



# Sideline Beacon

"The Official Newsletter of NC Recreation Soccer"

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US Youth Soccer Month

By Bill Furjanic

Technical Director of Coaching Education & Player Development

The month of September is recognized by US Youth Soccer as "Youth Soccer Month". As a member of NC Youth Soccer, your association can participate in the activities listed below as well as educate yourself as well as your players about "Youth Soccer Month":

## COACHING EDUCATION

Sept 19, "Youth I", Wilson,  
Gillette Park

October 16/17, C License Retest,  
Wilmington, NC

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

Additional Course information:

[www.ncsoccer.org](http://www.ncsoccer.org)

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1. **EXCITING NEWS: US Youth Soccer and Sunbelt Snacks** launched a Free Kicks program to benefit youth soccer.

Visit:

[http://www.usyouthsoccer.org/news/story.asp?story\\_id=4771](http://www.usyouthsoccer.org/news/story.asp?story_id=4771)  
and <http://www.sunbeltsnacks.com/>

When your members purchase Sunbelt Snacks, they can register on the Sunbelt site, enter the code on the box and select your local Association so that they will benefit from the purchase!

2. **US Youth Soccer** is also offering Ball-a-day Give-away:

<http://www.usyouthsoccer.org/balladay.asp>

3. **US Youth Soccer** is also offering: "Positive Parenting for Youth Soccer" videos now available on USYouthSoccer.org multimedia page

**Watch three-part Positive Parenting videos:**

<http://www.USYouthSoccer.org/Multimedia/index.asp>

Also NC Youth Soccer has had requests for guidance related to the H1N1 Flu as everyone is beginning to kick off their league play. Keith Price, NCYSA President, would like everyone to share with your coaches, parents and players the following information about the H1N1 Flu:

<http://www.ncsoccer.org/docs/H1N1Flu.pdf>





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

### Components of the Game (in order of importance for u6-u8)

#### Technique

- all the skills of the game
- emphasis on ball control and dribbling at this age

#### Psychological

- the mental aspect of the game
- positive attitude, responsibility, and a love for the game are promoted

#### Tactical

- all decisions made with or without the ball
- focus on individual tactics at these ages with small group tactics and team tactics taught later

#### Fitness

- all the physical components of the game
- main focus at these ages is developing agility and flexibility
- there is no need for endurance training at this age... do not use fitness as a punishment

Have FUN!!!



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#### NCYSA Upcoming Events:

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

#### Book of the Month:

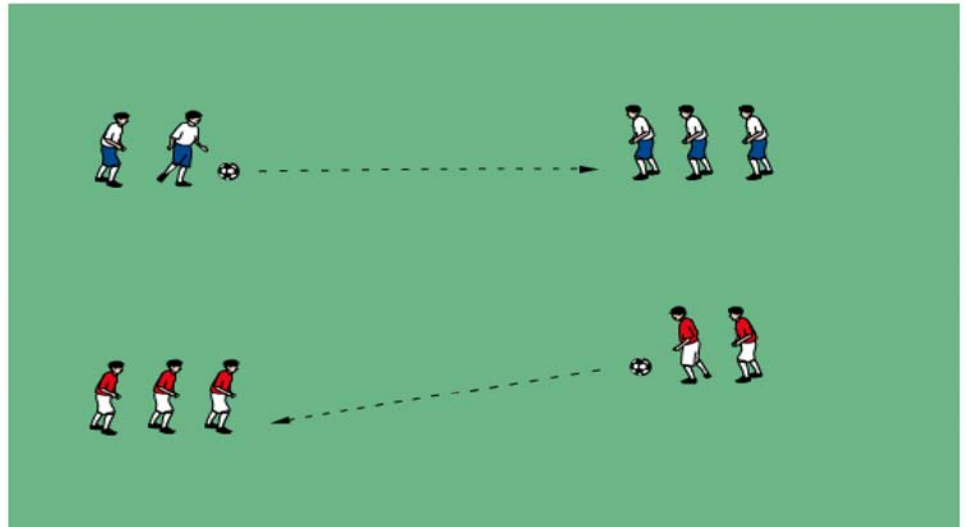
*The Car Ride Home*  
By Mike Bergstrom

[www.thecarridehome.com](http://www.thecarridehome.com)

### Passing Games (u10 and above)

#### Dynamic Passing

Players are in lines of 4-5 players or 3-4 players per team. Players face each other and two-touch pass to each other. After the pass, players follow their pass to the other line. If the ball gets passed awkwardly, then the whole line has to move to get behind the ball. Increase difficulty by trying one touch passes to each other. Have a competition between two teams. See who can get 10 passes that are complete and straight. Focus on technique with passing and striking the middle of the ball.



#### "Horseshoes"

Two players are on a team. Two cones are placed anywhere from 10-20 yards apart depending on ability and whether or not balls will be passed on the ground or in the air. The pairs/teammates are opposite of each other. One teammate passes the ball to the other teammate who has to redirect the ball using one touch to as close to the cone as possible, like horseshoes. After one team goes, the other then takes their turn. Whichever team has their ball closest to the cone gets a point. The sequence is simply repeated with the teammates now switching roles between receiver and passer. Games can be based on achieving a certain number of points or for time. To increase difficulty balls can be played in the air and received using either one touch or two touch.

