



Calgary Northside Soccer Club

www.northsidesoccer.ca

September, 2015

Striking for Success!

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CNS Titanium (GU18, Tier II) took home gold at the ASA Servus Youth Soccer Provincials August 14-16 in Spruce Grove, Alberta. More CNS success stories, and more on CNS Titanium, below.



Congratulations & Thanks from the President

The 2015/16 Outdoor Season has been a huge success for Calgary Northside Soccer. The club has a total of 32 teams, of which 19 were competing for provincial spots. CNS is proud to say we had 6 teams earn provincials spots. Well done CNS!

Congratulations to the CNS Infinity BU14 T2, CNS Centurions BU16 T3, CNS Impact BU16 T2, CNS United BU18 T3, CNS Panthers GU18 T3 (Silver), and CNS Titanium GU18 T2 (Gold).

At the younger age groups, our GU10 CNS Firebolts had a successful undefeated season. And our GU12 CNS Lightning won gold in their City Final. Awesome job girls!!

This is an extremely high percentage of marked success. Behind the scenes, we had many other teams with their own stories of success that were very competitive and enjoyed a healthy share of fun times.

A small success is better than a big failure, so keep your activities manageable. Starting small and building the momentum over time is the best way to grow a winning team.

Both our GU18 teams are proof of this – as they have endured many challenges to achieve their success.

People perform well when they are doing a task they enjoy and have the skill set to complete the task.

So I would like to thank all the hard working coaches and team managers and our PASS Technical group for their dedication during the outdoor 2015 season and for making soccer enjoyable.

And a special mention to all the parents who continue to get their children to the field on time.

For all those teams registered in Fall Season, have fun and we hope to see all of you during Indoor 2015/16.

Jason Yeast - President, Calgary Northside Soccer



CNS Strikers headed to the Nottingham International Cup

'Everything earned and nothing given' is coach David Chiu's mantra to his team, the CNS Tier 1 U18 Strikers.



It's a core value in soccer, and in life, and it has driven the team's actions for 8 years as it worked its way to Tier 1. The Strikers have represented Calgary at Provincials as well as a couple of major US Tournaments.

Their next goal is to go home, to where soccer was born, to England next summer to compete in Britain's biggest international tournament, the *'Nottingham International Cup'*.

The tournament is taking place at the University of Nottingham campus in Nottingham. And yes, that's the home of Robin Hood! Each team will play a minimum of four games against participating countries from around the globe.

To earn this wonderful experience, the team has been engaged in fund raising since March. *They have sold raffle tickets, conducted bottle drives, helped the Kinsmen during Stampede and even worked with Alberta Transportation to help clean up our highways.*

There is a great deal more work ahead and the team is finalizing plans now for more fundraising activity.

Please ***Save the Date now for Saturday, November 14th.*** That's when the team is holding a Dinner and Fun Money Casino at the Edgemont Community Center.

You'll enjoy a great *Italian Dinner* courtesy of *Roma Catering*....have a chance to bid on fabulous and valuable memorabilia during the *Silent Auction*....bid on *Snow Removal Services* for the coming winter courtesy of the tireless and courteous Striker team members, hear from *Stephen Norris from Winsport* as well as an array of entertainment and fun.



Please don't miss your opportunity to support the CNS Strikers and stay tuned for more updates on the CNS website!





Champions Row

CNS Titanium (GU18, Tier II) took home gold at the ASA Servus Youth Soccer Provincials August 14-16 in Spruce Grove, Alberta

Under the leadership of captain Monica R, the girls scored victories over Spruce Grove Saints (Edmonton) 5-1 and RASC (Medicine Hat) 6-0 with players Miranda G and Suvneet S each getting a hat trick . The victories led Titanium to the gold medal game where they defeated SW United (Edmonton) in a thrilling 1-0 victory. The winning goal was scored by Tess K in the 28th minute with an assist from Mairead W. Amy O was awarded the Coaches' MVP of the Tournament. The gold Provincial medal capped off a brilliant season that included the GU18 Tier II City Championship and a gold medal at the Kelowna Canada-Day Tournament in June. CNS Titanium is coached by Doug Hollies and Juan Jervis.

Here's another image of the team following the Gold Medal win at the Kelowna Canada Day Tournament 2015



Janae W (on loan from CNS Azzurri U16G/Tier II - Keeper

Amy O, Jamie G, Nikki P, Natalie S, Jessica H - Defenders

Monica R, Rae-Ann R, Danielle H, Kaitlin B, Nancy P, Lauren G-H,
Mairead W - Midfielders

Tess K, Suvneet S, Vivian L, Miranda G - Strikers



Champions Row cont...

The GU18 Tier III CNS Panthers won silver at the Alberta Outdoor Provincial Championships.

This came after capturing the Gold Medal for the 2015 CMSA outdoor season.

Congratulations on a great season!





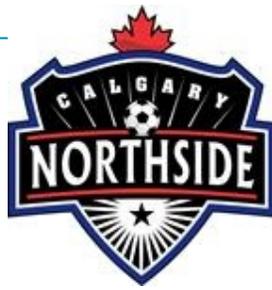
Champions Row cont...

After a great season of 6-3-0, CNS GU12 Tier VI Lightning took the gold medal in a 5-1 victory in the 2015 City Finals!



Share Your News

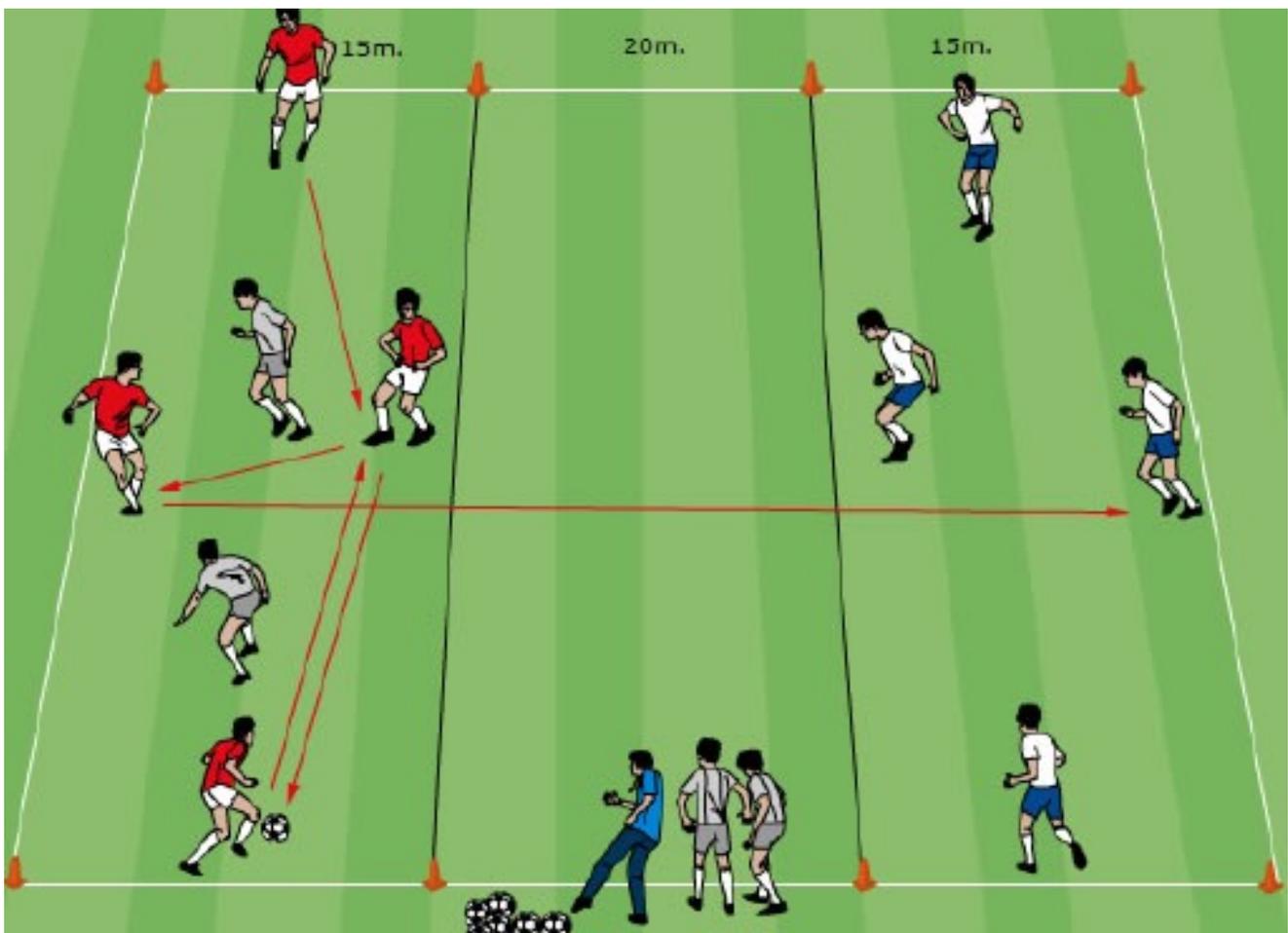
'Striking for Success!' is emailed to club members and posted to the CNS website. In each edition we seek to celebrate team and player achievements, share information and announcements and keep you up to date on teams, players, coaches and volunteers. If you have news to share, please send your article, information and pictures to the club at newsletter@northsidesoccer.ca



Coaching Points

Technical Tactical
Passing and Support - Three Zone Game -

A twenty minute drill
(details on the following page)





Coaching Points cont...

Organization:

- Set-up area 50x15m as shown on the page above
- Divide players into three groups of four and position them as shown.
- 15x20m Central area is a “no go zone”
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.

Description:

A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, two grey defenders can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while two new grey defenders try to win the ball. If a defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch defenders cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.

Progression:

As above but the ball must not bounce in the “no go zone” or possession is lost and team switches with defenders.

Coaching Points:

- Accurate passes with good ball speed.
 - Open your body to the play when receiving a pass.
 - Support in triangles – wide and deep.
 - Don't support too close to the ball. Remember: distance = time.
 - Be composed for the long pass-eye on the ball and strike through the middle.
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