



Sideline Beacon

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COACHING EDUCATION

Jan 30, 31 & Feb 1, "E" Course,
Winston -Salem, BB&T

Feb 14 & 15, Youth 1 & 2,
Pittsboro

Feb 14 Goal Keeper Module,
Greensboro

Additional Course information:
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

Jeff Schellenberger, Asst.
Technical Director of
Coaching Education &
Player Development,
jeff@ncsoccer.org

Ryan Scarborough, Asst.
Director of Recreation,
ryan@ncsoccer.org



Goal Safety

by Bill Furjanic, Technical Director

Soccer is a very inexpensive sport in reference to equipment needs for the players as well as the fields. Player's basic needs are shoes, socks, shorts, shirt and shin-guards. The basic equipment to conduct a game is a soccer ball, field lined or cones to designate the area, corner flags and lastly the **GOAL!!** This last item, the **GOAL**, is something that we all know the players try to protect the ball from entering but we sometimes fail to protect from our players. The following are some ways to make the **GOAL** safer:



Make sure that the goal is secured to the ground with sandbags or pegged into the ground so that it will not tip over.



Make sure that the net is zip-tied, taped or tied to the goal so that players can not get caught or tangled in the net. Also so the ball does not go through the net.



Make sure that the players do not hang on the cross-bar or hang in the netting.



Make sure that when repairing the goal or securing the nets that everyone is away from the goal so that no injuries will occur while moving the goal.



If goals are to be moved, exercise extreme caution and provide adequate adult manpower.

You should always check the goal before each practice and game so that you are placing your players in a fun and **SAFE** environment.



Activities of the Month by Jeff Schellenberger, Assistant Technical Director

Why do we Juggle?

When players arrive to practice, they typically begin to kick the ball into the goal. Well, here is a better option. Get them to **JUGGLE**.

Juggling a soccer ball will help to improve foot-eye coordination and develop a player's touch.

First Time Jugglers - Ball begins in the hands & then drop the ball with a bounce, kick (juggle) & then catch the ball.

As the player gets better -

Remove the bounce and challenge the player to juggle continuously.

If it bounces, can they get the ball with their feet & then continue.

Coaches should challenge each player -player "A" did 6, next time try for 7; Player "B" did 15, next time try for 16 and so on.

Better players should try to lift the ball off the ground with their feet!

Have FUN!!

Coach Cart

www.barkeycreative.com



NCYSA Upcoming Events:

Annual Soccer Show: January 24, 2009 featuring Sam Snow
USYSA Technical Director

DVD of the Month:

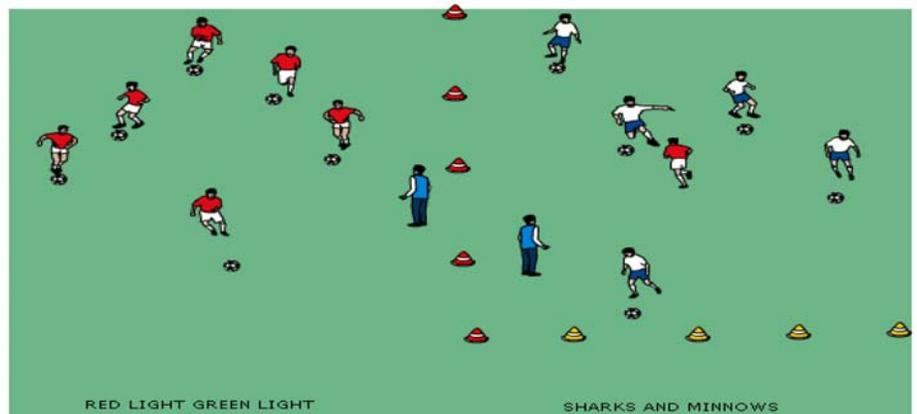
Success in Soccer, Modern Youth Training series, Ages 5-6; Ages 6-8; Ages 8-12.

www.successinsoccer.com

Dribbling Games (U6 and above)

Here are two different dribbling games which teach ball control, field awareness and agility. Both games are a target game. Sharks and Minnows add the pressure of an opponent.

- Red Light Green Light.** Players begin on the side of the grid. Coach calls "green" light and players dribble until coach calls "red" light. Players stop dribbling. The player(s) who do not have control must either start over or do a skill before continuing. Play to other side of grid.
- Sharks & Minnows.** Players begin on the side of grid and try to dribble to the other side. There is a shark waiting for the players. When the shark gets a ball the minnow then joins the shark. Let all players have a turn as the first shark.



Pac Man (U8 and above)

Select one or two players to be the Pac Man, one ball per player. The other players do not have a ball, but run freely throughout the grid. When players are hit they become a Pac Man. Play until all players are Pac Men. This game helps players develop the ability to hit a moving target.

- The individual player tries to pass and hit the other players below the waist.
- Partners try to hit the players, but work together with one ball.

