



Sideline Beacon

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How to Select a Snack

COACHING EDUCATION

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

January 30, 31 & February 1,
"E" Course Winston –
Salem, B B & T Park.

Additional Course information:
www.ncsoccer.org

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The game is over and the players are looking at you as the coach, the person in the know. You are thinking that they are looking for your insight on the game that they just played; how can we get better as players and as a team; what is our strategy for practice this coming week to fix those problems so that we can improve; what inspiring words do you have for us - but in actuality all they are looking for is the **SNACK!**

Sometime the key to your next practice **IS** the snack. So, here are some guidelines when selecting the snack or post-game meal:



Make sure that you are aware of any food allergies that your players may have so that you can stay away from that food group.



Something that is packaged in small quantities so that they each get their own as well as for sanitary reasons.



Water or an energy drink like Gatorade or PowerAde will get them re-hydrated after a long day on the fields.



To keep energy levels going look for foods that contain **complex carbohydrates** like whole-grain breads/cereals and combine them with protein-rich snacks like peanut butter or low-fat cheese.



Some snack ideas are: peanut butter on whole-wheat crackers, vanilla wafers, bagels with fruit preserves, fig bars, fresh seasonal fruit, string cheese, small individual boxes of raisins, yogurt in a tube and trail mix.



Make sure that your teams clean-up all their trash. Clean fields make the schools and parks very happy.



You should rotate who brings snacks each week.

Remember that good habits start young so if your players start eating healthy now it could become a part of their lifestyle just like enjoying the game of soccer.



Activities of the Month

Gate Maze (U6 and above)

The Coach shows the players the size of the gate and then asks the players to each make and place a gate in the area around the coach.

- How many gates can the players get through in 30 seconds? They can achieve this task however they like. Feet, hands, etc.
- How many different gates can they get in 30 seconds?
- Can you improve your score by one?
- Goal Munchers: Have the parents act as goal munchers. They can move from one gate to another gate every 5 seconds. They are not allowed to defend. Will the players attack an open goal vs. a goal muncher?
- U8s can do this activity in pairs.



The Six Things Parents Should Say To Their Player

Parents have a lot of good intentions by giving a child a lecture before or after a game. But for the best results allow a child just to play and try saying just the following. These short comments are suggested by US Youth Soccer Association.

Before the Game

*I love you
Good Luck
Have Fun*

After the Game

*I love you
It was great to see you play!
What would you like to eat?*

Back Pass

This section of the "Sideline Beacon" is the area for ideas or suggestions from our readers about our recent articles.

Assistant Coach

Another way to get an assistant coach is to utilize the local college/high school players or challenge/classic players who might need community service hours and what a great way for them to give back to the soccer community working with the younger players.

Fetch (Bring the Ball Back) (U6 and above)

Players "hand" the ball to the coach. The coach tosses the ball and each player returns the ball. This activity encourages players to be creative.

- Coach tosses ball and the players return the ball however they want to.
- Toss and ask the players to return the ball a different way. (ex. Return the ball using an ear). Repeat using a different method to return the ball.
- Players return the ball using their feet.
- After the toss, the coach moves.
- U8 done in pairs; U10 in groups of 3 or 4



NCYSA Upcoming Events:

Recreation Festival: November 8, 2008

Annual Soccer Show: January 24, 2009

DVD of the Month:

The Novice Coach: Volume 1;
U6 - U8

By US Youth Soccer Association

www.usyouthsoccer.org