



Sideline Beacon

"The Official Newsletter of NC Recreation Soccer"

February 16, 2009
PO Box 29308 Greensboro, NC 27429

Volume 1 Issue 5
www.ncsoccer.org 336-856-0460



COACHING EDUCATION

Feb 27 – Mar 1, "E" Course,
Gastonia, Forestview HS

Feb 28, Free Youth Module
Durham, Hillandale ES

Mar 14 Goal Keeper Module,
Swansboro

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



What is NCYSA?

By Bill Furjanic

Technical Director of Coaching Education & Player Development

NC Youth Soccer is one of the governing bodies of soccer within North Carolina that is affiliated with US Youth Soccer, which is a governing body of Youth Soccer in the United States. We are also affiliated with the US Soccer Federation.



NC Youth Soccer, with over 72,000 members, (107 associations) provides structure, organization and leadership that provide equal opportunities to all players, coaches and associations (clubs).



Entering our 32nd year in operation, NC Youth Soccer is recognized as one of the most progressive state associations in the country and a leader in innovative member programs and benefits. NC Youth Soccer registers and insures all members and provides guidance, assistance and unparalleled administrative support.



NC Youth Soccer philosophy is to foster the physical, mental, and emotional growth of amateur youth in the State of North Carolina, regardless of race, gender, religion, color, ethnic heritage, or ability, through the sport of soccer. At all levels of age and competition, we have established programs and activities that focus on the development, promotion, teaching, and administration of the game of soccer among amateur youth.



NC Youth Soccer offers a full-range of programs and support to our members, including:

- Festivals and State Championships
- Risk Management
- Coaching Education
- Leadership in state, regional and national policy
- Olympic Development Program
- Registration and affiliation
- Insurance
- Advancement to Regional and National Championships
- Skill-appropriate levels of play
- Administrative assistance
- Marketing assistance
- Newsletters and magazines
- Voice in governance
- Free printed materials

More information regarding NC Youth Soccer can be found on our website at www.ncsoccer.org



Activities of the Month

by Jeff Schellenberger, Assistant Technical Director

More Juggling Ideas...

Remember; Keep the ball close to your body or below your head. The ball will be easier to control!
As you gain confidence and control play the ball higher.

Try each for one minute or complete the number of repetitions (reps)

Feet Only
Feet and Thighs Only
Feet, Thighs and Chest
Feet, Thighs, Chest and Head
Low Ball - Low Ball 20 Reps
High Ball - High Ball 20 Reps
Low Ball - High Ball 20 Reps of Combo
Instep - Thighs - 15 Reps of Combo
Instep - Chest - 15 Reps of Combo
Instep - Head - 15 Reps of Combo
Low Ball, Low Ball, High Ball - 15 Reps of Combo
Have FUN!!

www.barkeycreative.com



NCYSA Upcoming Events:

Annual Soccer Show:

January 23, 2010

Book of the Month:

Premier Soccer: Skills, tactics & strategies for winning play.

Michael Parker (UNC Greensboro Men's Coach)

<http://humankinetics.com/>

Dribbling Games (U6 and above; good warm up activity)

Musical Balls

All players dribble in a confined area. When the coach calls "switch" the players leave their ball and go to another ball. The last person to a ball gives their ball to the coach. Now the group is one ball short. Players again dribble and on "switch" players go to a new ball. Again the last person to a ball gives the ball to the coach. The player who does not get a ball must do a short technical skill (like side to side taps on the ball). Continue the game until you are down to one or two balls in the group. Then gradually re-add the balls to the game until everyone has a ball again.



Hurricanes and Ladders (U10 and above; good warm up or small sided activity)

Create two groups: "hurricanes" and "ladders". Use one ball. Separate into two groups. The coach tosses or kicks the ball and the "ladder" group goes after the ball. Once they get the ball, they create a straight line and pass the ball overhead and between their legs to each other in their group until it reaches the end of the line. Meanwhile the "hurricanes" create a huddle except for one player. This player runs around the outside of the huddle until the "ladder" group gets the ball to the end of the line. Every time the "hurricane" player circles their group they score a point. Switch roles for each group, play to ten.

