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PSS NEWSLETTER

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ACADEMY NEWS

Juan Ramon Rocha, George Simos and Henk Heder stayed for a week in Marseille in order to closely follow the work of Marcelo Bielsa in Marseille.

Specifically, Juan Ramón Rocha and George Simos are in the final stage of UEFA PRO licence and to get the diploma had to present a project of training a group of players abroad.

The Argentine Rocha has good relations with Marcelo Bielsa (and were even teammates for a short time at Newell's Old Boys) and so Marseille was chosen for the project.

"This trip was memorable. We felt at home and we saw a different way of a football approach. Bielsa explained in detail his philosophy with digrams & pictures of everything and of course we have converted all the material. His organization, the reasoning is something very special ..."

Also watched the game between Marseille vs Nantes, "said Juan Ramon Rocha, who aspires to convey to the Panathinaikos Academy the elements and philosophy of the great job carried out by his compatriot at Marseille who are currently leading the standings in the French League 1.



Marcelo Bielsa with Juan Ramon Rocha and Henk Heder



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ACADEMY NEWS

Two young talented Cypriot players added to the roster of sections of the Academy of Panathinaikos.

This is the Michael Christodoulou born in 2000 and Daniel Paroutis born in 2001, who moved to Athens for permanent residency. The two kids are the product of the academy Nicky Papavasiliou to Cyprus' Nikko FOOTBALL ACADEMY », and the« Coerver Coaching Cyprus ».

Christodoulou will be competing in the group of U15 acafemy team in the Super League, while Paroutis will be with U14's .

"We are very pleased to announce that the two youngsters of our academy, our Michael Christodoulou 2000 and Daniella Paroutis, 2001 go to Athens for permanent residency and are now officially members of the Academy of Panathinaikos.

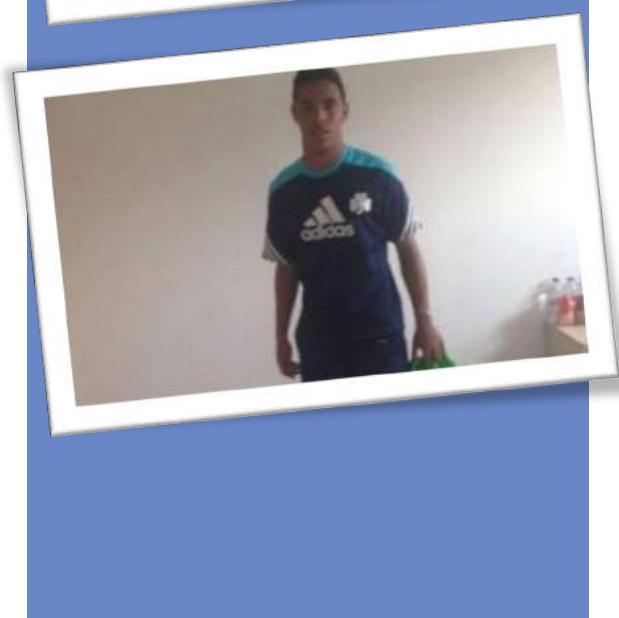
For three years these boys were monitored by the Athenian team and participated in many tournaments with great success.

In their last visit they were monitored and rated by all scouts and all the Panathinaikos coaches unanimously recommended their acquisition.

The dedication and hard work of the boys and the right and methodical work by the coaches of the academy, gave the boys the opportunity for Panathinaikos, but also the opportunity to go further.

The academy wishes all the best to Daniel and Michael, but we have to express many thanks to the parents for their effort, patience and their faith in us from the beginning until now.

Finally we would like to give a big thank you to our new partners PSS and thanks to them, these boys dreams will come true. "



ANXIETY IN YOUTH FOOTBALL

In football the youngsters will be asked several times to be tested and evaluated for their performance. Managing a situation where the youngster feels that he/she is tested and it is not always easy for him/her, but it is essential for his/her development.

Working with children and adolescents in football, one may find that many times, players tend to drop their performances due to anxiety which overwhelms them and they are unable to manage this. While parents and coaches are often able to discern the signs of stress in the child (physically and psychologically), the question arises what cause anxiety in children and prevent them from delivering the maximum of their abilities?

A previous failure: A condition has not progressed expect the child, which still brings the incident constantly on his mind and fears that it will recur.

Low self-esteem: The child is worried about his individual performance and scares the level of opponents. He feels pressure from the people around him (parents, coaches, fans) and it is difficult for him to concentrate on what he should do. Identify the sources of stress in children and adolescents, the next step would be to implement some useful techniques that can be applied by the children with the help of parents or coaches if necessary.

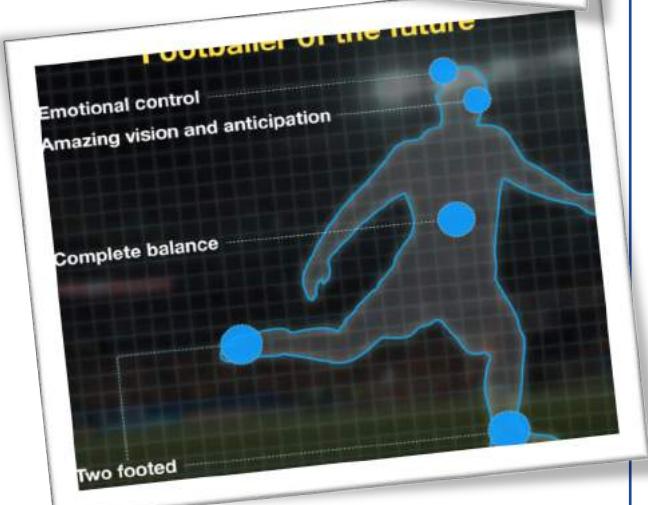
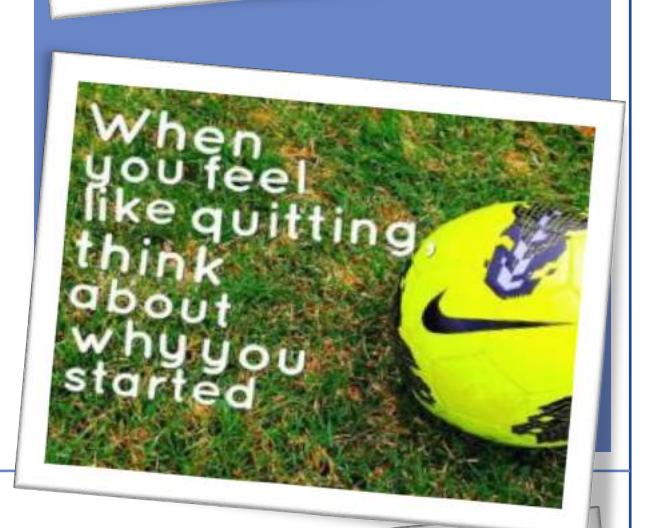
Setting goals: It is important from an early age, children should have specific goals. Especially for children who are prone to stress, it is advisable to put small targets at a time, the achievement of which should eventually lead to a larger goal.

Developing confidence: Children encouraged by their parents or their coaches can make a list of positive characteristics as footballers and one with their successes in football, no matter how small they are.

Mental exercise: It's fantastic repeating a physical skill of the child, the execution of natural movements. It can be done in two ways. External, where the child imagines that he sees someone else performing the exercise and internal, where he imagines he performs the same movements. The benefits of mental exercise helps in both processing an exercise in creating self-confidence and improving levels of concentration.

The aim of these points are that when children have anxiety they grapple with something important to them, these to be converted into creative action that will produce the desired results. The most important thing for this to happen is for the children to develop a basic "sport" emotional intelligence, to be able, that is, to recognize their feelings, they can check them and understand why they affect their behavior.

If the adults in their environment can help them, then what is left to do, when they see the kids get frustrated, is to remind them why they started: because they love football.



PANATHINAIKOS Players



Marcus Berg

Did you know that ..

Marcus Berg a Swedish international striker joined PAO in 2013 from SV Hamburg and in his first season was top goal scorer in the League last season. The 28 year old started his career with IFK Goteborg before he moved to Groningen in Holland for €4m in 2007. In 2009 he moved to SV Hamburg for €10.m. He has 26 caps for his country. He went on loan to PSV Eindhoven in 2010.

World Football News '14/15

Average salaries in the world's major football leagues

Rank	Country	League	Average player wage per year	Average wage / week	Avg club income / yr (£m)
1		Premier League	£2,273,277	£43,717	£155.0
2		Bundesliga	£1,456,565	£28,011	£90.0
3		Serie A	£1,313,681	£25,263	£71.7
4		La Liga	£1,213,024	£23,327	£77.5
5		Ligue 1	£987,933	£18,999	£48.3
6		Premier League, RUS	£901,600	£17,338	£46.7
7		Campeonato Serie A	£583,333	£11,218	£35.6
8		Championship	£486,033	£9,347	£20.8
9		Super Lig, TUR	£446,056	£8,578	£25.8
10		Liga MX, MEX	£265,625	£5,108	£22.6
11		Primeira Liga, POR	£255,500	£4,913	£15.0
12		Super League	£236,444	£4,547	£15.8
13		Eredivisie	£230,000	£4,423	£20.8
14		Primera Division, ARG	£214,638	£4,128	£13.5
15		Super League	£209,903	£4,037	£9.4
16		Pro League	£205,333	£3,949	£13.3
17		Premier League, UKR	£199,694	£3,840	£10.8
18		Premiership	£182,789	£3,515	£8.3
19		Bundesliga, AUT	£177,917	£3,421	£12.5
20		Superliga, DEN	£149,139	£2,868	£10.8
21		Super League, GRE	£145,833	£2,804	£8.3
22		MLS	£135,945	£2,614	£16.4
23		Primera A, COL	£130,074	£2,501	£7.8
24		J-League	£127,076	£2,444	£16.8
25		Tippeligaen, NOR	£115,500	£2,221	£9.2
26		Ekstraklasa, POL	£110,250	£2,120	£5.8
27		Allsvenskan, SWE	£87,111	£1,675	£6.7
28		Ligue 1, ALG	£69,375	£1,334	£2.0
29		A-League, AUS	£65,335	£1,256	£6.0
30		Premier League, ISR	£63,778	£1,226	£3.3
31		Primera Division, CHI	£53,880	£1,036	£5.0
32		Prva Liga, CRO	£45,500	£875	£2.5
33		Prem. Soccer League	£33,659	£647	£3.0
34		Nigeria PFL	£6,776	£130	£0.3

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