



f t b

football
fun, enjoyable, football coaching

NEWSLETTER

WARSAW 2008 / 2009



All photos and videos available on the web site

[www.footto**t**ball.co.uk](http://www.foottotball.co.uk)



NEWSLETTER



Welcome to the first ever Foot To Ball, Warsaw Newsletter. It is a proud moment for me (Mathew Brown), to say what a huge success the Football Funweek at The British School, Warsaw has been.

The 4 days have been thoroughly enjoyable from a coaching perspective. The kids have been fantastic, they have developed as footballers and they have improved as people. I witnessed extreme acts of kindness and decency throughout, and I was extremely impressed with how the kids presented themselves, and acted. A credit to you, the parents.

The week wasn't completely without incident, and I was witness to a number of acts, of what I have come to name 'American Tantrums'. This was minimal, but did spoil the atmosphere on the last day for one of the groups. This kind of behaviour is not tolerated on any Funweek, and although I understand competitive frustration, I cannot understand (or want to) behaviour of that kind.

Before I get to the 'match reports', I would just like to thank a few people who helped make the Foot To Ball funweek happen:

Firstly, I must thank The British School, for whom without their facilities, the week could not have taken place. Mr Archdale was instrumental in facilitating this, and I must thank him for his help, and above all support.

Secondly, the Coaches, Richard Begent and Peter Kovacs, who coached to the highest level, and gave 100% effort into delivering what I can only say, was the finest funweek I have ever been a part of.

Thirdly, the support of you, the parents. Without allowing, supporting and encouraging your children to attend, I would not be writing this letter. Thank you.

Finally, Marta. Who helped, organise, encourage, took photos, and generally put up with me for the duration.

I hope you enjoy the rest of this newsletter, and perhaps future Foot To Ball funweeks?

Mat

As most of you already know, the 4 days were split into coaching days. Each day had a 'theme', and focused centrally around it. The idea was to develop each child within this theme, technically, mentally and practically.

Passing

Dribbling

Defending

Shooting/GK

Each day pupils were taught 2 x 'Superskills', consisting of varying levels of difficulty. These were technically demanding 'Superskills' such as the Cruyff Turn, or the V-Shape Drag Back, or the 'Jay-Jay Okocha'.

After the Superskills, pupils were then coached in the areas of the theme of the day. Focusing on each pupil having as much contact time with a football, and enjoying the activity. Rather than lining up, and waiting to have a 'kick of a ball'.



Mr Weston, Mr Mautner Markof, Mr Bogen, Mr Nihalani and Mr Phan preparing for the British Bulldog challenge. (Dribbling)

After the coaching, the league competition began. Each day, after lunch, 4 teams played each other once, and over the 4 days, an overall winner was announced. The 4 teams were, Spain, Argentina, Great Britain and Germany. The teams were split into equal ability. Unfortunately, we didn't have enough pupils to keep within an age range, so I decided to mix the groups together (junior + senior). This allowed for a more diverse, and hopefully enjoyable experience, as teams had many more matches, and opponents to play against. Perhaps on the next funweek, we can improve the number of participants.

Within this newsletter, you will read about the drama, excitement, tears, ecstasy and the emotional roller-coaster that was the league competition.

All the information, plus lots more photos are available on the web site www.foottoball.co.uk

ARGENTINA

Top Row (left to right). Francois, Stefan, Adelaide, Alex.
Bottom Row (left to right). Matteo, Maurycy, Rodrigue, Kacper, Olek.

This team were the most industrious and least forgiving. A tough work ethic with a no-nonsense approach. Led at the back by the fearless Adelaide, and tenacious Stefan, with the flair of Francois, and speed and agility of Matteo. Alex and Olek had a keen eye for goal, while Rodrigue and Maurycy were the midfield engines. A tough team, with a tendency for a quick break from defence

GREAT BRITAIN

Top Row (left to right). Yannis, Dan, Dvid, Dominic.
Bottom Row (left to right). Nasser, Alexander, Christoph, Simon.

The favourites from the start, with elements of inconsistency. Yannis with his no holds barred tackling, whilst the midfield engine of Dan covering most of the pitch. MVP David having a calming influence at the back, whilst Dominic, another tough tackler, surging forward at every opportunity. Nasser distracted opponents by falling over, and Alexander nearly spending as much time on the floor, leaving Christoph to influence the midfield with his flair, and great ball control. Simon, often in goal, made same astounding saves, whilst also valued on the pitch.

SPAIN

Top Row (left to right). Andy, Rachel, Leon, Kai.
Bottom Row (left to right). Alex P, Alex Q, Lukas, Ashish.

Came so close to toppling Germany, but player indifferences, and ... ummm ... certain actions, led to their failures. Andy performing miracle saves in goal, led by Rachel the scoring machine. Leon, with his flair in midfield, whilst Kai (when he did play) was the captain, and dominated the midfield. Alex P (MVP) with his quick feet, and passing vision set up the impressive Lukas (when he played), and Ashish had a strikers instinct.

GERMANY

Top Row (left to right). Maor, Kuba, Sarah, Casper, Adam.
Bottom Row (left to right). Paulo, Lea, Blazej, Wladek.

Typical 'German like' consistent performances, ensured this German teams momentum carried them to overall victory. Maor showing off his dazzling footwork, with Kuba's never give up work ethic in midfield, followed by Sarah's visionary passing and unselfish play allowed the dynamic, and very pacey Adam to drive down the wing, where Paulo's striking instinct paid dividends. Lea's fearless tackling in defence, allowed Blazej to dictate play, and Wladek versatility added to the defensive qualities of the 'best defence' of the tournament.

DAY 1



The day started @ 10am, and after a brief introduction of the coaches, Mr Begent, Mr Kovacs and Mr Brown (in order), the pupils were put into groups, and then off with their coaches on the field.

Mr Begent was in charge of the Senior group, whilst Mr Kovacs had the responsibility of the Junior Group.

The 2 groups were told of the learning objectives of the day, and overall 'theme' (dribbling). Each training session is centred around the theme, with emphasis on key points, and learning outcomes.

As usual, the morning starts with 2 superskills, and then drills specific to the theme of the day.

The weather, although slightly cold, was perfect for a day of football.

The junior group enjoyed the game of 'British Bulldog', and managed to include their newly found arsenal of 'superskills of the day' during the game.



David struggling to mark Nasser (despite being on the same team)

The Senior group were enjoying their 'street soccer' with Mr Begent, using the special 'Kage Goals'.



Christoph and Matteo chase a loose ball

The games were intense, and the teams were put into their 'National Teams'.

No 'love' was lost between the teams, and winning was the menu of the day.

The games were all played in tremendous spirit, and the pupils were a credit to themselves with

their behaviour and respect towards each other.

The final results for the day.

- Germany top (5pts)
- Argentina (4pts)
- Spain (3pts)
- Great Britain (2pts)



Kuba making a typical tackle, whilst Leon tries to retain possession

A fine performance by Germany, whilst Great Britain surprised everyone with indifferent results.

The day started with the usual 'superskills', where the seniors were taught the Cruyff Turn, and the 'Reverse Cruyff'.



Adam & Rachel practising their superskills

The skills were particularly tricky, and the pupils coped extremely well. Even exceeding our expectations with the quality, and accuracy of the skills.

The Key points of defending, were the Jockey position, (as if you were sitting on a horse!), bent knees, (like a spring), and one foot slightly forward (allowing you to turn quickly). The final point, was for defenders not to 'dive in'. This is fatal for defenders to commit to a sliding tackle, and then being left on the floor as the attacker dribbles past you!

The Junior group struggled with the concept, and Mr Kovacs did an excellent job in coaching a particularly difficult subject.

I was impressed by the enthusiasm of the senior group, led by the excellent Mr Motivator himself, Mr Begent.



Adelaide unfazed by the imminent tackle from Dominic

The matches were certainly becoming more competitive, but the nature of the players remained friendly, and fair throughout.

There were some fantastic goals being scored, and even Andy managed to score (he is a goalkeeper) from his own goal, 'lobbing' the keeper (David Fuhrmann) - who could do nothing as the ball floated over his head.

Spain looking in a great position, and with a returning key player on day 3, they are posing a threat to Germany. Great Britain, the biggest surprise so far, have yet to prove themselves, with some 'big' name players, it's not always the favourites who come out on top!

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| | 6 | 3 | 3 | 0 | 8 | 2 | 12 |
| | 6 | 3 | 0 | 3 | 10 | 9 | 9 |
| | 6 | 1 | 2 | 3 | 5 | 11 | 7 |
| | 6 | 1 | 3 | 2 | 7 | 10 | 6 |



Alex Q pleased with his teams rise up the table

DAY 2



After the excitement of the previous day, Sunday had a lot to live up to!

As usual, the day started with an introduction to the days 'theme' (Defending). The teams were then told of the results, and league standings of the tournament from day 1. A very close league table showed very little difference to the teams rankings. This meant that today's tournament could have a real effect on the overall outcome!



Olek & Christoph battling for the ball



2v2 Ladder Tournament



Alex P trying to get past Blaze, during Spain's game against the leaders, Germany



A well deserved break for Argentina



Paulo driving forward for Germany

DAY 3

Day 3 saw the introduction of the 'theme of day', passing.

The league table was announced in briefing, with Germany taking a strong lead, whilst Spain were closing the gap, and quickly!

Superskills today were: 'Squeezy Push', L-Shape and balancing the ball on the neck! The superskills were recapped, and the difference between day 1 and day 3 were impressive to say the least!



M Brown teaching the 'Squeezy Push'



Rachel perfecting her 'inside foot' pass

The Key points of Passing were: Selecting the surface, (inside, outside, laces, sole, heel, toe), weight of pass, and accuracy. Surface was selected for the type of pass, and the weight of the pass was all about ensuring the ball reached it's destination. Finally accuracy was the final key point.

Today was slightly different, as we held a 'Football Golf' competition. 6 Holes were set up around the facilities, were the objective

of the modified golf game, was to strike the 'hole' (cone), with your football, from a set distance, within as few 'swings' (passes) as possible.

There were many obstacles, such as rivers, lakes, sandpits, and even a 'crazy golf' hole in the Key Stage 2 playground. The countries playing the leagues would accumulate their scores, and the country with the fewest points would add +2pts to their league standings.

The competition was extremely close, and most noted for Sarah Fuhrmann scoring a 'hole in one' on arguably the most difficult hold (hole 5).



Nasser retrieving his ball

GOLF RANKINGS



Hole 5 - one of the tougher football golf holes

Sarah Fuhrmann 18
 Dan Lahav 22
 Dominic Burgess 24
 Blajez Raszewski 24
 Adam Foster 27
 Adelaide Hayes-Elliott 27

The tournament resumed, but due to the Golf taking longer than expected, we only had time for 2 tournament matches. That means the final day will be action packed with an afternoon of matches!



Dan Lahav about cross into the danger area



Casper being tested from long range - Lukas following up, hoping to get hold of any rebounds

DAY 4

The superskills of the day were by far the most difficult for both groups - the 'Jay-Jay Okocha', 'Step over' turn and 'Rainbow flick' were as difficult to perform as they are to pronounce! Both groups acquired them, and developed them with their own personal flair to a very high level indeed.

The key points of shooting were: Selecting the surface, Power, Accuracy. The 3 types of shot that were learnt: Inside 'Banana', Outside 'Banana', laces.



Casper testing Andy from distance

Mr Kovacs spent some time with the goalkeepers, in a short clinic, and we used the 'shooting' practices to test their newly found agility.

The most difficult of the shot, was the outside of the foot (Banana). The angle of approach had to be just right, and the foot had to be angled in a most uncomfortable way; not to mention hitting the ball 'off-centre'!



Adelaide using her body to stop the ball



R Begent, highlighting the coaching points of shooting

The seniors had a more demanding shooting practice, with Mr Begent putting them through their paces.

The final day of the tournament ... and the atmosphere was electric.

The current standings were Germany in the lead with 15pts, closely followed by Spain with 9pts (who had also recently won a recent quiz +2pts). Argentina were looking stronger than they had all week, and Great Britain were still lingering in 4th place (although they had won the Golf the day before +2pts).

The top scorers at this point were: C. Mautner Markhoff, D. Lahav, R. Fuhrmann, Maor and Foster ALL on 3 goals.

With everything to play for, the games began with purpose and an intense rivalry.



Great Britain vs. Germany - an all time classic fixture



Janicke & Janczuk battling for the ball in the midfield

Spain had a poor start to the afternoon - not with their football, but with attitudes of key players. Already under pressure, one player removed himself from the pitch, after feeling aggrieved by a sibling. Despite feeling this absence, once Spain had adapted to the circumstance, they actually began to play much better and results were finally going their

DAY 4 - Continued



- too little, too late. The disappearance affected the whole team, and unfortunately for Spain, were let down.

Argentina showed real grit and determination, led by Adelaide who, despite injuries, played with her heart on her sleeve. Argentina went down a man, with Alex Ven der meij getting injured early on, leaving Argentina short. After a re-shuffle, Argentina found their feet once again, and battled through to earn a draw against their closest rivals Spain. A thrilling 2-2 match.



Out of nowhere, Great Britain had a fantastic comeback, winning 5 consecutive games, whilst the leaders of the table were having an indifferent day, losing 2 key matches, the gap had disappeared, and the 2 teams were on even points! The only thing separating them was their Goal Difference (Goals Scored, minus Goals Conceded).



Germany now under intense pressure from Great Britain, were beginning to wobble slightly. Their once dominant position was now under threat, compounded by losing to Great Britain in open play, they suddenly found themselves on equal points. Their rock solid defensive record was the only thing separating them from the 'goal machine' that is Great Britain.



Germany were resilient (as Great Britain soon found), and they had conceded the fewest goals for a reason! Undeterred, Great Britain made one last push to put them over the top ...

The final games ...

Germany and Great Britain were separated by 1 goal. Both on equal points; Great Britain with a fantastic scoring record, against Germany, with the best defensive record.

At the other end of the table, Spain and Argentina were also on equal footing, with only 1 goal separating the 2 teams as well!! Incredible turn of events!



With Germany playing Argentina, and Great Britain playing Spain, both teams needing to win, and needing to score higher to break the goal difference ...

Great Britain were overpowering Spain, who were still without their leader ... 5 Goals to 0, Spain were now playing for pride.



On the other pitch, Germany were beating Argentina 3-0. All too aware of the scoreline, they knew they needed to score at least 2 more to top the table.



Suddenly, Spain managed to score through Rachel Fuhrmann, 5-1. This meant that the Goal difference between Great Britain and Germany was equal ... !

Germany knew they only needed to score one more for that all important +1 Goal Difference ... Casper Pages leading the team, drove forward and scored a fantastic goal in the top right corner. 4-0.

What a final ... what an afternoon!

PRESENTATION



Each coach has 3 awards to give ...

Coaches Player, Most Improved Player, and Most Valuable Player (MVP).



The Senior Group.



Coaches Player

Adam's attitude was his strength for this award, hard working, always listening, never complaining. Well done Adam.

ADAM FOSTER



Most Improved

A terrific improvement seen in Rachel's football. Combined with her fantastic attitude, made this a simple choice.

RACHEL FUHRMANN



Most Valuable Player

A leader, a supporter, fantastic ability, and an arsenal of skills. Always working hard for his team, and giving 100%

DAVID FUHRMANN

The Junior Group.



Coaches Player

Always helping, always supporting and selflessly helping others. Lea was a pleasure to have in the group. Well done!

LEA FUHRMANN



Most Improved

Maurycy showed great improvement since the beginning of the week, and didn't let his language skills in English deter him.

MAURICY JANICKI



Most Valuable Player

A fantastic talent, combined with a hard working team ethic. Alex showed his true character, and a deserved award for this terrific young man.

ALEX PHAN

All photos and videos available on the web site

www.football.co.uk