of the game**. The formation of a team highly influences the tactics they will use to win. If you want to be an intelligent soccer player, it's a good idea to **get to know the various kinds of formations** (<http://www.soccer-training-guide.com/soccer-formations.html>) used today and the tactics and strategies that go along with each one.

Tactical knowledge contributes to a player's ability to anticipate the future opportunities that will arise from each move. For this reason, tactically intelligent players are great at maintaining possession and not only *waiting* for the right moment to attack, but also **creating the right moment to attack**. On defense, players should constantly be assessing the field to accurately anticipate their opponents' next moves. If they anticipate correctly, they can **close down their opponents' angles**, prevent easy passes between them, and force them to make a mistake.



7. Risk assessment

Risk refers to the fact that **certain aggressive decisions could lead to loss of possession** (or failure to regain possession in the case of diving or tackling on defense). When a team loses possession, each and every team member must expend extra energy until they regain control. **Such aggressive decisions could lead to over expenditure of energy and inability to perform well for the full 90 minutes of the match.** On the other hand, a complete lack of aggressive decisions in an effort to conserve energy and maintain possession could prevent the team from scoring goals and ultimately lead to a loss. Intelligent players, therefore, are constantly **assessing the risk and reward of their decisions** on the pitch.

8. Endurance

According to dictionary.com, *endurance* is **the ability or strength to continue to last especially despite fatigue, stress, or other adverse conditions.** Endurance refers not only to a player's physical fitness and ability to make it through the entire 90 minutes, it also refers to a player's **mental strength** and ability to continue despite the overwhelming fatigue he or she might feel.

9. Balance and coordination

Great *balance and coordination* are necessary skills for footballers. Footballers are often **moving fast in small spaces** either weaving through defenders or, on defense, keeping up with the moves of offenders. Moving quickly in small spaces with one foot on the ball requires a superb amount of balance and coordination. Balance and coordination (mixed with speed) is what makes a player agile and agility is a necessary skill for the best footballers.

10. Speed

Speed is necessary for footballers in terms of both **quickness/quick feet and speed across greater distances.** Quickness and quick feet go hand in hand with balance and coordination. Speed is a baseline skill for footballers and is very important. A player might be super agile with the ball at their feet, but if they're slow and can't beat their opponents to the ball, they'll never get the opportunity to show off their agility.

11. Strength and power

Strength and power contribute to a player's speed and agility as well as their **ability to shoot, make long passes, defend and shield the ball, steal the ball from their opponents, and win balls out of the air.** Without the strength and power to win the ball, protect the ball, send long and powerful passes, and sprint past opponents, even the most intelligent players not as useful on the pitch.

12. Passion and love for the sport

The most important trait that a footballer must have to achieve success in football is a burning passion and love for the sport. In order to achieve success, footballers put in **hours of practice**, and once they achieve success, they continue to do so. These hours not only include **time on the pitch** but also time spent **watching football matches, analyzing them, reflecting upon a player's own performance** on the pitch, etc.

13. Composure and mental strength

Passion and love for the sport is often accompanied by extreme competitiveness. Those who LOVE their sport LOVE to win. This competitiveness is certainly crucial to achieving success in football, but it should also be accompanied by *composure and mental strength*, which help players **perform well under pressure, accept defeat, deal with unnecessary aggression from opponents, accept rejection, and persevere.**

14. Coachability

No matter how talented a player might be, they have to **be willing to learn from their coaches.** This means not only listening to his or her instructions, but also **seeking out, accepting, and integrating feedback** without defensive backlash. Players should also demonstrate an ability to **self-correct and try new actions** to get improved results.

15. Self-motivation

The final trait a football player must possess to truly achieve success in football is **self-motivation.**



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/>

YOUR CONTACT INFO

Your Business Info here



Don't Forget Nebraska State Soccer Announcements!

Omaha United Soccer Club is a proud supporter of:



Tryouts will occur
November 7-8 & 14-15

Registration coming soon.
#NEBODP



Nebraska State Soccer award nominations are NOW OPEN!

- | | |
|-------------------------|--------------------------|
| Administrator | Volunteer |
| Boys' Competitive Coach | Girls' Competitive Coach |
| Boys' Rec Coach | Girls' Rec Coach |
| Male Young Ref | Female Young Ref |
| TOPSoccer Buddy | TOPSoccer Coach |

If you know someone who deserves recognition, nominate her or him here:
bit.ly/2Hfir9F





Coaches' Corner: Find Out More about Our Coaches

Name: Enrique Almonte

Which Omaha United Soccer Club teams do you coach? 2012 Boys

Where are you from? Omaha, Nebraska

Why do you coach? I coach because I love to see our kids grow and succeed on and off the field, through our love of soccer.



The best thing about coaching is having a positive impact in their lives, just by doing what you love. I want to use my passion for the game to help them appreciate the sport and the opportunities it has to offer.

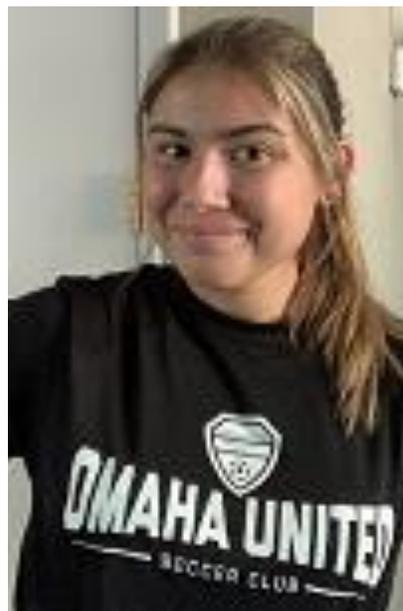
What's your favorite soccer team? Manchester United

What's your favorite experience as a soccer coach? Coaching at Morrison Stadium in the High School State Tournament.

What's your favorite memory as a soccer player? Traveling out of state with our club team are some of my favorite memories as a player.

What are your favorite hobbies? Watching, coaching, and playing soccer.

What do you enjoy most about being part of Omaha United Soccer Club? I love how professional the club is. Everyone helps and supports each other. It feels like family. The best part is that it's all about the kids.



Name: Sipres Hoefler

Which Omaha United Soccer Club teams do you coach? 2014 Girls

Where are you from? Nebraska

Why do you coach I love soccer so much, I want to continue being a part of a team and foster young players' love for the game, too.

What are your favorite soccer teams? Real Madrid, Sporting KC

What's your favorite experience as a soccer coach? Watching players grow from the beginning of the season, to the end of the season.

What's your favorite memory as a soccer player? I loved traveling for soccer tournaments with my team. We always had the best time.

What are your favorite hobbies? I play in 3 soccer leagues, I like to work out, and watch Netflix!

What do you enjoy most about being part of Omaha United Soccer Club? I love getting to work with some amazing kids and fantastic players! Everyone is so kind and ready to learn!

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

Jovan Sudar, Technical Director, Boys' Director of Coaching: 402.210.9923; jovansudar@gmail.com

Danka Vargas, Director of Club Administration, Director of Goalkeeping: 402.680.4860; admin@omahaunitedsc.com