

Issue: 28

The

# Gladiator Soccer Academy

News



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## GSA Newsletter

Welcome to Gladiator Soccer Academy's Newsletter. Parents' number one source for youth soccer information. Featuring the best youth articles from around the world.

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### Updates and new programs:

2008 and Under Academy Training Wednesday 6:00 PM - 7:00 PM and Friday 5:00 PM - 6:00 PM

2010 Academy Team Wednesday 6:00 PM - 7:00 PM and Friday 6:00PM - 7:00PM

2011 and 2012 Wednesday 5:00PM -6:00PM

2003 Saturday 9:00 AM-10:00AM



## How Parents Can Help Their Kids Build Mental Strength for Sport and Life

by Dr. Mara Smith

Most athletes, particularly teen athletes, are mentally under-trained. While they acknowledge that the mind is very important to their sport, they don't have a plan to integrate mental skills into their physical training. Just as with individual physical skills, there are some mental skills that athletes have, and some that they need to learn.

One of the most important aspects of sport is that it gives participants opportunities to learn things that they don't learn elsewhere—not in their families, school, work or places of worship. We are all familiar with the important lessons gained through participation in sports, such as teamwork, goal-setting, perseverance, responsibility, and dedication. And these lessons involve skills that make up mental strength.

Mental strength is important component of both physical training and competition, but rarely is it successfully integrated into these two areas. Sport can help kids in developing mental strength, and parents should play a vital role in setting the scaffolding so kids can build these skills and utilize them in not only in sport, but life overall. Here are some ways parents can help their kids understand and build their mental strength.

### 1. Let your kids fail in sport.

There is tremendous benefit and importance in knowing how to learn through failure, and sports is a great training ground for this— after all, losing is often construed as failure (losing is experiencing failure). Failure is not only a huge part of understanding the values of achievement and ambition; it is the way kids learn to deal with adversity.

Shielding or preventing kids from failure because we don't want them to be disappointed or hurt is a disservice because it taking away the crucial impact a parent can have helping and guiding a child through a difficult circumstance. Author Ashley Merryman says it well. "When children make mistakes, our job should not be to spin those losses into decorated victories. Instead, our job is to help kids overcome setbacks, to help them see that progress over time is more important than a particular win or loss, and to help them graciously congratulate the child who succeeded when they failed." (From: Losing is Good For You, New York Times, 9/24/13)

## 2. Bring focus to process, not just outcome

We have all dealt on some level with the "win-at-all-cost" mentality: a glaring example of focus on outcome. It can blind us all. Not recognizing the process means losing a lot more than just a game. Learn ways to help your child understand the importance of setting goals that they are actually in control of—keeping their feet moving, staying in the moment, not using negative self talk, etc. These are called "process goals" and they allow a connection between expectations, hopes, dreams and the steps to get there.

## 3. Let the experience belong to your child!

When conversations and actions revolve around ownership and responsibility, there is much to be learned. For example, if you have told your child to check their bag to make sure they have all of the equipment and your child reports that items are missing, don't go get them. If you have your child retrieve the missing equipment, they will remember the importance of checking to make sure they have everything. If you save them because you "feel badly" or "the team is depending on them" there is a good chance it will happen again. It is very important for parents to be willing to "reality check" themselves: Ask yourself is this more important to me or my child? The most impactful and meaningful learning happens when the athlete owns the sport experience.

Dr. Mara Smith's focus is on building mental skills which benefits athletes in a variety of sports at all levels. Dr. Smith helps athletes develop a repertoire of mental skills enabling them to handle whatever comes their way - MENTAL STRENGTH & CONDITIONING. Dr. Smith consults with individual athletes and teams, including parents, coaches and administrators - with a wide range of ages and abilities, developing mental skills. Her work also includes consulting with various national governing bodies including USA Hockey, USA Gymnastics, US Figure Skating, USA Bobsled and USA Luge.



### Do

- ✓ Support your child unconditionally.
- ✓ Attend your child's games, practices and sporting events regularly.
- ✓ Cheer for and encourage your child, their teammates and their opponents.
- ✓ Model self-control, good problem-solving and conflict management skills.
- ✓ Appreciate and thank officials and encourage others to do the same.
- ✓ Encourage commitment, teamwork, respect and punctuality.
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport.
- ✓ Encourage your child to strive for personal growth and excellence.
- ✓ Find ways to keep it fun!
- ✓ Be your child's biggest fan.



### Consider

- ✓ Listening to your child to understand their motivation.
- ✓ Seeking feedback about your behavior from others to keep yourself in check.
- ✓ Practicing with your child at home. Play with them! Keep it fun!
- ✓ Speaking up when other parents, coaches, or spectators are behaving poorly.
- ✓ Volunteering to help out regularly.
- ✓ Not rushing your child through the fun stages. Let them be a kid!



### Don't

- ✗ Let your emotions get the better of you.
- ✗ Yell out advice and criticism to your child or others.
- ✗ Ask your child to act one way and then model something else.
- ✗ Compare your child with others.
- ✗ Focus the sport experience solely on winning.
- ✗ Treat your child differently after a win versus a loss.
- ✗ Undermine the coach.
- ✗ Use the ride home to critique your child.

# What To Do At Home

Calling all Gladiators!!!!!! How far can you get in our Gladiator Challenge?? To move on to another level, Gladiators must do 50 of each move before they can move on to the next level. Can you beat all five levels in one day???

If so You are ready for the next Challenge. Can you follow Ari and Cat?

Gladiators never give up and never stop learning! Gladiators always look for more challenges, and if you beat all 5 levels and followed Ari and Cat, you are ready for our advanced soccer moves. How far can you get????

## Gladiator Weekly Challenge

<https://www.gladiatorsocceracademy.com/homework>

Checklist	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1							
Level 2							
Level 3							
Level 4							
Level 5							
Ari and Cat							
Advanced soccer moves							

**Push Yourself To The Point When You Are Tired, Drained, And All You Want To Do IS Quit.**

**But Realize, That ONLY When You Get To That Point, Is When You Really Begin To Get Better.**

**Gladiators! Are You Hungry For that Ball Yet?**

## Become a Gladiator

Registration is now open for New Programs. To register sign up online and bring a completed registration form found on the website

<https://www.gladiatorsocceracademy.com/register>



### Gladiator Soccer Academy Ages 9-12

Learn Soccer the Gladiator Way!

Gladiator Soccer Academy's revolutionary new training method is the first of its kind in the world. At GSA we want no player to get left behind! To achieve this every player in the academy gets 1 hour a week of semi-private lessons. This is a weekly session which a maximum of 4 players attend the session each week. In doing this we can maximize the attention each player gets from the coach. Each week players get three sessions. Two sessions are with their team. The last sessions is the semi-private session. Throughout the week coaches have a chance to see what part of the exercise a player is struggling with. The Semi-private sessions allows coaches to work with players in smaller environments on what they struggled on during the weeks training session.

### Jr. Gladiator Soccer Academy ages 5-8

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 5 players. This program is for players who will NOT be playing against other academies

## Contact Us

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### GSA 2009 +2010 Academy Team NEW Starting JAN 1<sup>st</sup>

GSA's 2009 and Under academy team will now also practice on Fridays and Wednesdays from 6-7PM. This is an exclusive offer for those players that want to be part of Gladiator's Academy team and play against other Academy teams. To be in this program, Parents must have at least 6 months commitment into the program. Players will practice 2 times a week; Wednesday 6-7, Friday 6-7. Upon Registration players will Receive the Following:

- 1.Soccer Jersey
- 2.Custom Gladiator Pennie
- 3.Training Soccer Ball
- 4.Shorts
- 5.Socks