



Sideline Beacon

"The Official Newsletter of NC Recreation Soccer"

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COACHING EDUCATION

October 11: Free Youth
Module, Kernersville

November 14 -16 & 21 –
23, "D" Course, Wilson

Additional Course
information:
www.ncsoccer.org

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Hello and welcome to the inaugural recreation newsletter. We are very excited about the newsletter and look forward to providing you with information regarding coaching education, training activities as well as the latest soccer news. We welcome your input and suggestions for the *Sideline Beacon* and GOOD LUCK with your season!

The NCYSA Fall Recreation Festivals are rapidly approaching. The Festivals will be sponsored by Kohl's in three locations. Each location will have: coaching clinics; skill competitions; the chance to make new friends; participate in three games; and have FUN all in one day! For more information please go to www.ncstatecup.com or click on the Kohl's logo on the left.

How to Select an Assistant Coach

By Bill Furjanic, Technical Director Coaching Education & Player Development

So you are the Head Coach. You have either volunteered, been volunteered or you received the phone call asking you to coach your son or daughter's team. So your next step other than, get the team organized, is to find someone to assist you with the responsibilities of the team.

Rule of thumb is at the Parent Meeting; the first person to ask you a question becomes your assistant, the second person that asks a question is the team manager and then after that you will not get anymore questions. But all kidding aside, how do you select an assistant coach. The following are some tips for selecting an assistant:



Select someone who has the strengths that you do not possess; i.e. not very organized get someone who is; shy person with an outgoing person; good with dealing with parents, etc.



If you have never played soccer find someone who has played or is familiar with the sport



Select someone that is good with the age group that you are going to coach



If you are a male coaching females you should select a female assistant and if you are a female coaching males you should select a male assistant



Find someone that you would feel comfortable coaching the team if you could not be in attendance



Find someone whose schedule permits the time commitment required



Find someone that might have different community contacts

The most important thing is to select someone that can assist you with the development of your players by creating the proper environment for players to learn and have FUN!!



Re-hydration Tips

Pre-hydrate before, hydrate during and re-hydrate after practice and games.

Drink plenty of fluids 24 hours before games

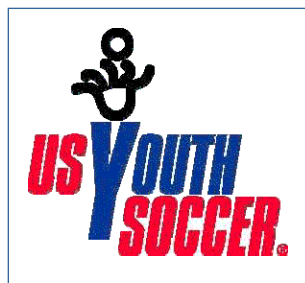
Consume 14 to 20 ounces of fluid about two hours before games

Drink at regular intervals to replace water lost through sweating

Drink water or sports drinks

Signs of dehydration include:

Headache, dizziness, cramps, excessive fatigue, and thirst



NCYSA Upcoming Events:

Recreation Festival: November 8, 2008

Annual Soccer Show: January 24, 2009

Book of the Month:

The Baffled Parent's Guide to Great Soccer Drills

Authors: Tom Fleck and Ron Quinn

Activities of the Month

Knockout (U6 and above)

Play in a confined area. Players try to knock the other players' ball out. Set up: two grids side by side approximately 8 yards X 8 yards.

- Divide team in half. Half the players in each grid. When a player gets knocked out of grid "A" he/she continues play in grid "B". When a player gets knocked out of grid "B" he/she continues in grid "A".
- Single grid set up: If the player catches up to ball before the ball stops he/she can come right back in.
- If the ball stops, the player does a task or skill with the ball and the player re-enters the game.



Hungry Hippo (U8 and above)

Four corners set about 12 yards apart.

Pairs or small groups in each corner. All the balls are placed in the center of the grid. Which corner has the most balls after a set time? Play 2/3 minutes.

- Players collect balls and bring them to the corner anyway possible. Once all the balls are out of the middle, each group can go steal the other groups' balls. NO defending in corners.
- Now use feet to collect the balls.
- Allow defending outside of corners

