



NCFC YOUTH

Recreation Coaches Meeting

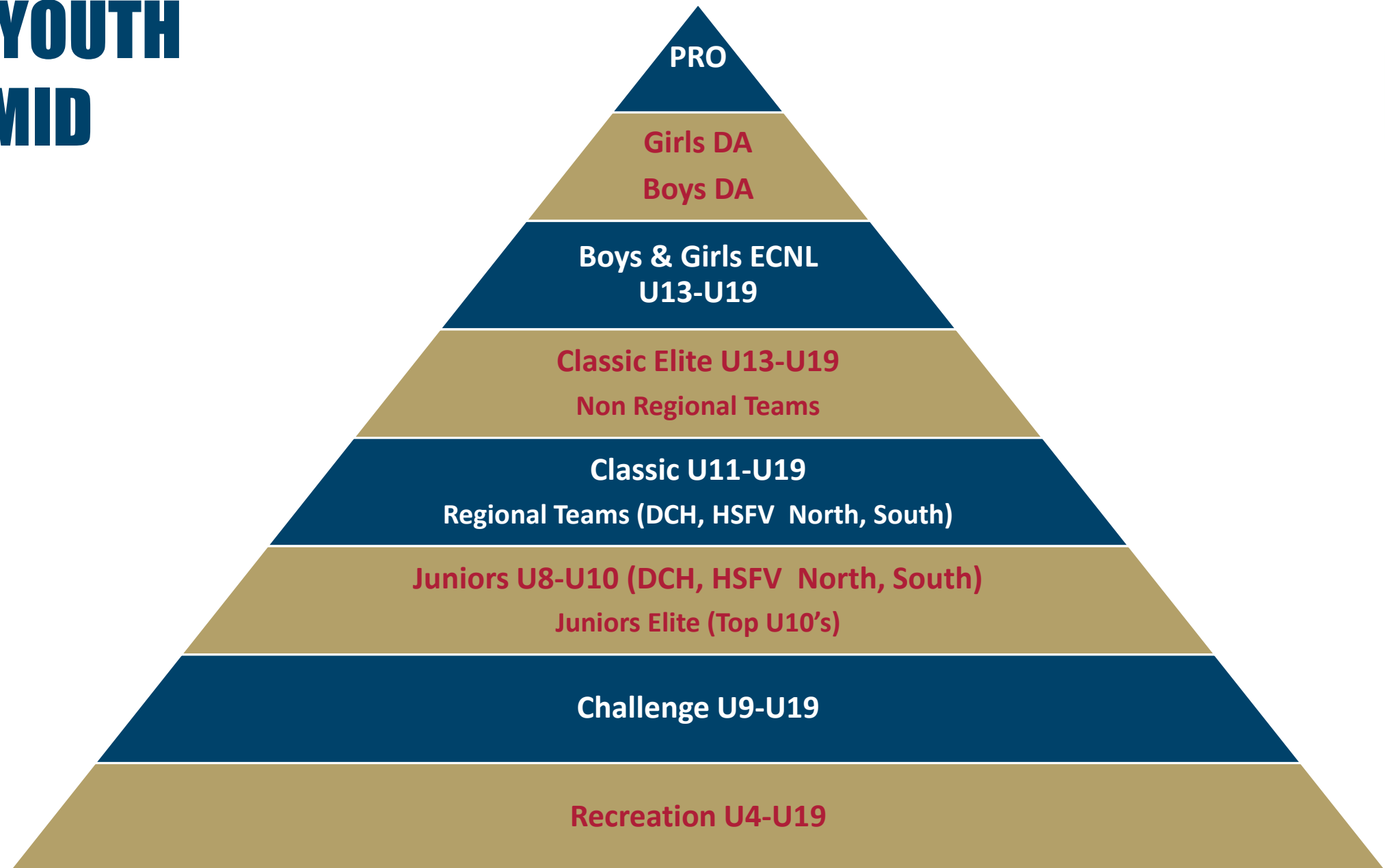




NCFC Youth Philosophy

Create a positive, challenging and enjoyable learning environment that provides players with the freedom to express and develop their natural ability.

NCFC YOUTH PYRAMID





Coach Responsibilities

- R** Work to develop a **R**apport with the players
- O** Important you are always **O**pen minded. The best coaches have a strong desire to learn.
- L** No **L**aps, **L**ines or **L**ectures!
- E** Never lose sight of how you communicate. **E**ffective communication is only 7% verbal and 93% non-verbal.
- M** ake it fun
- O** Its very important the players think you are **O**rganized
- D** Prioritize **D**evelopment over winning
- E** Always remember **E**nthusiasm is contagious
- L** You must always remember you are a **L**eaders both on and off the field, whether you are winning or losing. All of the time! You must always set the right example.

COACHING PITFALLS



Talking more vs listening

Wanting to be liked vs respected

Not willing to share the responsibility when team loses

Always do what has worked before

Not recognizing and address “Energy Vampire/s”

Not preparing for a training session

Focus is on winning vs developing

Not willing to share leadership

Failing to check for understanding

Not asking for help

Lack of communication with your team (players and parents)

Focus on short term vs long term

Being Consistent

“As a coach you will receive a huge amount of unjustifiable criticism and a large amount of undeserved praise, and you should not be unduly affected by either.”

Jerry Wainwright-Associate Head Men’s Basketball Coach-Fresno State



GAME DAY

Wear appropriate NCFC Gear

Have a “goal” for each game

Let the players play

- **Avoid over-coaching**
- **Do not yell at refs or opposing coaches**

All Players should play at least half the game!

All Players should get opportunity to start at some point in the season!

Post-Game Break Down

- **Be positive – find ways to improve**
- **Short and sweet – key points. Not opportunity to cast blame**

Address Parents if needed



Staff – Area Administrators	Contact Information
<p>Scott Becker – Director</p> <ul style="list-style-type: none">• Wake Forest• Holly Springs / Fuquay Varina• Durham / Chapel Hill / Hillandale	<ul style="list-style-type: none">➤ Scott.Becker@NCFCYouth.com➤ Office: (919) 834 – 3951 x 120
<p>Rachel Harris – Assistant Director</p> <ul style="list-style-type: none">• Cary• Garner	<ul style="list-style-type: none">➤ Rachel.Harris@NCFCYouth.com➤ Office: (919) 834 – 3951 x 210
<p>Mary Puckett– Raleigh Administrator</p> <ul style="list-style-type: none">• Raleigh	<ul style="list-style-type: none">➤ Mary.Puckett@NCFCYouth.com➤ Office: (919) 834 – 3951 x 208
<p>North Carolina FC Youth 5017 Memory Road Raleigh, North Carolina 27609</p>	<ul style="list-style-type: none">➤ Info@NCFCYouth.com➤ Office (919) 834 - 3951➤ Monday, Tuesday, Thursday Noon – 5:00pm➤ Wednesday Closed➤ Friday 9:00am – 2:00pm



U13-U18 Format

- **11v11 (10 players on the field and 1 goalkeeper for each team)**
- **50-80 x 100-120 yard field**
- **Soccer Ball Size 5**
- **Two 35-45 minute halves**
- **U13-U14 | 35 minute halves**
- **U15-U16 | 40 minute halves**
- **U17-U19 | 45 minute halves**
- **- Referees**

	4v4 (U5-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
	1-2-1	1-2-3-1	1-3-3-2	1-4-4-2
	2-2	1-3-1-2	1-3-2-3	1-4-3-3
		1-3-2-1	1-2-4-2	1-4-2-3-1
		1-2-1-3	1-3-4-1	1-3-5-2

- **The small 1 indicates the goal keeper.**
- **From left to right Goal Keeper, Defenders, Midfields, Forwards**



Referee Interaction

- Our referees are part of our program. Many of them are players in the club or parents in our club.
- Imagine the referee being your son / daughter / mother / father. Treat them with respect and understand their perspective.



Coach Resource Page

1. www.NCFCYouth.com
2. Programs
3. Coach Resources
 - Preseason
 - Risk Management – **US Club**
 - Coaches Meeting & License
 - In – Season
 - Medical Waiver
 - Practice Plans
 - Rules of Play
 - Uniforms

Recreation Coach Resources

Everything Recreation Coaches need to know before and during the season!

Pre-Season

I. Risk Management (Required)

All Recreation head and assistant coaches need to be "risk managed", which means complete and pass North Carolina Youth Soccer Association's (NCYSA) Risk Management system. This must be done before practices start and you MUST notify your area administrator so they can begin the process of Risk Management and perform a background check.
[Risk Management](#)

II. Coaches Meeting & License

Recreation Coaches should plan on attending the Coaches Meeting and Volunteer Coaches License class on Saturday, February 10. The meeting will address important changes, updates and information for the upcoming season.
[Coaches Meeting & License](#)

III. Survival Guide

This printable guide reviews everything you need to bring or do to have a successful Spring 2018 season.
[Survival Guide](#)

In-Season

Support

Recreation Sponsors

Goodyear

CHOW PIZZA BAR

CROWN TROPHY OF RALEIGH

GALAXY FUN PARK

Harris Teeter

Schedule

View your game schedule.

Game Schedules



Games / Schedules

• Practice Schedules

- Raleigh, Cary, HS/FV, D/CH : Vicki Rohde RecScheduler@NCFCYouth.com
- Wake Forest : Eric Conroy fields.wfrsa@gmail.com
- Garner : Sarah Locklear locklearfam5@gmail.com
- ALL Schedules, including practice and games (other than Wake Forest and Garner) go through SINC
- Roster information is though Blue Sombrero
- Schedules (practice / games) in SINC

Email your teams with the practice information once you receive it! (This weekend or the following week)

- ❖ U7-U19 teams in Cary, Raleigh, HS/FV, and DCH will receive practice information: RecScheduler@NCFCYouth.com
- ❖ U7-U19 teams in Wake Forest will receive practice information from: Fields.wfrsa@gmail.com
- ❖ U7-U19 teams in Garner will receive practice information from : Locklearfam5@gmail.com
- ❖ Game schedule information for all areas and ages will come from: RecScheduler@NCFCYouth.com – August 13th



ProgramName	Recreation Program 2017-2018
Division Name	U16 Girls FALL Season
Team Name	CARY BLASTERS G



Team Players		
	Player First Name	Player Last Name
1	Savannah	Balogh
2	Avni	Bannuru
3	Suhailah	Boukarfi
4	Virginia	Hayes
5	Divya	Hebbar
6	Mya	Jnah
7	Gabriella	Luparello
8	Shruti	Marota
9	Camryn	Meek
10	Sarah	Merrett
11	Rebecca	Robinson
12	MacKenzie	Waldon
13	Marissa	Weitzel
14	Angela	Wilson
15	Molly	Zimmer

NCFC Youth Official Match Report

No Child Can Practice or Play with this team unless their name is on this roster or NCFC Youth has provided other written exception. Playing an unrostered player will result in a minimum penalty of a game forfeit as stated in the NCFC Youth Rule Book.

I, _____, (coach) certify that only this list of approved players is playing in this game. Date: _____

Team Personnel						
	Volunteer Role	Volunteer First Name	Volunteer Last Name	Email	TelePhone	CellPhone
1	Head Coach	Scott	Meek	smeek822@gmail.com		919-271-5745



Roster Access

- Rosters will be released later today!
- We will also be posting the roster on Blue Sombrero which will allow you to contact your team.

Email your team by Wednesday!

Once we post rosters, you will be able to create an email list. Reach out to your team and add any other contact info the parents would like. You are basically creating a quick distribution list.



Your team's roster details are below.

Team Personnel Information

Role	First Name	Last Name	Cell Phone	Email
Head Coach	Jamie	Grant	<input type="text"/>	<input type="text"/>

Team Participants Information

Participant First Name	Participant Last Name	Account First Name	Account Last Name	Primary Contact Cell Phone & Email
Aaron	Jalloh	Abou	Jalloh	<input type="text"/>
Christopher	Lee	Wendy	Lee	



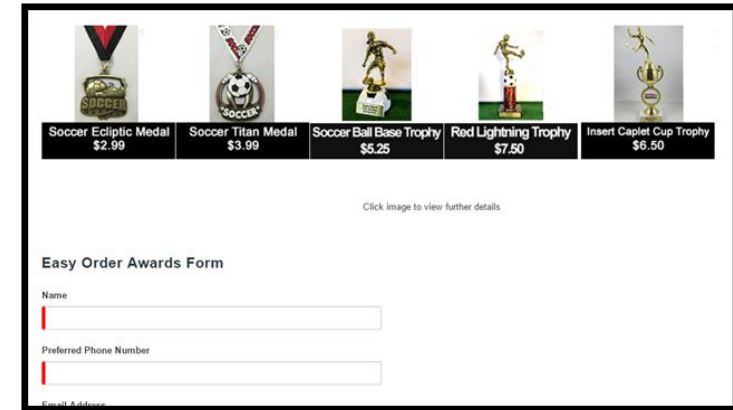


End of Season Trophies or Medals

- Crown Trophy & Awards of Raleigh
 - Locally owned and operated
 - NCFC Youth Official Awards Supplies

Three ways to order:

1. Visit them in-store (Creedmor Rd)
2. View their online catalog: www.crowntrophy.com/store-146
3. Use the “[Easy Online Form](#)” to view pre-selected options and add customization





End of Season Team Parties

- Celebrate the end of the season with your team
- Special offers from some of our local sponsors and supporters
 - Galaxy Fun Park
 - NCFC & NC Courage Parties
 - Tijuana Flats
 - And more!

We will email details later in the season – stay tuned!

***EXCLUSIVE NORTH CAROLINA FOOTBALL CLUB OFFER**

TEAM PARTY TIME

\$25 per person

*MINIMUM OF 10 PAID TEAM MEMBERS REQUIRED

GO-KARTS, TRAMPOLINES, ROPES COURSES, SPIN ZONE, LASER TAG, AND CAFE

SPECIAL OFFER

- MONDAY - THURSDAY 15-6PM!
- 30 MINUTES IN PRIVATE PARTY ROOM
- 30 MINUTES OF JUMP ZONE TIME
- 1 HOUR OF UNLIMITED ATTRACTION RIDES
- 2 SLICES OF CHEESE PIZZA PER PERSON
- 1 BOTTLE OF WATER OR FOUNTAIN DRINK PER PERSON

919-584-4000
#getyourgalaxyon

14460 Falls of Neuse Rd
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info@galaxyfunpark.com
www.GalaxyFunPark.com

FALLS OF NEUSE RD.
CAPITAL BLVD.



Questions