



# NCFC YOUTH

## Recreation Coaches Meeting



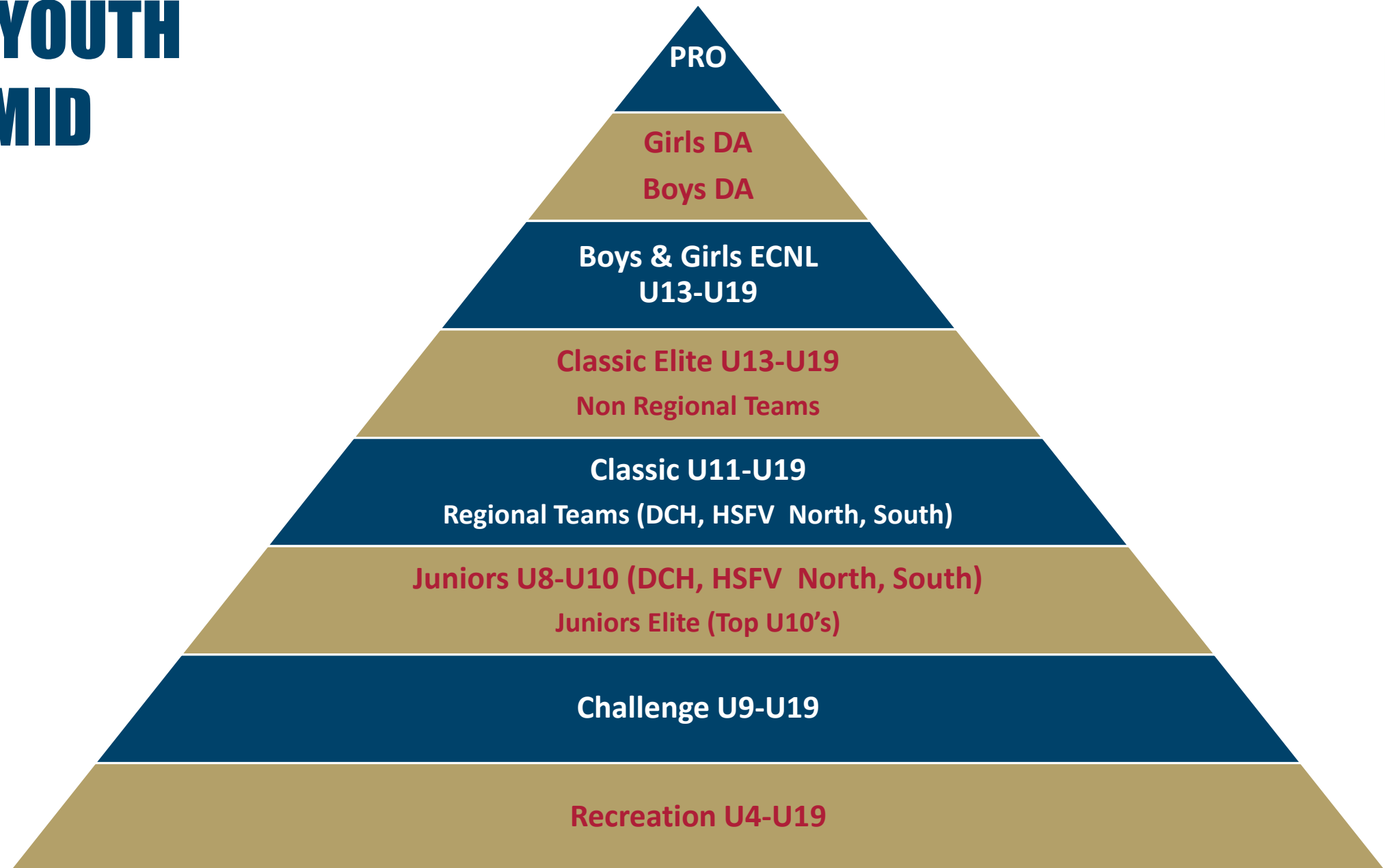


# NCFC Youth Philosophy

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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

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





# U5-U6 Format

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- **Before going into 4 v 4 format, 30 minutes of practice on your side of the field.**  
*The focus for this age group is touches on the ball (dribbling). Everyone should be touching a ball!*
- **4v4 (4 players on the field for each team and no goalkeeper)**
- **30 x 40 yard field**
- **Soccer Ball Size 3**
- **32 minute game**
- **U5-U6 | 8 minute quarters**
- **Coach referees – Work Together!**



### Interactive Lesson Plan



Season: Spring 2018 Age Group: U5-U6 Week: 3



Stage	Activity Description	Diagram	Coaching Points
Activity 1	Raleigh Retriever- Players dribble from one side of grid to the other. Coach acts as the Raleigh Retriever & tries to steal the ball from the players & dribble ball out of grid. The player can steal ball back, but if the Raleigh Retriever gets the ball out of the grid, then the player becomes a Raleigh Retriever. Coach- start out by allowing players to escape you, so they have success. Then encourage them to use moves, change speed to get away.		C- What should you do if your ball is stolen? P- Quickly chase the Retriever & steal the ball back before the Retriever gets out of grid. C- Why would you change direction or change speed? P- Because the Retriever is close to you or chasing you. Variation: 1) Players can turn away from bulldog & put their body between the Retriever they get a free pass, this teaches Shielding the Ball. 2) A Player can be the Retriever.
Activity 2	Sharks & Minnows- 1-2 Players (or the coach) start as the Shark(s), in the middle of the grid. The Minnows start on one side of the grid, each player with a ball. When the Shark says "GO!" or "Swim!" the Minnows dribble across the grid. The Shark tries to kick the Minnows ball or steal the Minnows ball. Once the ball goes out of grid, the Minnow becomes a Shark. If the Minnows reach the other side of grid they are safe. The game continues until all the players have become Sharks.		C- Why should you push the ball further in front of you/ take a big touch? P- If the shark is not close to you, you can run faster & not need to keep the ball close. C- When should you keep the ball close? P- When the shark is close to you, until you find enough space to take a big touch. C- What surface should you use to dribble fast? P- The Laces because its the best technique for dribbling forward quickly.
Activity 3	Bandits- Select 1 to 2 players to be Bandits. The rest of the team will dribble around the grid. The bandits mission is to try to win the ball from the dribbling players, once the bandit wins the ball the player the player without the ball becomes the new bandit. Play 7 rounds of 1 min. each with 30 sec. break in between rounds.		C- What can the dribbling players do to protect the ball from Bandits? P- Dribble with speed away from the Bandit. Change directions and dribble with speed away from the Bandit. Put your body between the ball and Bandit (Shielding).
Activity 4	1v1 to Goal; Use Cones or a small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attacker tries to dribble over the Defenders line/into goal. Defender must step out (no goal tending!) & try to steal attackers ball, if successful the defender can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes. VARIATION: Play 2v1, 2 Attackers vs 1 Defender.		Attacker: Coach: Can you dribble quickly & try to run past defender? Can you change speed to beat defender? Can you move ball from one foot to the other to confuse defender? Defender: Coach: can you predict where the attacker wants to go & move in-between the attacker & his destination? Can you steal ball instead of kicking away?
Match	4 Quarters, 8 minutes each. 4v4. NO GOALIES!	Team Shape should be a Diamond, with 1 High Player, 2 middle/wide players, and 1 deep player. All players should defend & attack. NO GOALIES!	32 minutes

Interactive Session Plan created by [www.academysoccercoach.com](http://www.academysoccercoach.com) ASC

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# U7-U8 Format

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- **4v4 (4 players on the field for each team and no goalkeeper)**  
*Introduction of passing, incorporate a teammate.*
- **30 x 40 yard field**
- **Soccer Ball Size 3**
- **48 minute game**
- **U7-U8 12 minute quarters**
- **Coach referees – Work Together!**



### Interactive Lesson Plan



Season: Spring 2018 Age Group: U7-U8 Week: 3



Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Rondo: 4v0-Four players will be working together in a 15x10 yard grid. The players will set up as shown in the diagram to the right. One ball per grid. The players will pass the ball in a diamond shape to each other.</p> <p>-Go for 2-3 min to the right. -30 sec. rest. -Go for 2-3 min to the left.</p>		<p>Coach: What part of the foot should you use when passing the ball? Player: inside the foot or laces when facing your partner.</p> <p>Coach: What foot should you aim for when passing to your partner? Player: Their back foot or uphill foot. When you play their back foot/uphill foot-this allows the other player open up.</p>
Activity 2	<p>Dribble and Pass-Make 2 lanes (red cones) with a yellow cone placed directly in the middle of the 2 lanes. The yellow cone should be placed 10-12 yards from the players in line. 1 ball per lane. In this drill you will work on dribbling, passing, moves, and balance control. The first player will dribble towards the yellow cone, once they get to the yellow cone, the player will pass the ball to their partner and take his/her place.</p>		<p>Coach-Should the ball be far away from you when you dribble? Or should the ball be close to you when you dribble? Player-The ball should be close to you.</p> <p>C-What part of the foot do you pass with? P-Pass with the inside of your foot to complete the pass to your teammate.</p>
Activity 3	<p>Ball Tag-All players will have a ball and dribble around the grid. When the coach says "Go", players try to hit another players feet or soccer ball by passing their own ball. Players should keep count of how many times they hit someone's feet or ball.</p> <p>Play 3 rounds of 2 min. with 20 sec. rest in between.</p>		<p>C-What parts of the foot can a player use to strike a ball? P-Laces for more power and distance, and inside of the foot for short passes.</p> <p>C-Why do you need to have your head up when dribbling? P-so you know where the other players are and recognize where the space is on the field.</p>
Activity 4	<p>2v2 to Goal; Use Cones or a small goal. Divide team into 2 groups, attackers &amp; defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders line/into goal or shoot into the goal. Defenders must step out (no goal tending!) &amp; try to steal attackers ball, if successful the defenders can score on attackers line. *Rotate Attackers &amp; Defenders every 1-2 minutes.</p>		<p>Attackers: Coach: Can you dribble quickly &amp; try to run past defender? Can you pass ball to your teammate? If you don't have ball can you move into a position to help your teammate with the ball?</p> <p>Defenders: Coach: can you predict where the attacker wants to go &amp; move in-between the attacker &amp; his destination? Can you steal ball instead of kicking away? Can you &amp; your teammate work together (1 should step to ball, 1 should cover space behind). NO GOALIES!</p>
Match	Play 3v3 or 4v4 for no more than 15 minutes.	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15 Minutes

Interactive Session Plan created by [www.academysoccercoach.com](http://www.academysoccercoach.com)



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# Coach Resource Page

1. [www.NCFCYouth.com](http://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

The screenshot shows a web browser window with the URL <https://tshq.bluesombrero.com/Default.aspx?tabid=1475854>. The page content includes:

- 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**
- 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](mailto:RecScheduler@NCFCYouth.com)
- Wake Forest : Eric Conroy [fields.wfrsa@gmail.com](mailto:fields.wfrsa@gmail.com)
- Garner : Sarah Locklear [locklearfam5@gmail.com](mailto: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](mailto:RecScheduler@NCFCYouth.com)
- ❖ U7-U19 teams in Wake Forest will receive practice information from: [Fields.wfrsa@gmail.com](mailto:Fields.wfrsa@gmail.com)
- ❖ U7-U19 teams in Garner will receive practice information from : [Locklearfam5@gmail.com](mailto:Locklearfam5@gmail.com)
- ❖ Game schedule information for all areas and ages will come from: [RecScheduler@NCFCYouth.com](mailto:RecScheduler@NCFCYouth.com) – August 13<sup>th</sup>



# Roster Access

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- 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	





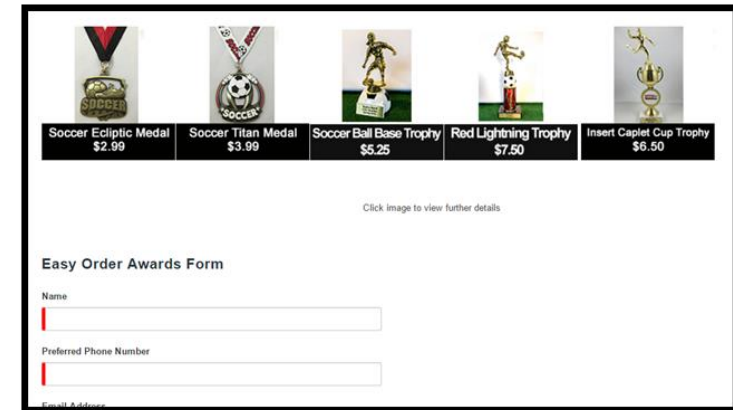


# End of Season Trophies or Medals

- 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](http://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

### GALAXY FUN PARK

## 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  
Raleigh, NC 27614  
info@galaxyfunpark.com  
www.GalaxyFunPark.com

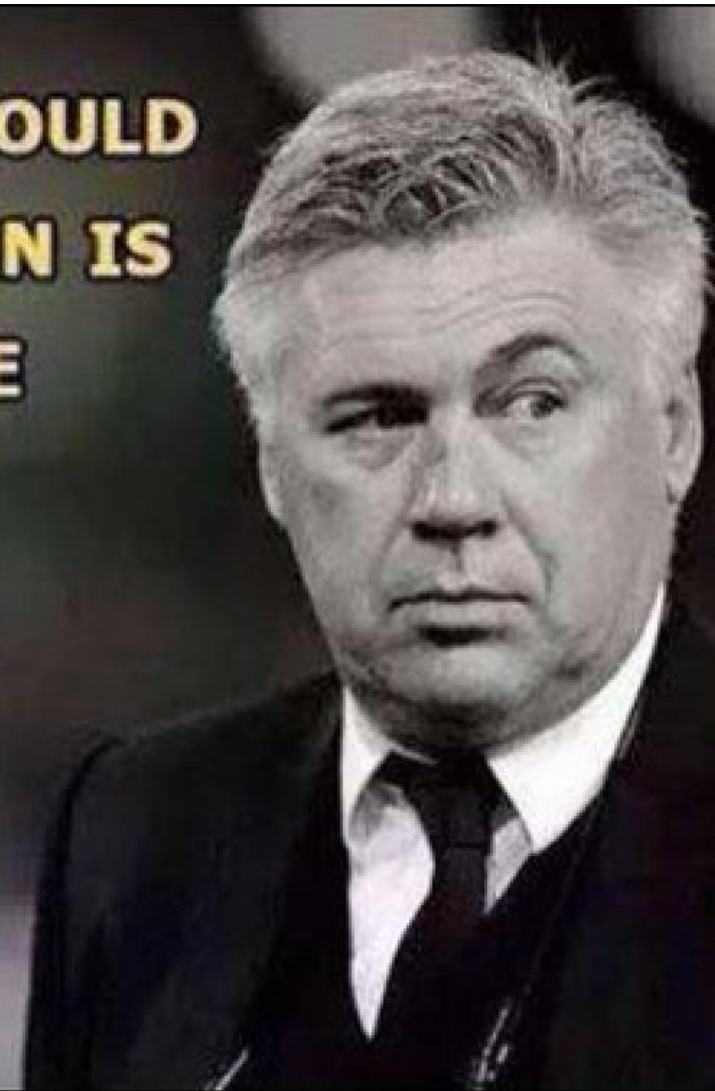
FALLS OF NEUSE RD.  
CAPITAL BLVD.

# SO HOW DO WE MEASURE OUR SUCCESS?



**THE ONLY TEAM WE SHOULD  
TRY TO BE BETTER THAN IS  
THE TEAM WE WERE  
YESTERDAY.**

**- CARLO ANCELOTTI**





# Questions