



NORTH CAROLINA FC

Defending: High vs Low Pressure

ADMINISTRATIVE/COMMUNICATION PRIORITIES



- ✦ Team Meetings (Recommended x2 per season fall and spring). Easy to do after games/tournaments.
- ✦ Player Evaluations (End of Season/Year; Recommendation both fall & spring)
- ✦ Team Depth Charts: Necessary for Challenge Tryouts. Recommend doing a depth chart at the end of each season. Doing one for yourself each month will help you track your team.
- ✦ Send Emails to your team, (once a week), keep the parents informed! Helps keep problems down!
- ✦ Try to avoid cancelling practice. Communicate with coaches on the practice field(share space/work as a staff). Get 1-2 assistant coaches!
- ✦ Conflicts with a training session (Necessary vs Nice). What are your expectations?
- ✦ 24 hour policy for parents (What does this mean? Why does NCFC promote this policy?)
- ✦ Be responsive to all communication (Email/Text/Phone Call). Handle issues when they arise.
- ✦ Why Player Evaluations & Depth Chart's?

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

Lack of coaching during SSG’s Game Situations in training

Focus is on winning vs developing

Not willing to share leadership

Failing to check for understanding

Failure to recognize the importance of overload

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



COMMUNICATION

Communication is the most critical component to being a successful coach

- Communication between players and families. You need to form relationships to be successful!
- Communication with NCFC administration. Be calm & supportive, we want to help you!
- Communication with referees and tournament officials. Respect & represent the club & your team in a professional manner at all times.

Coaches are Leaders & Role Models

- Coaches are continually being evaluated, watched, modeled
- Be aware of what you say and how you say it, both to players and to parents

Coaches are accountable for their actions and communication with referees

- For all NCFC games and any tournament games
- You are responsible for your parents, and everything that happens on the bench & spectator sideline.



Reminders

Playing time policy: Make sure your team knows the NCFC Policy!

*Make sure you know the policy, here is the Link: <http://www.ncfcyouth.com/Default.aspx?tabid=1476778>

NCFC Mission Statement & Core Values should be a part of your team!

Link: <http://www.ncfcyouth.com/Default.aspx?tabid=1475316>

Training

- Request for extra practice days (very limited space, will not be able to accommodate requests)
- Teams should not train on fields not assigned to them. *If you train on a NON-NCFC field. You put yourself & your players at risk!
- Holding practice/training at a coach/parent house (Should not be done!)
- Avoid practice duration running longer than allocated time.
- Coaches should assume fields are not available when they see a field open. Even if grass fields are unoccupied it doesn't mean they are open. Fields may be closed due to maintenance or NCFC has not reserved those times.

Approaching referees before, during, and after a game in an aggressive, confrontational, or not sportsmanlike manner will result in a suspension.

Do not ever address (in a non-positive manner) any opposing player, parent, or coach before, during, or after a game.

Issues with referees, parents, coaches, players from other teams needs to be handled professionally. Please communicate any concerns with me after your event and I will follow up with the appropriate communication.



SCHEDULING

1. All scheduling emails come from ncfcyouth.director@e.sincsports.com for challenge. Make sure your email is set to receive from this address.
2. Practice space is tight. Not everyone got what they requested due to space issues. They were processed in the order they were received. There is no space to move practices to Tuesday or Thursdays in all areas.
3. Practices at WRAL Soccer Park, Davis Drive, Prestonwood and North Cary Park have moved to 5-7pm time slots. Please note that teams can have the fields any time 5pm or later. When the time changes(daylight savings) teams may move their practice to later if they want. (i.e. 6-7:30pm).
*There will no longer be any other teams practice before or after you at these sites only.
4. There will be lights at Leesville Road, Sanderson and Reedy Creek MS. Please note the lights at Sanderson will be there throughout the season as needed.
5. If teams have a scheduled practice at a WCPSS they could potentially have a Saturday practice the first 2 weeks due to the fact we can't get on the majority of schools before 6pm. This should be assigned in your SINC account in your practices.
6. Game schedules will be available on Feb. 19th. An email will be sent out when they are available. Please note that anyone wishing to reschedule a game on the first weekend (March 3-4) will have a limited amount of time (outside the normal 2 week reschedule request period). That time will be stated in the email.
7. Please note teams are allowed to initiate one (1) reschedule per season.
8. Grass is closed until 2/19, when practices begin.

SKLZ: COMMITTED TO THE COACH

- GET 30% OFF ALL SKLZ GEAR



1. Apply online
2. Include NCFC in “Company” & get instantly approved as an NCFC Coach
3. Receive email approval with link to your account
4. Receive **30% OFF** SKLZ gear all the time
5. Receive notice of any special offers.
6. This is a bigger discount for coaches than our 25% off club discount.

Questions?

GREG OLENSKI:

GREG.OLENSKI@SKLZ.COM

CYNTHIA ROTH:

CYNTHIA.ROTH@SKLZ.COM

A screenshot of the SKLZ website's "BECOME A PARTNER" form. The form is titled "BECOME A PARTNER" and includes fields for First Name, Last Name, Company Name, Email, Password, and Confirm Password. Below these is a "MAILING ADDRESS" section with fields for Address 1 and Address 2. The form is overlaid on a background image of a soccer player. Red arrows point from the text in the list to the "Company Name" field and the "APPLY NOW" button on the background image.

SKLZ is a proud NCFC Youth sponsor and our Official Training Partner



Pivot Physical Therapy

Official Athletic Training and Physical Therapy Provider for NCFC

❖ **Providing 2 Nationally Certified Athletic Trainers to supplement NCFC Youth's full-time athletic trainer**

Assistance in training, game, and tournament coverage

❖ **Long-Time trusted athletic training and physical therapy provider for NCFC Youth Orthopaedic partner – Wake Orthopedics**

Streamlined communication process in place between athletic training staff, physicians, and physical therapists

Access to Physical Therapy Services

39+ locations across North Carolina. 20+ convenient locations in Central NC

Appointments within 24 hours. Extended Hours: 7am-7pm. Saturday availability at select locations

*****See Pivot packets for additional services and clinic location/contact information*****

ORTHOPAEDICS



NORTH RALEIGH BRIER CREEK CARY GARNER

The NCFC's official partner in sports injury treatment & prevention

See us in the Training Room

Ortho Urgent Care coming September 4

Schedule appointments at www.wakeortho.com.



NORTH RALEIGH BRIER CREEK CARY GARNER

Wake Orthopaedics Injury Coverage & Access

- Orthopaedic Sports Medicine MD Coverage for NCFC Trainers – Same-day Evaluation, Triage to Urgent Care/ED or Expedited Office Visit
- Wake Ortho Urgent Care (N. Raleigh) – 7 days a week
- WakeMed Urgent Care (Raleigh & Cary) – Full-time, on-call coverage by ortho providers
- More Severe Injuries – Ortho coverage in WakeMed EDs (Cary, Raleigh, Brier Creek, Apex, North Raleigh, Garner)
- Concussion Evaluation & Treatment Partnership

End of Season Trophies or Medals

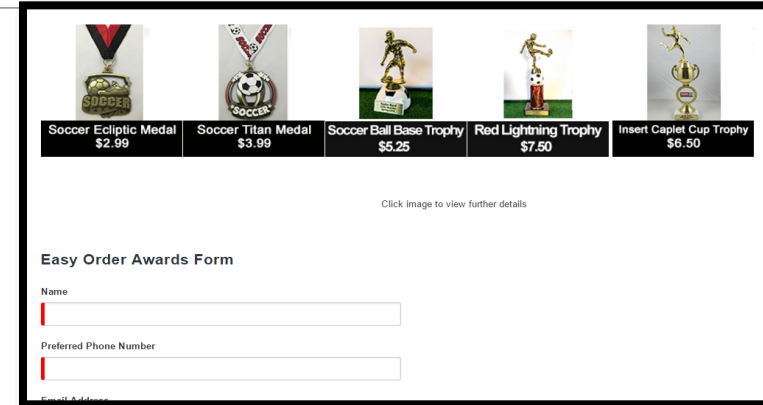


Crown Trophy & Awards of Raleigh

- Locally owned & operated
- NCFC Youth Official Awards Supplier

3 Ways To Order:

1. Visit them in-store (Creedmoor 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

GALAXY FUN PARK

SPECIAL OFFER

- MONDAY - THURSDAY (5-8PM)
- 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

14460 Falls of Neuse Rd
Raleigh, NC 27614
info@galaxyfunpark.com
www.GalaxyFunPark.com

919-584-4000
#getyourgalaxyon

FALLS OF NEUSE RD.
FOREST POND RD.
CAPITAL BLVD.



Year-Round Promotions

NCFC or NC Courage Discounted Tickets: Use code NCFCY

- Great for families or team outings!

Subway Team of the Month: Your team could be selected and win a \$100 Subway Gift Card!

Sport Clips Player of the Month: nominate your player to be recognized club wide and receive a Sport Clips gift basket with Free haircuts

Galaxy Fun Park: Discounted Galaxy Pass

Carolina Hurricanes: Discounted tickets for NCFC Youth Night

And more!

Visit www.NCFCyouth.com for more information!





Questions?

