



Sideline Beacon

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COACHING EDUCATION

Dec 5, "Youth I", Fuquay Varina,
Hilltop Church

Jan 8-10, "E License", Mooresville
Mooresville High School

June 4-6 and 12-13
"National Youth License" Asheville

Additional Course information:
www.ncsoccer.org

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Tips on Reviewing the Season

By Bill Furjanic

Technical Director of Coaching Education & Player Development

The season is complete and now you have a chance to put your feet up, place your coaching hat on a hook, attack that to-do-list or reflect upon this past season and get ready for the next training session. Obviously those that have attended a coaching education course or have met me know which way I am going...**Review Your Season!** The following are some ideas to make this process a little easier:



Look back at your game notes and reflect on what areas your players need to improve upon both technically & tactically



Examine how your pre-season, mid-season and end-of-season went and how can you keep your players fresh or focused throughout the season



What training sessions worked the best in regards to player development as well as which sessions did your players really enjoy



What type of training environment did you create throughout the year and could you have done a better job



How was your game management in regards to substitutions, making adjustments within the flow of the game and overall information that you gave your players



Did you utilize your players in their best positions as well as permit them the opportunity to explore other positions so that they can understand all the roles on the field



Did you do a good job of communicating with your parents and in what ways could you do a better job



Do you have the time now to create your curriculum for next season

I hope that this gives you some ideas on things that you may need to chew on to become better at what you do because without personal reflection and looking on ways to improve **your** program or coaching style, you can end up becoming stale.



Activities of the Month by Sari Rose, Assistant Technical Director

Team Handball

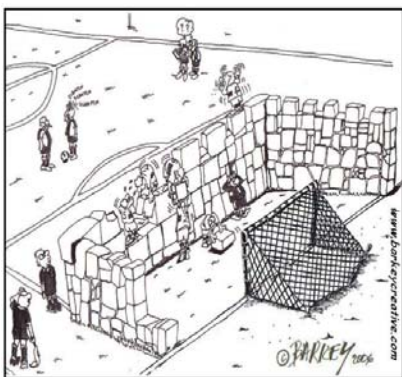
No matter what age your team is, playing team handball is a great way to start a session.

Benefits:

If you are looking to find players who may have a penchant for goalkeeping this game will get young players comfortable catching the ball. Coaches can incorporate bowling or sling shot (over the shoulder) distribution into the game.

Young players have more control if a ball is in their hands than at their feet. This game can help teach players how to spread out and use the field, as well as communicate.

For older players, this is a fun game to get them moving and working on transition. As soon as a turnover is made, the new attacking team should look to play a long penetrating ball forward and get players up.



NCYSA Upcoming Events:

Annual Soccer Show: Featuring Jenny Etnier, Assoc. Professor Sport and Exercise Psychology
January 23, 2010

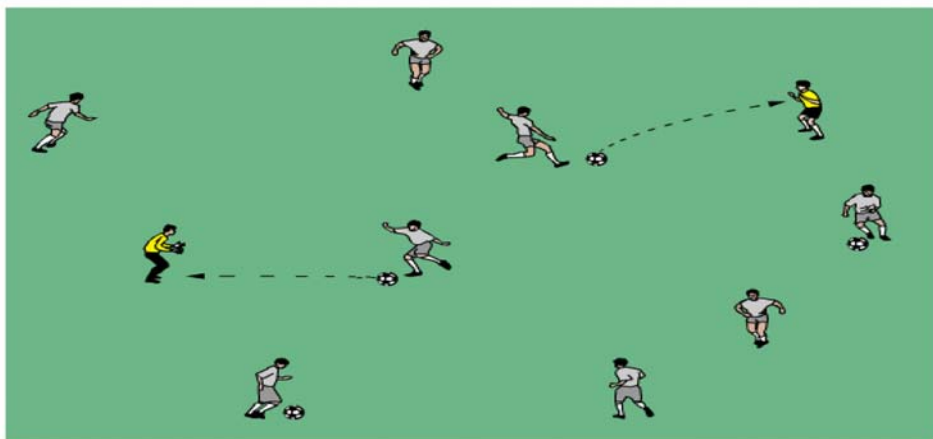
Book of the Month:

Bring Your A Game
By: Jenny Etnier

Team Warm-ups the Keeper (U11 and above)

This exercise includes your keepers in the team passing warm-up. Players are passing and moving in an area 20x40 area. The coach can have players use different surfaces to receive the ball and also limit touches for the field players. At the start, the goalkeepers are only allowed to use their feet. The coach wants to emphasize goalkeepers calling for the pass and getting in a good position to receive the ball. Progressions: 1) Goalkeeper calls for a pass and the field player must play a firm ball on the ground to the keeper. The goalkeeper must receive the ball with his/her hands and distribute the ball by rolling (bowling) it to another player. 2) Players try to play the ball into the keeper's midsection in order for the keeper to practice a basket catch. 3) Goalkeeper calls for the ball and the field player must try to serve the ball into the keeper's hands.

Coaching points for the keepers: communication, getting set prior to receiving the ball, keep the arms parallel like railroad tracks when receiving low balls, and make the hands into a "W" when receiving balls chest or above.



"Team Handball" (U10 and above)

Players are divided into two teams. The rules and ways of scoring can vary based on what you as a coach would like to emphasize, but here are general guidelines. Two small goals are set up on each end of the field. The players are only allowed to use their hands to move the ball. Players can roll the ball to their teammates using proper bowling technique or can throw the ball. Once a ball is received the player can take three steps before passing the ball. If a throw is batted down by an opposing team, the defensive team gets possession. Goals are scored by players volleying the ball into the goal from their hands. Older players may score off a header.

