



Sideline Beacon

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The Perfect Practice

By Bill Furjanic

Technical Director of Coaching Education & Player Development

COACHING EDUCATION

Mar 21, Youth II, Franklin,
Franklin Community Bldg

Mar 28, Youth I, Swansboro
Swansboro Plaza

May 1-3, "E" License, Conover,
Shuford YMCA

Additional Course information:
www.ncsoccer.org

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As coaches, we are always striving for perfection. The perfect pass, the perfect trap, the perfect shot, the perfect combination and the perfect moment to "paint the picture" or that teaching moment so that all of the players know what is expected. So in order for us, as coaches, to reach perfection the following are some helpful hints:



Create the environment in your training session so that you can "paint the picture".



Allow the game to be the teacher.



Recognize the moment.



Freeze, Demo, Rehearse, Restart - Freeze everyone; Demo the skill; Rehearse the movement or skill; and, Restart the activity.



Be clear, concise and accurate.



Reinforce the positive.

Hopefully by using the guidelines above you will have the opportunity to reach perfection; but, you and I both know the only thing that is perfect about soccer is the smiling faces of our players enjoying this great game!





Activities of the Month by Jeff Schellenberger, Assistant Technical Director

Keeper Games (U10 and above)

GK Catching Exercises...

Individual: Try these without gloves, catching with fingertips. Use two hands.

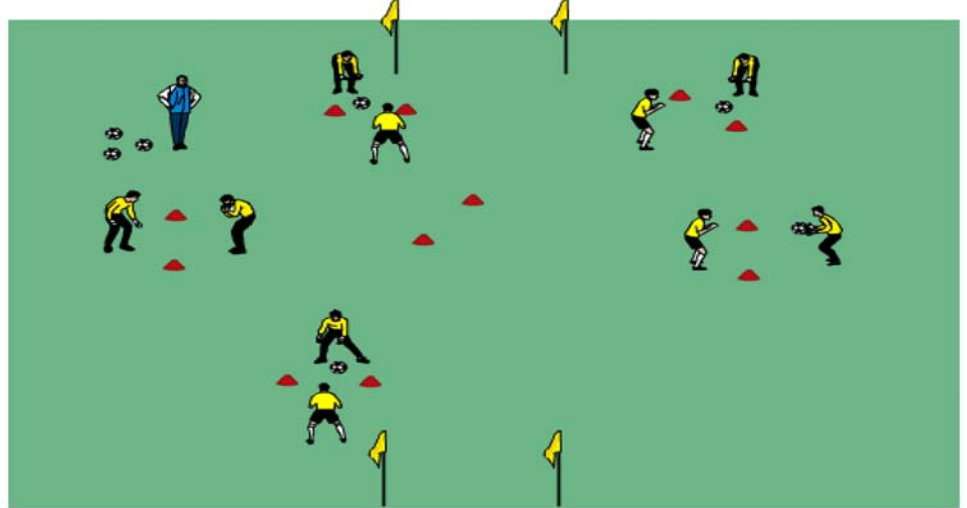
- A.** Bounce & catch ball before it goes above waist (add twist side to side).
- B.** Hit ball out of hand & catch
- C.** Bounce ball off post or wall, at different levels & catch.
- D.** "Front to back" – Hold ball between knees & then move hands quickly back behind legs to catch ball, repeat.
- E.** "One hand Front / One hand Behind" – place ball between knees and then switch position of hands, repeat.
- F.** Dribble two balls like a basketball simultaneously.

Partners: Use a ball /GK. Try these without gloves.

- A.** "Shot Put" toss – one handed toss to partner. Catch partner's ball with hand that did not toss the ball.
- B.** "Bowl & Toss" or over/ under - GK 1 bowls ball with both hands, GK 2 tosses ball with both hands and then both catch opposite ball, both are 8 to 10 feet apart. Switch roles.

Have FUN!!

Steam Shovel Catching Activity: **A.** Ball on ground; Elbows & fingertips together, bend & scoop ball like a steam shovel. **B.** Bowl ball through legs, turn & do the steam shovel. Concentrate on hands & arms coming together to make a barrier behind the ball. Dynamic bend at hips, legs are at a comfortable distance apart. **C.** How many gates can you and partner get? **D. Steam Shovel Competition.** Partners about 2 - 3 yards apart. Attempt to Bowl ball through partners legs. Steam Shovel collection. Step into ball. Ball through partners legs = point for bowler. **E.** Hand Ball – pick up cones, create two teams and play hand ball in PK size area. Play to two flag goals.



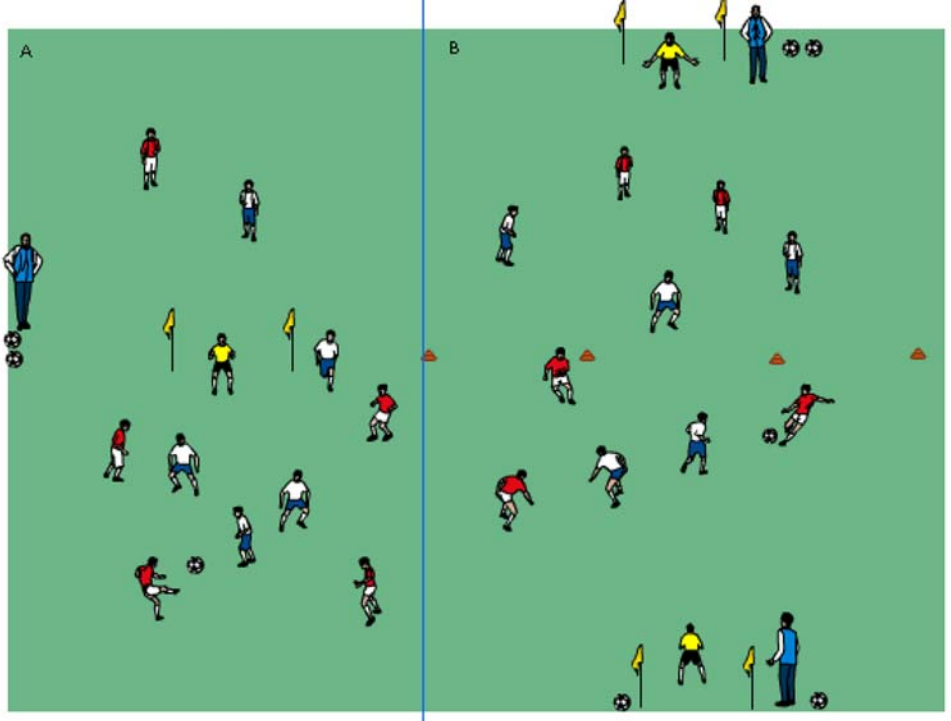
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"I don't understand why you always put me in goal!?"



Keeper Shot Stopping Games (GK focuses on positioning, shot stopping, collecting and distribution) Small Sided Activity (Figure A) **A.** 5v5; one open /two sided goal in the middle of the field with a GK (GK focuses on positioning & catching) **B.** 5v5; to one Goal with a counter line goal. **C.** Expanded Small Sided Activity (Figure B) Two Zone Game – 3v2 in each zone; with passers; as game progresses allow support from defensive zone to attacking zone.



NCYSA Upcoming Events:

Annual Soccer Show:
 January 23, 2010

Book of the Month:

The Complete Keeper: Youth Goalkeeper Training from A to Z. By Peter Greiber and Robert Freis