

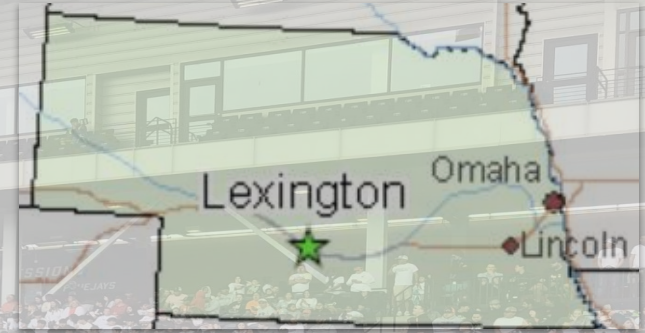
Culture Over Everything

The background image shows a soccer field with players in white uniforms huddled together. In the background, a large stadium is filled with spectators. The title 'Culture Over Everything' is overlaid in large black text.

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2023 Nebraska Coaches Association Clinic
Wednesday July 26, 2023
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Lexington Minutemen

- Program initiated in 1999
- UniFut program
- Middle school program
- Deep & proud soccer culture





“Everybody has the will to win; few people have the will to prepare to win.”

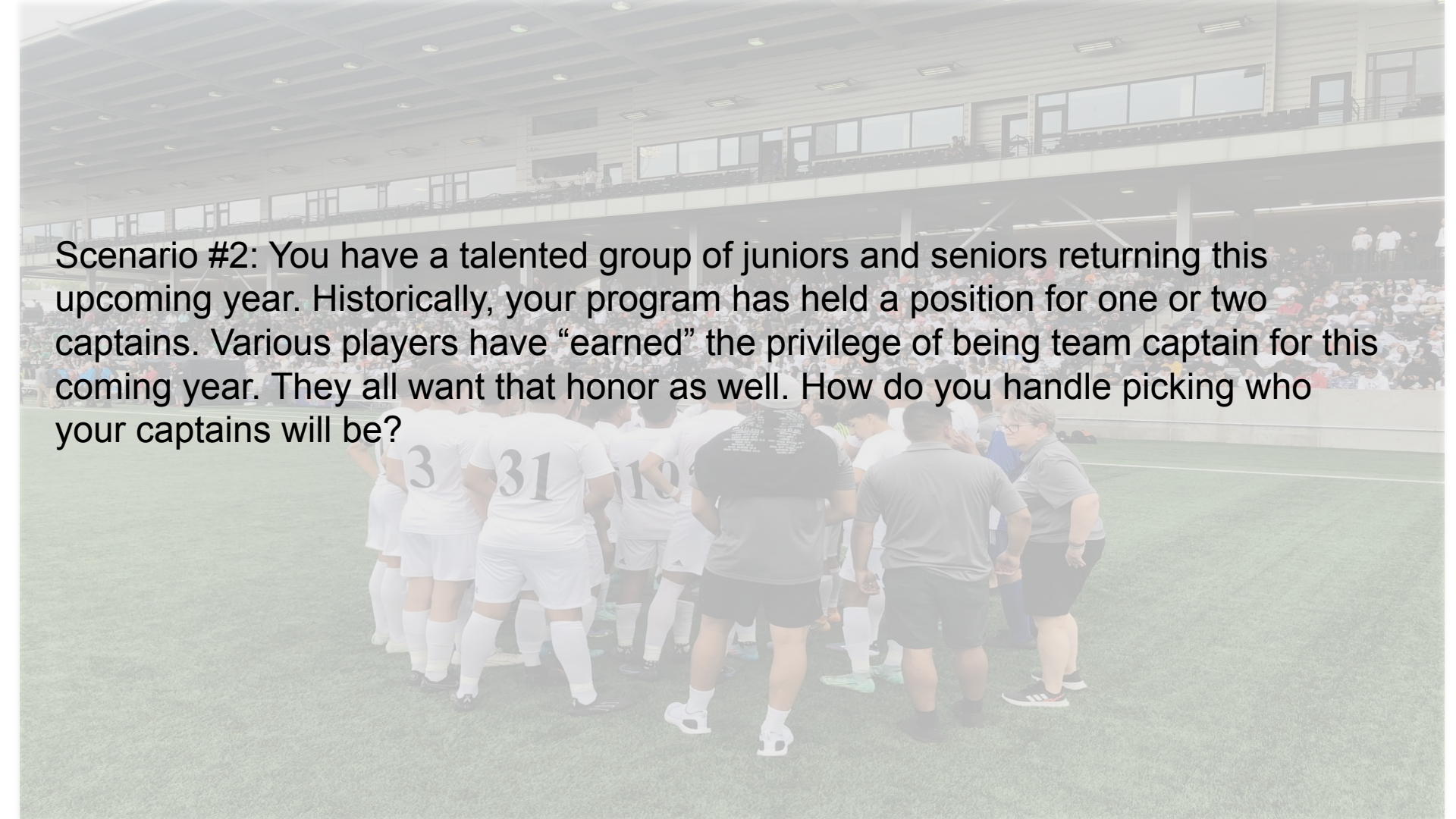
-Bobby Knight

Scenario #1: In your team, it is quite obvious that your most talented player is also one who dislikes practices. In fact, this player has already missed two practices. During practices, this player is not a hard worker and although s/he has great technical ability, speed and stamina, s/he often comes towards the end of the pack of your conditioning exercises. It has become apparent that other players on the team notice this and you can tell that the culture is shifting. How do you address this?

Service

- Lexington City Clean Up
- Food Drives
- Trunk Or Treat
- Helping families move
- UniFut & YMCA coaching/ refereeing
- Snow day community clean-up
- Operation Santa Claus



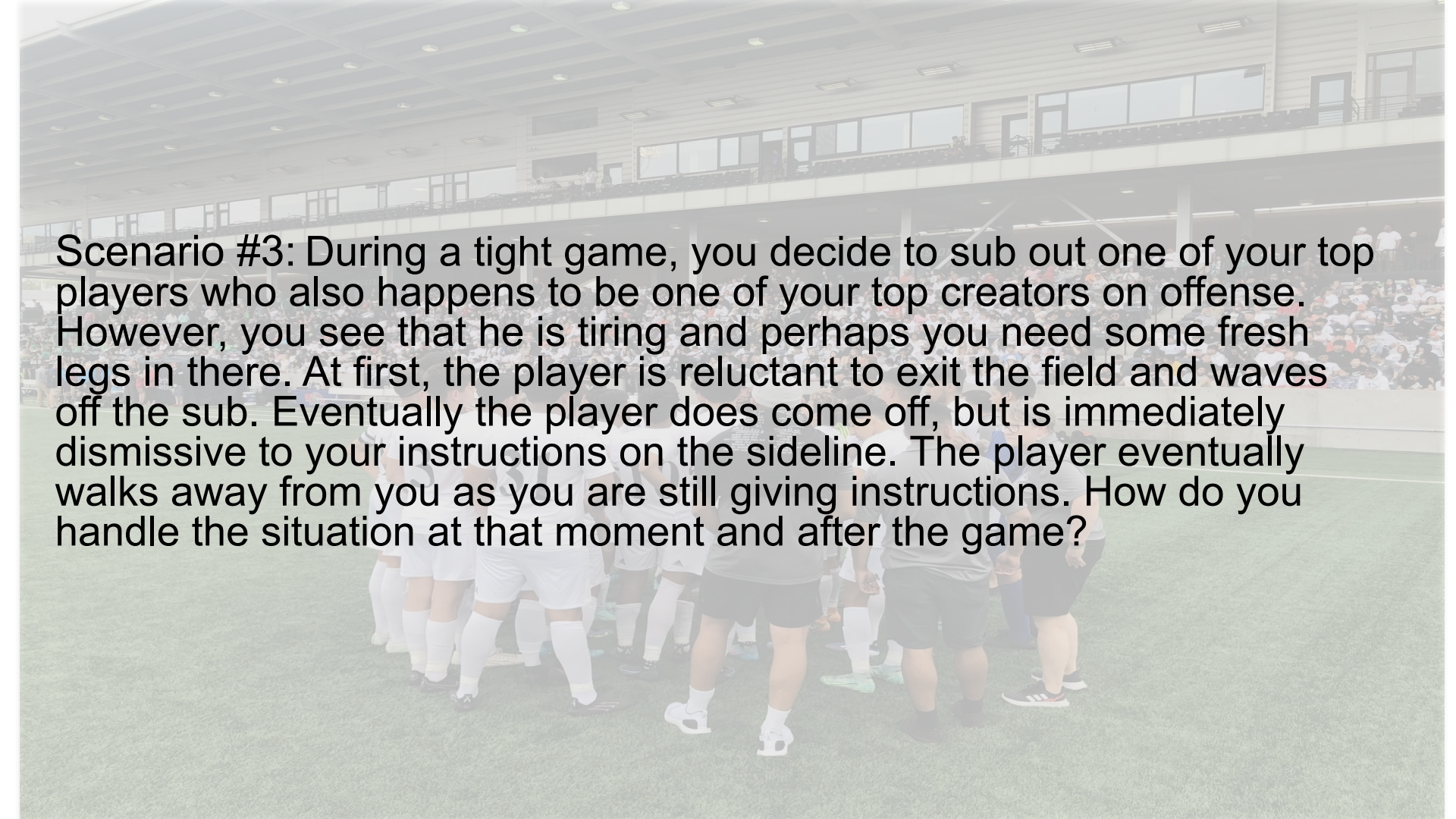
A soccer team in white uniforms is huddled on a green field. Several players' jersey numbers are visible: 3, 31, and 19. Coaches in grey shirts are also present. The background shows a large stadium with many spectators.

Scenario #2: You have a talented group of juniors and seniors returning this upcoming year. Historically, your program has held a position for one or two captains. Various players have “earned” the privilege of being team captain for this coming year. They all want that honor as well. How do you handle picking who your captains will be?

Fundraising

- Concessions
- Stadium clean-ups after FB games
- Taco Feed (10th annual)
- FIFA tournament
- 3 v 3 Central NE soccer tournament
- Minutemen Fútbol Alumni Tournament



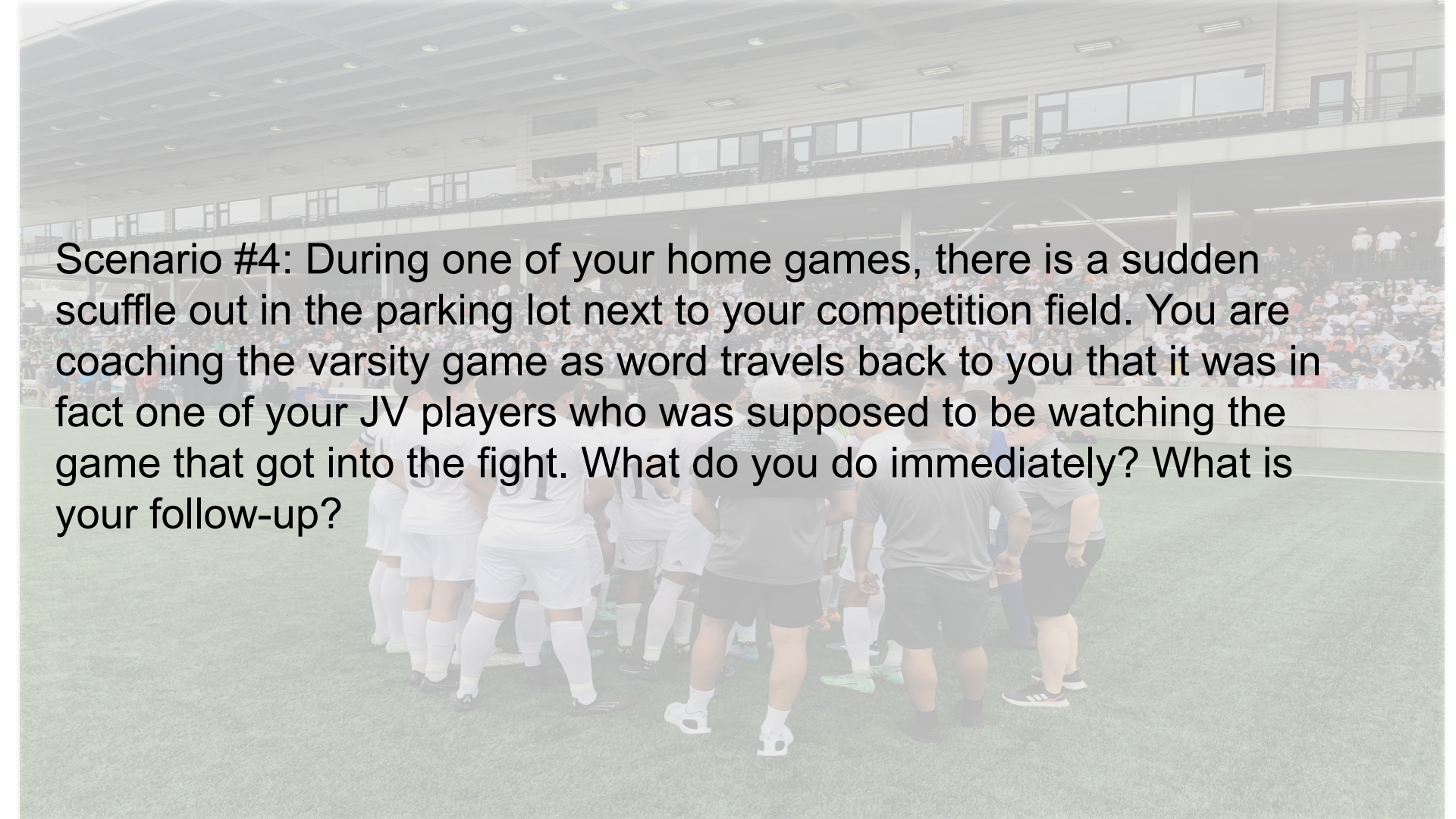


Scenario #3: During a tight game, you decide to sub out one of your top players who also happens to be one of your top creators on offense. However, you see that he is tiring and perhaps you need some fresh legs in there. At first, the player is reluctant to exit the field and waves off the sub. Eventually the player does come off, but is immediately dismissive to your instructions on the sideline. The player eventually walks away from you as you are still giving instructions. How do you handle the situation at that moment and after the game?

Academics

- Academic Coach
 - Biggest key to making this happen
 - Fills many other roles- modeling behavior, study skills, mother of team
- Study Hall (October- May)
 - Must create incentives in off-season
- Grade checks on Friday
 - Led by academic captains
- Minutemen Fútbol Handbook
 - 2.5 GPA, mandatory study halls
- College Visits
 - Incorporate a camp or watching a college level game into the day






Scenario #4: During one of your home games, there is a sudden scuffle out in the parking lot next to your competition field. You are coaching the varsity game as word travels back to you that it was in fact one of your JV players who was supposed to be watching the game that got into the fight. What do you do immediately? What is your follow-up?

Partnerships

- Strength and Conditioning Class
- Athletic Trainer
- UniFut
- Middle school program
- Local leaders/ investors
- Past alumni



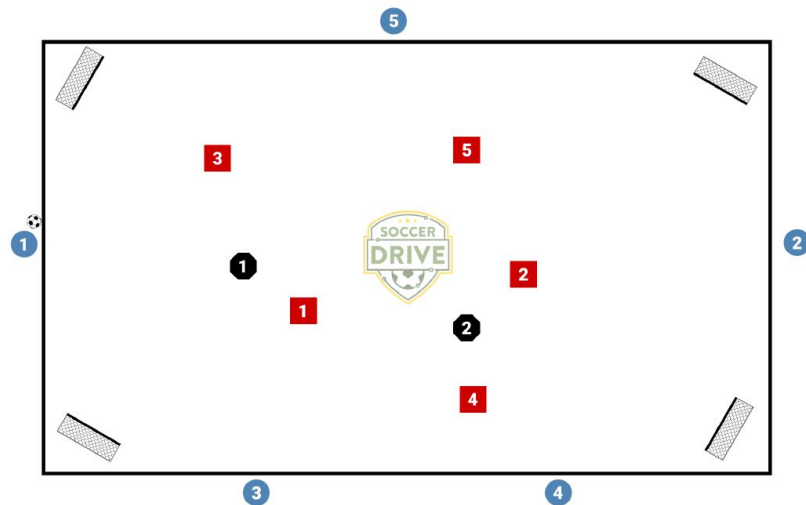
A soccer team in white uniforms is huddled on a green field. Several players' jersey numbers are visible, including 3 and 31. Coaches in grey shirts are also present. In the background, a large stadium with multiple tiers of seating is visible, filled with spectators. The scene is captured from a low angle, looking across the field towards the huddle.

“When you punish your people for making a mistake or falling short of a goal, you create an environment of extreme caution, even fearfulness. In sports it’s similar to playing ‘not to lose’- a formula that often brings on defeat.”

-John Wooden

Two Competitive, High Energy Drills

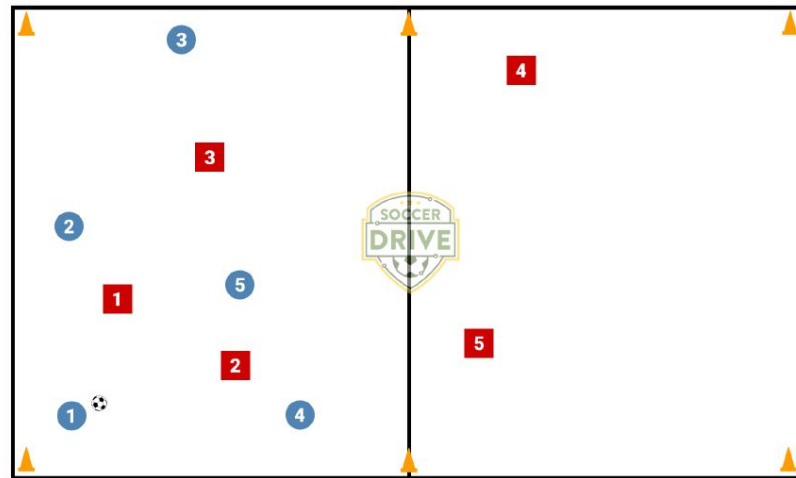
Transition Possession into Attack (5 v 5 + 2)



Description

Team in possession is spread out on the outside of a 40 by 36 yard grid (can adjust grid as needed). Two teams of 5, one team is spread around the outside (in this case they are blue) and one team is inside the grid (red team). Two neutral players (preferably two center midfielders) move and try to combine passes with the outside team and maintain possession. Outside team gains points by connecting passes. One point for every three passes connected to CM's. If defending team inside grid (red team) steals the ball, then they can score into any of the four goals. Outside team (blue team) can come inside grid if ball is lost. If they gain it back, they reset back to outside and continue to try to connect passes. You can have the teams switch roles every 3 minutes.

Rondo 5 v 3 with transition



Description

A more competitive rondo which allows for players to continually compete. Grid size can vary, doing a smaller grid for players with higher ability. The team with 5 players (in this case blue) wants to connect 5 passes. If they do, they get one point. The team of 3 players (red team) wants to steal the ball and return it back to the other grid. If they do, they can join the other two guys and try to connect five passes versus three blue guys.

FAMILIA

