



# Sideline Beacon

"The Official Newsletter of NC Recreation Soccer"

October 16, 2009  
PO Box 29308 Greensboro, NC 27429

Volume 1 Issue 11

[www.ncsoccer.org](http://www.ncsoccer.org) 336-856-0460



## Soccer Myths?

By Bill Furjanic

Technical Director of Coaching Education & Player Development

### COACHING EDUCATION

Jan 29, "E License", Advance, BB&T

Jan 29, "E License", Cedar Point,  
Western Park Community  
Center

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

Additional Course information:  
[www.ncsoccer.org](http://www.ncsoccer.org)

**NCYSA Staff**  
June Tutterrow, VP  
Recreation

Kathy Robinson,  
Executive Director

Bill Furjanic, Technical  
Director of Coaching  
Education & Player  
Development,  
[coach@ncsoccer.org](mailto:coach@ncsoccer.org)

Sari Rose, Asst. Technical  
Director of Coaching  
Education & Player  
Development,  
[sari@ncsoccer.org](mailto:sari@ncsoccer.org)

Ryan Scarborough, Asst.  
Director of Recreation,  
[ryan@ncsoccer.org](mailto:ryan@ncsoccer.org)

In my travels across North Carolina I have come across some myths about the game of soccer that I would like to dispel:



Defenders can cross mid-field and score goals



Players can miss a goal from the 1 foot line



Not all teams wear Carolina Blue



All coaches do have a heart of GOLD



If it were not for Team Managers no one would know what is going on



Snacks are the most successful ingredient to any team



Everyone does love the game of soccer

I hope that this does shed more light on the game of soccer across North Carolina and have a Happy Halloween.





## Activities of the Month by Sari Rose, Assistant Technical Director

### Boss of the Ball Games (BOB)

At younger ages, BOB games are perfect for the coach to let the players play, but also maintain control.

#### Benefits:

Players need to be alert at all times since the coach can play the ball in anywhere.

In a game the coach can play to someone who has not gotten a lot of touches.

In 1v1 or 2v2 games the coach can play a 50/50 ball to get players to battle or play the ball to a weaker player to give them the advantage.

The coach can put the ball into play either on the ground, off the bounce, or in the air, so that players will need to deal with different surfaces.

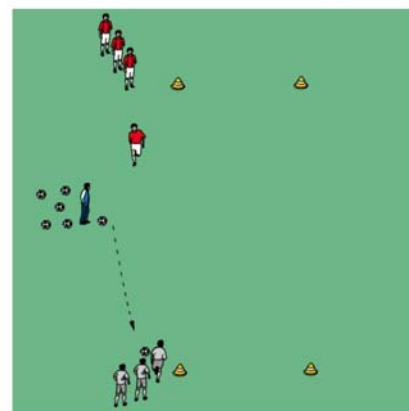
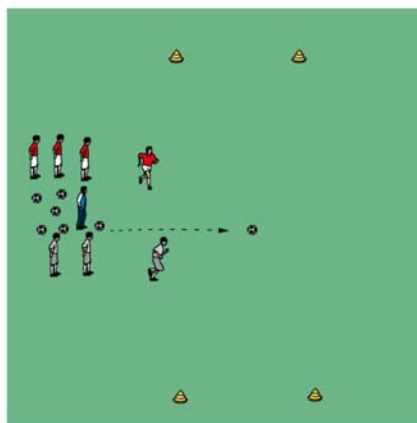
**Caution:** Although BOB games have many benefits, coaches should not run too many sessions where they control all aspects of the game. As players develop it is a good idea for games to shift to player centered decision making. In this way, players must determine who gets possession and how to restart the game.

**Remember: Keep it FUN!!!**

### Dribbling Games (U8 and above)

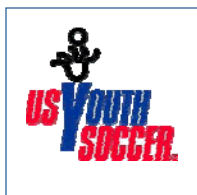
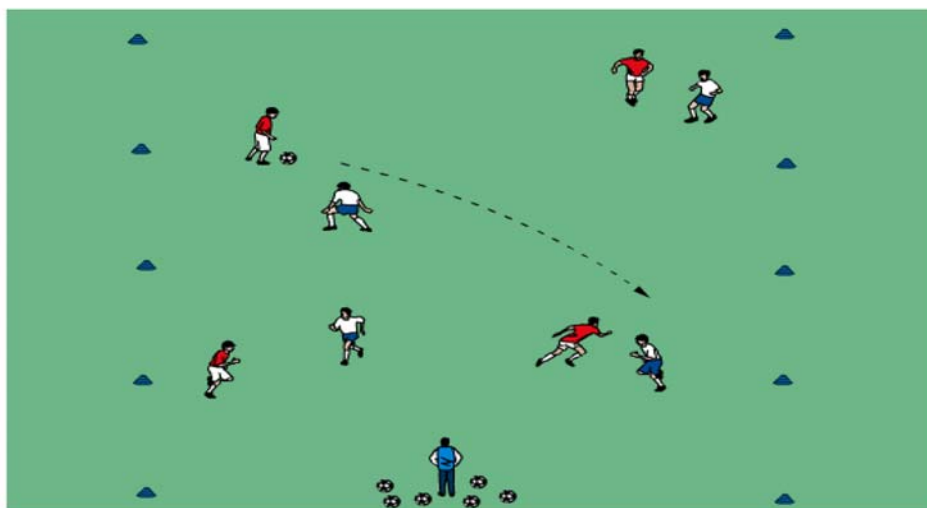
#### Boss of the Ball (1v1 2v2)

Players are divided into two teams with each team standing on either side of the coach. The first person in a line will play 1v1 against the first person in the other line. The coach will play out the ball. Greys will attack one goal and reds will attack the other. If a goal is scored or the ball goes out of bounds, the last person to touch it must return it to the line. As soon as one play ends, the coach will put a ball into play for two more players. The game continues until a team achieves a certain number of points. **Options:** 1. The players are asked to leave the ball if it goes out of play and return to the line immediately. In this way, the game ends when there are no balls left to play. 2. The players are allowed to score at either goal. This way change of direction moves are incorporated, as well as decision-making. 3. Players start on opposite ends of the field. This emphasizes attacking and defending since there is more space to attack and do a move.



#### "End zone Game" (U10 and above)

Two teams of four play against each other. Each team is defending one end zone and trying to score in the other. The coach starts the activity and will play the ball in anytime the ball goes out of bounds. A goal is scored if a member of the team can dribble into the end zone and stop the ball. Defenders are not allowed in the end zone. Once a point is made, the other team takes possession of the ball and must try to get a point. **Options:** 1. Players must pass the ball to someone in the end zone. 2. Players must pass to a player running into the end zone. Players are not allowed to wait in the end zone for a ball.



#### 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