



Lakelands Toros Soccer News



July 2009

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Soccer Links

TOROS WEBPAGE

Find the latest news from Toros Soccer.

SCYSA

South Carolina Youth Soccer Association. Find information on leagues, rules and more.

PMSL

President's Medal Soccer League – schedules and standings.

SANGLAPPER LEAGUE

Sandlapper League – schedules and standings.

Teams are set for fall 2009

This year we have formed the following teams:

U18 Girls Fusion	U18 Boys Spurs
U17 Boys Red Devils	U16 Boys Fire
U15 Boys Phoenix	U14 Boys United
U13 Girls Strikers	U13 Boys Storm
U12 Boys Lightning	U11 Boys Pride
U9 Boys Galaxy	

Lakelands has a new Recreation League

Lakelands Youth Soccer (LYS) is a newly formed partnership involving Lakelands Toros Soccer Club, Greenwood County Parks & Recreation, Abbeville City Parks & Recreation, Greenwood Family YMCA as well as Ware Shoals, Due West, McCormick and Ninety-Six soccer programs. All of these organizations are coming together to standardize coaches training, field sizes, team sizes, officiating and scheduling to improve the quality of the soccer experience for children in the Lakelands area. This partnership is designed to create a combined and stronger recreational program.

The Lakelands Toros Soccer Club has taken over the management of the Greenwood Parks and Recreation's soccer program, as well as Ware Shoals and Ninety-Six. We have established a new Recreation Division to the Toros Soccer Club. This will not change the current Toros club programs, nor will club players bear any of the costs involved in the new Recreation league.

In the spotlight: U15 Boys Phoenix



Front row, L to R: Jared Zambrano, Fernando Torres, Elder Carillo, Caleb Fenner, Banks Hamilton, Dusty Kent, Parker Hammond, Jeremiah Kohl.

Back row, L to R: Coach Andy Castro, John Castro, Nate Adams, Dillon Fender, Aiden Warner, Matthew McManis, Christian Lucas, Jared Swartz, CJ Scott.

The LTSC Phoenix were the U14 PMSL Division B State Cup Champions last spring. With all of the players returning this fall, the Phoenix is looking forward to a great season.

Contact Us

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"Every single day I wake up and commit to myself to becoming a better player."
Mia Hamm

Coach's Corner by Andy Castro

A Japanese proverb promises, "It is the flexible bamboo that survives the storm before the mighty oak." The same holds true for the beautiful game we all love – soccer!

The world's top-flight players are ones who readily evaluate and adapt to adverse situations, and then execute with ease. They are indeed flexible to change and anticipate the future development of play.

A valuable skill we can all use in our arsenal is *trapping*. This first touch skill is arguably the foundation for all others. In baseball a soft catcher's glove helps control the incoming fast ball. Let's take a look at the physics of that action and apply it to soccer and trapping the ball.



"ALWAYS RUN FREE!"

A R F:

ANTICIPATION – Adjust your body into the best position to receive the incoming ball. Knees bent, moving with the ball rather than meeting it with force on force.

RELAXATION – Meet the ball with a relaxed supple body to cushion the connection with grace and harmony as if you and the ball were one.

FLOW – Like water, flow with the movement of the ball directing it to where you want it to go, away from your opponent and coming to rest right at your feet.

The acronym A.R.F. may be helpful in remembering these three simple things, **A**nticipation, **R**elaxation and **F**low. When you learn to expertly control the ball it will allow you to *Always Run Free. A R F!*

Rule of the month: "Handballs"

It is interesting to note that the FIFA Laws of the Game does not directly address "handballs", mentioning only deliberate handling of the ball as a foul. So what constitutes deliberate handling?

"The offense known as "handling the ball" involves deliberate contact with the ball by a player's hand or arm (including fingertips, upper arm, or outer shoulder). "Deliberate contact" means that the player could have avoided the touch but chose not to, that the player's arms were not in a normal playing position at the time, or that the player deliberately continued an initially accidental contact for the purpose of gaining an unfair advantage. Moving hands or arms instinctively to protect the body when suddenly faced with a fast approaching ball does not constitute deliberate contact unless there is subsequent action to direct the ball once contact is made... The fact that a player may benefit from the ball contacting the hand does not transform the otherwise accidental event into an infringement.

The rule of thumb for referees is that it is handling if the player plays the ball, but not handling if the ball plays the player. The referee should punish only deliberate handling of the ball, meaning only those actions when the player... strikes or propels the ball with the hand or arm (shoulder to tip of fingers)."

Quoted from United States Soccer Federation: Advice to the Referees on the Laws of the Game