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Goal Safety



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COACHING EDUCATION

May 5, Youth II & Goalkeeper, Swansboro

May 12, Youth I, New Bern

May 19, Youth I, Charlotte

May 19, F Certificate, Swansboro

June 1-3 & 9-10, National Youth License, Raleigh

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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 cannot 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:



National Soccer Coaches
Association of America

How to end the season?

Whether your team has been together for several seasons or brand new this season, ending the year with a fun tournament, showcase or festival can provide a multitude of benefits. Some coaches may like to participate in a final festival that brings parents, players and coaches together socially for a day or two. Other coaches may want to have the chance to play teams outside of their association in a showcase that allows for a variety of competition without an emphasis on winning. Still other coaches like the idea of playing different teams to see how their players match up in a tournament event. In all cases, players are getting a chance to experience new competition, bond with their teammates, and hopefully end the season on a high note.

May 12 & 13 New Bern

U8 *Showcase Format
U10-U18 **Tournament Format

May 19 & 20 Statesville

U8-U18 **Tournament Format

May 26 Asheville

U8-U12 * Showcase Format
U14 & High School Co-Ed
**Tournament Format

Registration information

www.ncstatecup.com

Clicking on the "Regional Recreation Event" tab.

Registration closes on April 30th!!
See you there!!

Upcoming Events:

National Youth License in Raleigh
June 1-3 & June 9 & 10

Book of the Month:

The Talent Code

By: Daniel Coyle

Recommended By Sam Snow USYS DOC

3v1 (U10 and above) 15 x 20 yard grid.

- 3 attacking players and 1 defending player who is holding a colored pinnie
- Score is kept individually
- Attacking players look to connect 5 passes to earn a point
- If the defender wins the ball and is able to dribble out of the grid (Diagram 2) then they earn a point
- Once the ball is kicked out of bounds or the defender gets a point, the defender switches to an attacking player by giving the pinnie to the attacking player that lost possession of the ball
- **Coaching Points:** Possession is maintained through passing and dribbling. Body shape when receiving and first touch. Pace of the pass.

Diagram 1

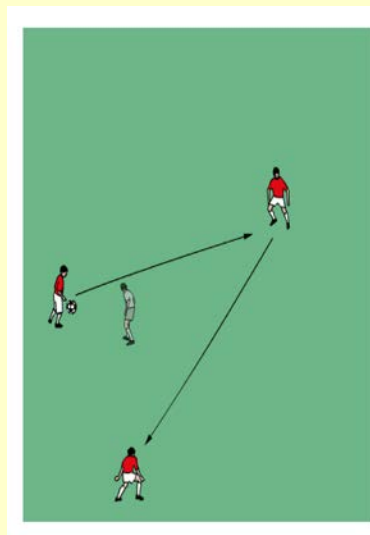
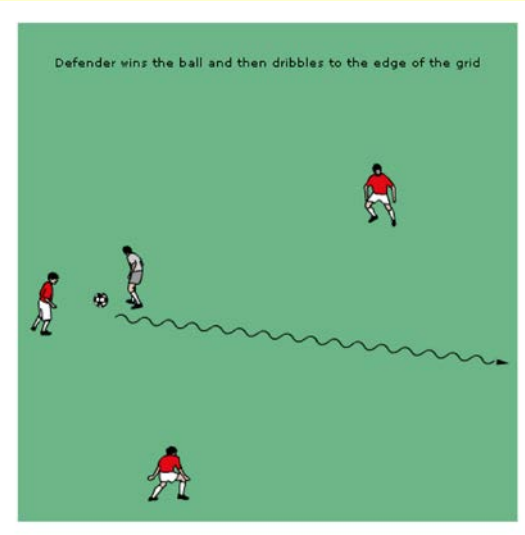


Diagram 2



2v2v2 (U10 and above) 15x20

- Players are put onto three different colored teams of two.
- Two teams start with the possession of the ball
- One team defends
- Score is kept for individual teams
- Attacking teams must complete 5 passes for a point or split the defense for a point
- If defenders win the ball, they must dribble to the edge of the grid to get a point
- Once the ball is kicked out of bounds or the defending team gets a point, the defenders switch with the attacking team that lost possession

