



OCTOBER 2020

MONTHLY UPDATE

What a Kick!



GET YOUR MLSA INFO FAST & RUN WITH IT.

That's a Wrap

Congrats to our First Ever Middle School Teams!

With the help of the school district and a number of dedicated volunteers and coaches in the middle of a pandemic, the MLSA successfully launched our first middle school teams in September. Comprised of players from both middle schools, we had a boys team and a girls team, both full of great energy and spirit.

The boys team was coached by Steve McGalla and Assistant Coach Stephen Strotmeyer to a 5-3 record. The girls team, coached by Kelly Mehalko and Blair Proteau, had a 4-3-1 record. We are extremely proud of their achievements, right out of the gate!

One of our Girls U10 teams got to watch the girls team's last game (below). We love seeing MLSA teams cheer each other on!



AWESOME UPCOMING EVENTS:

- We're extending the fall season for U9 & Travel - sign up by Saturday!
- Annual Member Meeting now 11/22
- If you haven't seen the October issue of Mt. Lebanon Magazine with 50 years of MLSA, check it out!
- Spotlight your player!
 - 1. Complete the form <https://forms.gle/UaKrAf29joEBv9w18>
 - 2. Send a player photo (action) in Lebo Gear with name in subject to traveldirector@mlsa.org

Watch your email & check MLSA.org for all updates!

WANT TO KEEP PLAYING?

We're Extending the Travel Season - Act Fast!

Since we will not be offering futsal this year, we're providing an opportunity for travel teams to play through November with a casual format.

Who's Eligible?

Registered players in our U9 Academy and our Travel Soccer Program.

The Quick 411

- Games will be played between Lebo Teams in Mt. Lebanon only on either our Rockpile or Cedar Turf.
- Formats and rules will be modified to fit the registration results.
- Teams could be made informally week to week or we could decide to keep the existing teams together, depending on registrations.
- This is a newly added feature of the Travel Soccer program and no additional fees will be charged.
- The league will run 2 to 4 weeks in duration. (subject to change based on the weather).

WANT TO KEEP PLAYING?

We're Extending the Travel Season - Act Fast!

The Quick 411 (continued):

- The kids will play 1 game during the weekend, with no practices. Scrimmages will be played on either Saturday or Sunday between 9am and 4pm.
- We will have a set schedule closer to November 1st.

We are asking all players to opt-in to this program by completing the Google Form link below, which will close promptly on October 24th.

Please do NOT wait to complete the form if you are planning to participate. No player will be included in the program unless this form is completed.

Register Here: <https://forms.gle/h8aevAZJFsgqCJfH6>

If you are interested in volunteering, please indicate that in the appropriate section on the link. If you have any questions, please email them to TravelDirector@mlsa.org.

New App Alert: PA West is offering a new symptom checker app to help us all stay safe. Check it out here: <https://www.pa.gov/covid/covid-alert-pa/>

ANNUAL MEMBERS MEETING

Moved to Sunday, 11/22



Every year, we invite all MLSA members (that's you!) to an adult only annual members gathering, typically at Caliente's with pizza and beverages. This gives us a chance to celebrate the year with those who have made our kids' experiences with MLSA so fulfilling.

This year, we're moving it to zoom. While there will be no pizza like in the past, we will have our annual meeting where we formally elect the new board. This usually comes after the pizza part.

If you'd like to join us, please contact me for the zoom link. We'll also be sending information out via email shortly.

Only Board Members vote on the slate, but this will give you an opportunity to see a meeting in action - and you are always welcome to attend future board meetings as well.

Thank you!

Chris Frenie

President

president@mlsa.org

FAMILY ED CORNER

Home Drills

With the relentless Covid-19 Pandemic still impacting day to day life, exercise and spending quality family time may be a challenge. With that said, what better way to combine both through the beautiful game of soccer?!

When parents were asked how their kids are staying in the game:

- 81% responded that their kids are training at home
- 63% shared that their kids are connecting with teammates digitally
- 29% reported that their kids are watching rebroadcasts of classic matches
- 29% stated that their kids are playing soccer video games

Source: <https://www.soccer.com/guide/coronavirus-youth-soccer-impact>

Take this opportunity to engage your sons and daughters to stay active and involved in the game of soccer. Encourage free play such as dribbling through cones/obstacles and have your player kick the ball off of a wall - all of these individual exercises will improve their fundamental skillsets like receiving a ball properly and passing and shooting accurately, in addition to proper footwork.

It's a great time for players to focus on strengthening their non-dominant foot in all of these individual drills. Being able to play the ball with both feet is a coveted skill set that any coach wants on their team - especially at the club or high school levels

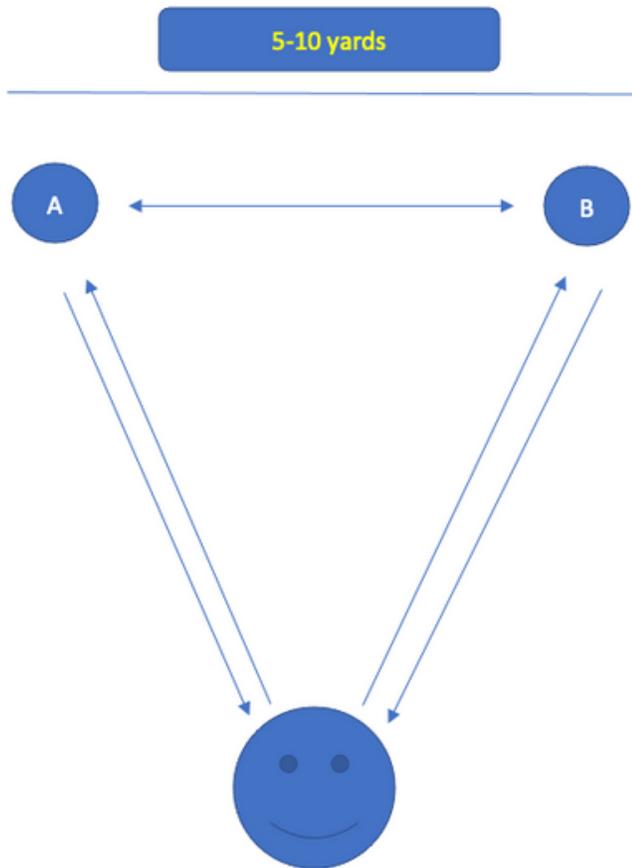
Participate! Spend quality time with your young player and help them get better! Consider the below drill to help your son and/or daughter with developing the concept of a key fundamentals of soccer including receiving passes (First Touch), Accurate Passing and Passing and Moving.

The MLSA is committed to developing sound technical players with a passion for the game of soccer. We'll provide additional at home drills that can be played in a small area of a yard or playground.

Thanks,
MLSA Player Development

FAMILY ED CORNER

Home Drills



5 yards



Parent



Player

DRILL INSTRUCTIONS

- Parent Starts with ball and Player on Cone A
- Parent passes ball to player, player receives the ball and passes it back to the parent and sprints to cone B.
- Parent Passes ball to player at cone B, player receives the ball and passes it back to the parent and sprints to cone A and repeats!

FOCUS AREAS

- Focus on the first touch to receive the ball properly.
- Use both left and right foot to collect passes and pass the ball.

Your "Games to Watch" This Month

Also make sure to download the LiveSoccerTV app for game times and channels.

Sat 10/24 Barcelona vs Real Madrid

Wed 10/28 Juventus vs Barcelona

Tues 11/3 Atalanta vs Liverpool

Sat 11/7 Man City vs Liverpool

Sat 11/14 Portugal vs France

Sun 11/15 Belgium vs England

Grab some friends and watch a game or two!

