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COACHING EDUCATION

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

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

Additional Course
information:
www.ncsoccer.org

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Secrets of Coaching

By Bill Furjanic, Technical Director of Coaching Education & Player Development



Courage to stay strong - as coaches we have to make decisions that may not be popular but we need to do what is correct for the players and have the courage to stand behind our decisions.



Self-confidence - we need to have confidence in ourselves and if we do, it will translate in our abilities to motivate our players.



Learn from mistakes - we are going to make mistakes; but, the trick is not to repeat them but rather learn from them. Let the past be the past and have the ability to learn from it and move on.



Willingness to change - we can not be so set in our ways that we are not flexible enough or willing to change our approach to meet the demands of our players or the game itself.



Emotional Intelligence - we need to have the ability to make intelligent decisions and not permit our emotions to cloud our judgment.



Self-control - we need to possess the ability to control our emotions so that we can make the best decisions and not allow ourselves to get caught up in the moment which could result in a disaster.



Moral Compass - we need to possess a sense of what is right and wrong. We need to be able to stand by those convictions regardless of the outcome.



Capacity to relax - we need to have the ability to have a calming affect on ourselves as well as others - at practice, during, or after a game.



Gift to inspire others - by having a ***Positive Attitude*** through actions as well as words we can get the most out of every player, coach or parent that crosses our path.

I hope that these tips will allow you to meet the demands of your environment so that everyone can reach their potential and have a rewarding experience.



Soccer Goal Safety

We encourage the many volunteers (coaches; administrators; parents) to practice goal safety pre & post play to ensure that goals are secure.

Three Ways to Secure a Goal

1. Semi - Permanent Anchor: the goal is cemented into the ground
2. Portable Ground Anchor: Anchor is stacked into the ground.
3. Portable Ground Anchor: Sand bags or weights are placed on top of the back corners of the goal.

Two Steps to Safety

1. Never allow anyone to climb or hang on a goal.
2. Exercise caution and use adequate adult staff to move a goal.

www.kwikgoal.com/safetyfirst

Back Pass

Comments from our Readers

"Very informative newsletter"

" With the tips from this newsletter I feel encouraged to continue coaching"

"I especially enjoy the 'Activities of the Month' "



NCYSA Upcoming Events:

Annual Soccer Show: January 24, 2009

Book of the Month:

Laws of the Game "Made Easy" 2008-2009

By US Soccer Federation

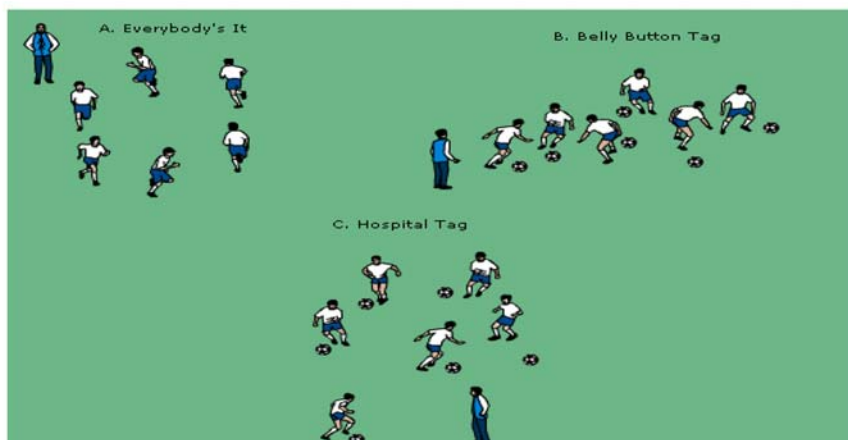
www.ussoccer.com

Activities of the Month

Tag Games (U6 and above)

Here are three different tag games you can play with your kids to teach ball awareness and help with the players' agility. The first time you play each game, play without a ball. Players tag each other and try not to get tagged!

- A. Everybody's It. Everyone tries to tag everyone.
- B. Belly Button Tag. Players try to tag each others belly button. This teaches the players to turn away and shield the ball.
- C. Hospital Tag. Everyone tags everyone. When you get tagged hold the spot where you were tagged. After being tagged twice go to the Doctor (coach) to be healed. Healing process can be 5 taps on the top or the side of the ball or some other type of short exercise with the ball. When they are healed they re-enter the game.



Capture the Balls (U9 and above)

Similar to Capture the Flag. Two teams, each team begins with a ball. The objective is to strike a ball set on the opponent's cones using their own team's ball. Once they strike the ball the player returns the ball and cone to their side and places the ball on the cone on their end line. Teams are allowed to defend the balls on a cone.

- A. Once a ball is struck the ball is returned to the other side uncontested.
- B. Allow teams to try to steal the ball back while it is being returned.
- C. Play with only one ball per two teams.

