



# Challenge

2018 Pre-season Coaches  
Meeting

**YOU BUILD A PLAYER  
LIKE YOU BUILD A HOUSE.  
YOU START WITH THE FOUNDATIONS.  
THE FUNDAMENTALS.**

**Arsène Wenger**

# MISSION STATEMENT AND CORE VALUES



## Mission Statement

To provide, high quality soccer opportunities at all levels of play for youth and their families and to to serve as a valuable community partner.

## Core Values

**Have Fun:** Share and promote a love and enthusiasm for the game to keep soccer enjoyable at every level play.

**Commit to Excellence:** Deliver what we promise, set high standards, and achieve goals through an unparalleled work ethic.

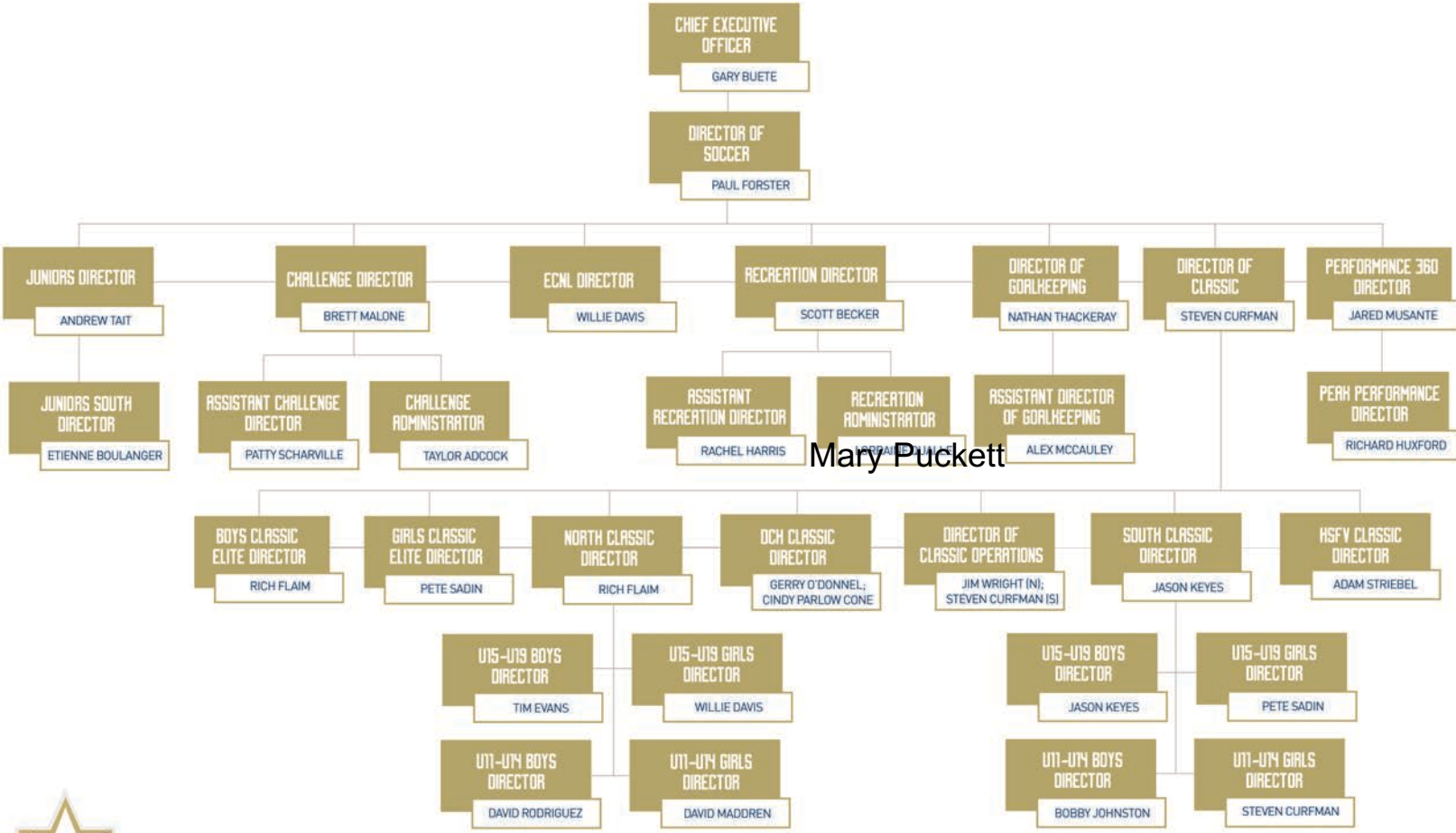
**Cultivate Community:** Build strong relationships that value trust, respect honesty, diversity, and community engagement.

**Encourage Innovation:** Embrace a culture of creativity, forward thinking and personal growth on and off the field.

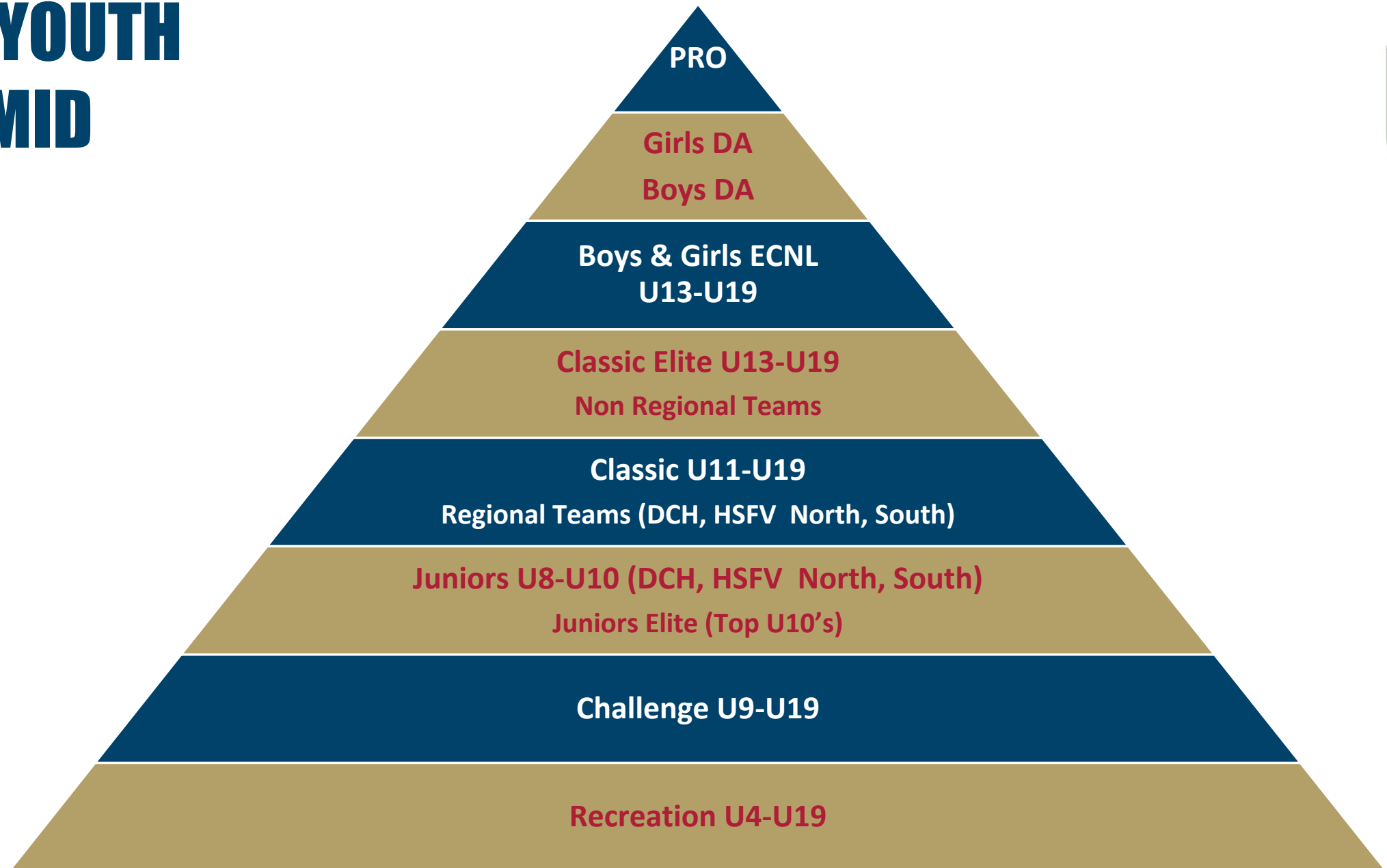
**Demonstrate Passion:** Represent NCFC Youth, your team and our community with pride in all you do.

# NORTH CAROLINA FC YOUTH

## SOCCER LEADERSHIP STRUCTURE



# NCFC YOUTH PYRAMID





# 2018 Challenge Staff

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- ★ Brett Malone: Program Director
- ★ Patty Scharville : Assistant Director, U9-U11 Admin
- ★ Taylor Adcock: U14-U19 Admin
- ★ Cooper Paiva: U12-U13 Admin
- ★ Age Group Coordinators:
- ★ 2010: Byran Farnsworth & Tracie Foels
- ★ 2009: Jimmy Kitson & Chris Almand
- ★ 2008: Lex Alvord & Jon Thomas
- ★ 2007: Kirt Landry & Adrian Airey
- ★ 2006: Todd Lopez & Sean Martin
- ★ 2005: Clint Morrison & Beth Farrell
- ★ HS Girls: Ken Clark - 04, Dirk Phillips - 03/02, Mike Scannel – 01/00

# AGC



- ★ What is an AGC(Age Group Coordinator)?
  - Volunteer who assists the Challenge Director with managing the age groups. Part of the support network for you!
- ★ How do I contact them?
  - Girls2010agc@NCFCYouth.com ; Boys2010agc@NCFCYouth.com
  - Girls2009agc@NCFCYouth.com ; Boys2009agc@NCFCYouth.com
  - Girls2008agc@NCFCYouth.com ; Boys2008agc@NCFCYouth.com
  - Girls2007agc@NCFCYouth.com ; Boys2007agc@NCFCYouth.com
  - Girls2006agc@NCFCYouth.com ; Boys2006agc@NCFCYouth.com
  - Girls2005agc@NCFCYouth.com ; Boys2005agc@NCFCYouth.com
  - Girls2004agc@NCFCYouth.com ;



**“A leader must be what he/she wants his team to become.”**

**John Wooden**

**What do you want your team to become?**



## Challenge Coaches Code of Conduct

1. NCFC Challenge Coaches must serve as role models of good sportsmanship, positive influence, and always exhibit proper and appropriate communication with NCFC administration, players, parents, and game officials
2. NCFC Challenge Coaches must never engage in physical or verbal confrontations, especially if any players are present, with any players, spectators, coach, parent, or game official before, during, or after a training or game activity
3. NCFC Challenge Coaches must never approach and or confront a match official before, during, or after a game in any manner that is not positive. Any disagreements, frustrations, or discussions that a NCFC coach needs to share must not be done on the field, but communicated in writing, on the phone, or in person with a NCFC Challenge staff member
4. NCFC Challenge Coaches must never use any racial, sexually-suggestive, and derogatory comments in the presence of any NCFC player, coach, parent, spectator or game official.
5. NCFC Challenge Coaches must demonstrate and exhibit sportsmanship, class, respect, and adherence to the code of conduct during all non-soccer activities, such as meetings, tryouts, or serving as a spectator

STANDARD	EXPECTATION
Appearance “Look The Part”	<ul style="list-style-type: none"> <li>✓ Wear NCFC Youth at training/practice &amp; games.</li> <li>✓ Look professional at all times.</li> <li>✓ We say a lot with non-verbal communication. Be aware of what you give off with posture, appearance, mood, tone, eye contact, etc.</li> </ul>
Leadership/Role Model “John Wooden Quote”	<ul style="list-style-type: none"> <li>✓ Professional approach at all times</li> <li>✓ Recognition of the NCFC Youth Code of Conduct at all times</li> <li>✓ Be passionate about Player Development</li> <li>✓ NCFC Time (10 minutes early is on time)</li> <li>✓ Handshakes before &amp; after training and games. Appreciation!</li> <li>✓ Set the tone and keep standards high</li> </ul>
Planning and Preparation “Plan your work and work your plan”	<ul style="list-style-type: none"> <li>✓ Have a clear plan for all training sessions/games</li> <li>✓ Training sessions should have appropriate progressions</li> <li>✓ Arrive early to set up training session</li> <li>✓ Have inflated balls, pennies and cones at all sessions</li> </ul>
Communication Skills “Effective communication is only 7% verbal and 93% non verbal” 55% body language and 38% tone of voice	<ul style="list-style-type: none"> <li>✓ Be approachable for players/parents/fellow coaches</li> <li>✓ Be responsive (Emails, text messages, phone calls)</li> <li>✓ Be proactive</li> <li>✓ Display positive non verbal and verbal communication at all times</li> <li>✓ Ability to manage all different personalities on your team</li> <li>✓ Provide honest and constructive feedback whenever possible</li> <li>✓ Show good self control and be able to manage stress</li> </ul>



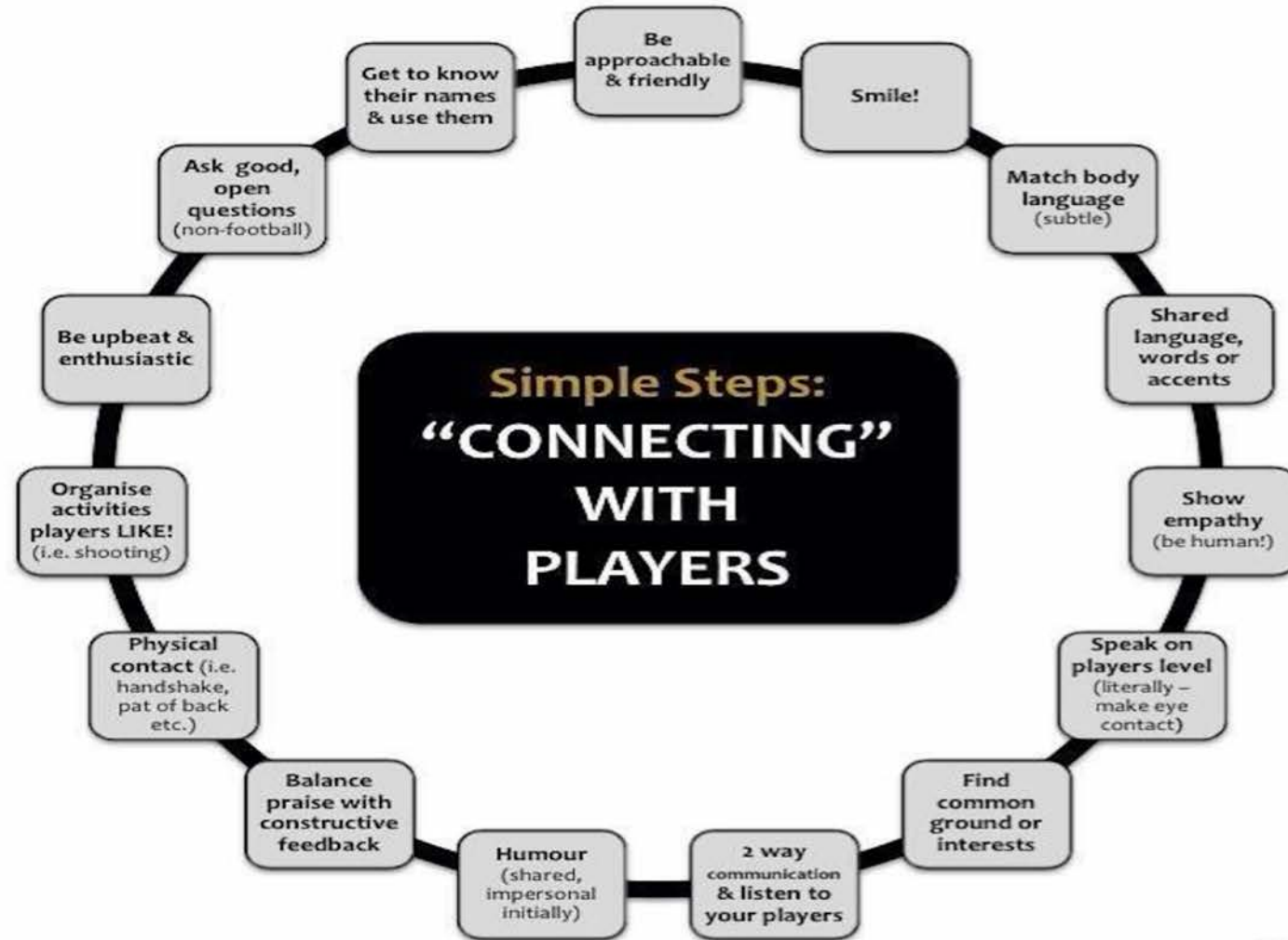


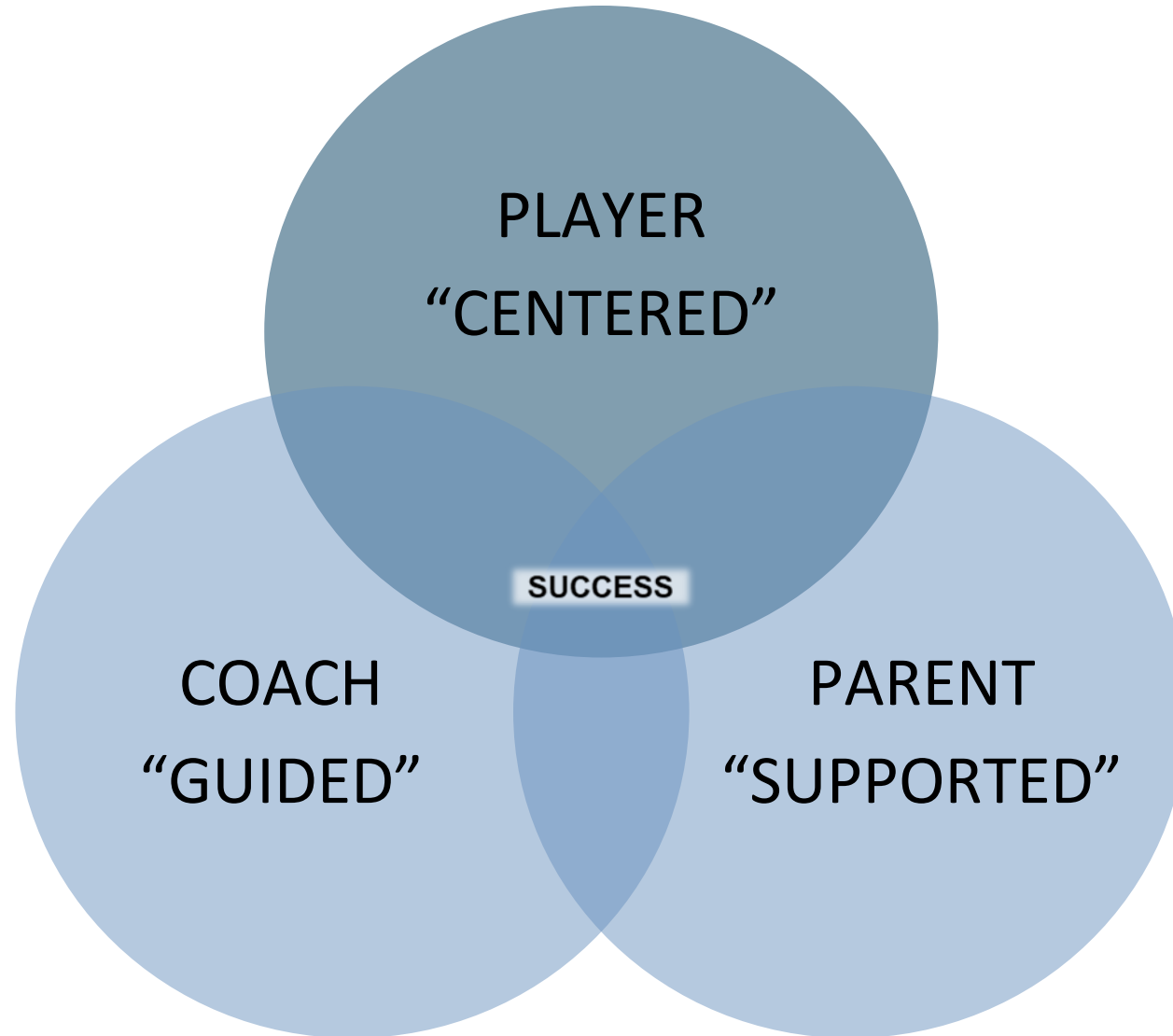
STANDARD	EXPECTATION
Knowledge and Understanding	<ul style="list-style-type: none"> <li>✓ Strong emphasis on training sessions that directly relate to the game</li> <li>✓ Must be able to coach in the game</li> <li>✓ Get to know your players and develop professional relationship</li> <li>✓ Develop training sessions in conjunction with the clubs style of play</li> <li>✓ Conduct training sessions that encourage decision making</li> </ul>
Team Player “TFM”	<ul style="list-style-type: none"> <li>✓ Reliable/Dependable (Arrive Early/Stay Late)</li> <li>✓ Desire to work with others and to benefit others</li> <li>✓ Enthusiastic</li> <li>✓ Strong desire to see other coaches/team succeed</li> <li>✓ Always willing to help other staff coaches</li> </ul>
Open Minded	<ul style="list-style-type: none"> <li>✓ Supportive of player movement</li> <li>✓ Be a student of the game</li> <li>✓ Intrinsically motivated to learn and grow (Coaching Education)</li> <li>✓ Willing to accept feedback</li> <li>✓ Accept change</li> </ul>
Respect	<ul style="list-style-type: none"> <li>✓ Show respect at all times for the the players, parents, fellow coaches, officials, opponents, and the game!</li> <li>✓ Take care of our facilities</li> </ul>

# THE BEST COACHES CONNECT WITH THEIR PLAYERS



## Building Rapport With Players







# 2018/19 CHALLENGE CALENDAR

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- **August 13 – Week All Challenge Teams Start Training**
- **September 3 – Labor Day (No Training)**
- **September 14 – Casino Night Fundraiser**
- **September 25 – Coaching Education Night – WRAL 6:30 PM**
- **October 6 & 7 – NCFC Columbus Day Tournament - BYE WEEKEND U9-U15 Teams.**
- **October 27-28 – Rain Make Up Weekend / Last Weekend of Fall League.**
- **\*October 29 -November 16\* : Post Season Fields available for training**
- **\*If training October 31\* – Halloween (No Training), Enjoy!**
  
- **February 18 – First Day of Spring Training**
- **April 20 & 21 - No games Easter Weekend / 2<sup>nd</sup> WCPSS Spring Break.**
- **May 4-5 – Rain Make Up Weekend / Last Weekend of Spring League/**



# WHATS AHEAD?

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- **Practice Schedules**

- For Raleigh/Cary released Friday. DCH posted.  
-WF & Garner should be released in coming days.

- **Game Schedules**

- Intent for all schedules to be posted August 13. If you need to reschedule week 1, read Vicki's email from Friday! Vicki also provided coaches contact on SINC scheduling page.

- **Tournament Schedules**

- All teams should know their Fall tournaments and communicate to families.

-What should I be doing for tournaments? –How many should we attend?

**Answer: It depends on your age group & team.**

**Challenge is a competitive program, & tournaments are an expectation for teams to compete in.**

- **Think about the "physical load" on the player, and the "financial & commitment load" on the family.**

# RESCHEDULING



All schedule changes, reservations for fields & meeting space requests should go through club scheduler, Vicki Rohde, [vicki.rohde@ncfcyouth.com](mailto:vicki.rohde@ncfcyouth.com) at a minimum of one week in advance.

No scrimmages with other clubs permitted.

Coaches should assume fields are not available for use unless they have reserved ahead of time. 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. Teams should not train on fields that are not assigned to them.

No extra trainings available to be scheduled.

## **A few points about the reschedule policy:**

Games scheduled on NCFC fields on Friday, Saturday & Sunday have to be cancelled no later than 1pm the Monday before the weekend in order to not incur a penalty.

If cancelling after the Monday, 1pm deadline the team that is cancelling is responsible for any fees unless both teams agree to split the costs.

This is an NCFC policy and not NCYSA policy. However, NCYSA does support it.

Fall has very few available weekends, be aware of what your request may do to your schedule.



## Practice : Needs to look like practice!

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- **Arrive Early!**
  - Arrive early, have field set up before players arrive.
  - If running late notify your team &/or team manager!
- **Have proper equipment: Cones, Pennies, Balls. Every player should bring a ball.**  
**\*More importantly, every player should have a ball. Have extra in case players forget.**
- **The practice should look like soccer. Have a field, targets/goals, opponents.**
- **Watch Sessions online. **Highly recommend** Keepitonthedeck (FB/Twitter), Tacticalpedia (Twitter), UltimatePlayerHQ (Twitter).**  
**Link to NCFC Predesigned Sessions: <https://tshq.bluesombrero.com/Default.aspx?tabid=1802177&showpageeditor=1>**
- **Request help from AGCs or Program Assistants (Tracie/Bryan)**
- **3 L's : No Lines, No Laps. No Lectures**
- **Make infrequent or avoid practice speech's that last more than 2 minutes. Not necessary. -If you are prepared for practice, you should already know what you are planning to teach/coach. Avoid “winging it” coaching.**
- **Use Coaching Education! We have AGCs, Program Assistants, predesigned sessions, other training examples, rondo examples, & probably the best resource is you can observe classic training and connect with a coach/ mentor.**  
**-Have you done the Grassroots Free USSF Education yet? Link: <https://dcc.ussoccer.com/>**



## Challenge Uniform Kit (Required Items):

- 2 Jerseys (Navy and White)
- 1 Short (Navy)
- 1 Pair of Socks (Navy)
- 1 Climalite Training Shirt (Grey)

## NCFC YOUTH CHALLENGE UNIFORM KITS



JERSEYS



SHORT

SOCKS



TRAINING SHIRT



# GAME DAY

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- **Arrive Early!**
  - Teams should be arriving 35-45 minutes before kick-offs
  - Coaches should be arriving 60-45 minutes before kick-offs
  - If running late (coming from another game/etc) notify your team manager!
- **Have proper equipment**
  - Use Cones, Use Bibs. Bring Soccer Balls
- **Wear appropriate NCFC Gear**
- **Have a “goal” for each game**
  - Develop the players and teams in all situations
- **Let the players play**
  - Avoid over-coaching
  - Do not yell at refs or opposing coaches
  - The end of 3 coaches up on the sideline ends now. We don't want to see this. If you have 2 assistants, you all need to be sitting. And at no time should more than 1 of you be speaking to players.
- **All Players should play!**
- **All Players should get opportunity to start!**
- **Post-Game Break Down**
  - Be positive – find ways to improve
  - Short and sweet – key points. Review at training.
  - Not opportunity to cast blame
- **Address Parents if needed. Set standard that your parents are not to yell at officials, players, coaches. Address and inform me if you are concerned about a parent.**



# GAME DAY

- **Know the rules! They are all online under coaches resources.**
- **Coaches Resources: <https://tshq.bluesombrero.com/Default.aspx?tabid=1476701>**
- **Rules of Play Link: <https://tshq.bluesombrero.com/Default.aspx?tabid=1476004&showpageeditor=1>**
- **U9-U10! Build Out Line rules. You must know it!**



# NCFC YOUTH COACH ATTIRE

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Coaches expected to wear NCFC attire at ALL times when representing NCFC Youth. No sleeveless shirts, Sandals at practice or games.

Head Coaches to receive gear after coaching education concludes at 11:30:

- 1 Red NCFC adidas top
- 1 Navy NCFC adidas jacket
- 1 clipboard
- 1 Dicks Sporting Goods Gift Card
- 1 10-pack of adidas cones
- Assistant coaches may have a white adidas NCFC Shirt.



# PLAYER SAFETY ADMINISTRATIVE

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- **Do not move goals that are secured to ground! No climbing/hanging on goals.**
  - **Avoid being alone with players in any situation. Have another adult wait with you.**
  - **Pick up is not allowed on the fields during NCFC practice. Let us know if this is occurring & we can address.**
  - **Players Arriving Late to Trainings**
    - **Players will not be punished physically (fitness or otherwise) for being late to trainings.**
  - **If a team is doing fitness, make sure to utilize your assigned space**
    - **No “laps” around the whole field. Use your assigned space.**
    - **All ages. Avoid using fitness as punishment in general.**
- If you are going to do fitness, please research current practices.**

# ADMINISTRATIVE/COMMUNICATION PRIORITIES



- ✧ Team Meetings (2x per season, fall and spring) .
- ✧ Team Depth Charts. Minimum 1x at End of Season(Fall & Spring). This helps you!
- ✧ No training sessions are canceled , have an assistant coach! \*Emergencies are understandable.
- ✧ Player conflicts with a training session –If attending MS/HS/ODP then its excused.
- ✧ Coaching Attire/Equipment (NCFC)
- ✧ 24 hr policy for parents (What does this mean?) For You? For Parents?
- ✧ Be responsive to all communication (Email/Text/Phone Call)
- ✧ No player is added to any team without approval from Program Director (Be supportive of player movement)
- ✧ NCFC Youth does not support guest playing w/ other clubs. Can only us NCFC Challenge players for guest playing in for tournaments. \*\*\*Cannot use a Juniors/Classic player to guest play.
- ✧ Let Program Director & AGC know of a serious injury to a player.  
\*\*Jason Bailey Head ATC: [ATC@ncfcyouth.com](mailto:ATC@ncfcyouth.com) . Jason & staff are available for ALL players!
- ✧ All players must be carded.
- ✧ International Travel (Worldstrides)

# 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



# SafeGuarding

- ★ [NCYSA Risk Management](#)
- ★ [Child Abuse Prevention](#)
- ★ [Heads Up Concussion Training.](#) **LINK:** <https://headsup.cdc.gov/>
- ★ Communication Protocols

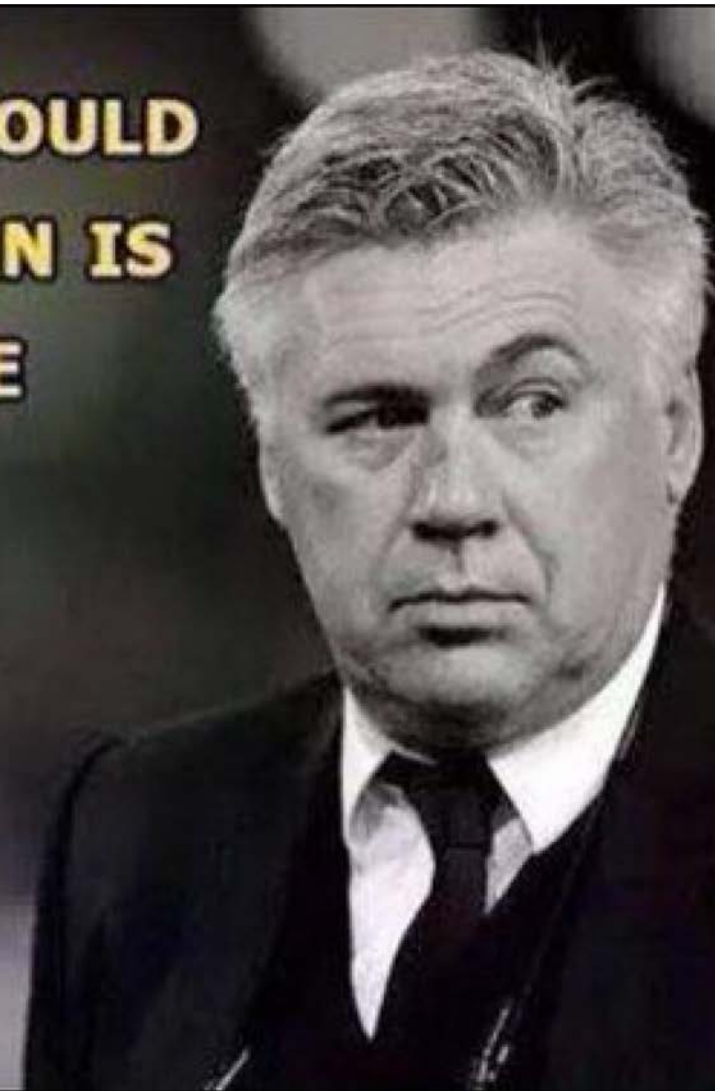


# SO HOW DO WE MEASURE OUR SUCCESS?



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

**- CARLO ANCELOTTI**



# WorldStrides International Travel for Challenge!

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## BOYS

13s – Manchester

15s – Scotland

17s – Barcelona

August, 2019

Steven MacDonald: [stevenm@worldstrides.org](mailto:stevenm@worldstrides.org)

# WorldStrides International Travel for Challenge!

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## GIRLS

WOMEN'S WORLD CUP – Paris, France

June 2019

Emily Perrin : [emilype@worldstrides.org](mailto:emilype@worldstrides.org)



# NCFC MEMBER BENEFITS

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NCFC MEMBER BENEFITS LINK:

<https://tshq.bluesombrero.com/Default.aspx?tabid=1830025>

## NCFC Youth Benefits

All NCFC Youth players are automatically part of the North Carolina Football Club: the overarching organization that includes NCFC, NC Courage and NCFC Youth. When you join NCFC Youth, you not only are joining a community of youth soccer players and their families, but also the NCFC family.

Each youth player this fall will receive a membership card that can be used to take advantage of the various benefits that comes with being a North Carolina Football Club member. Cards will be distributed with new home jerseys or via email.

# NCFC MEMBER BENEFITS



## NCFC Youth Pro Experience Game Day

Starting this fall, each youth player can attend a NCFC or NC Courage game for free thanks to a generous sponsor. Also, families will be able to purchase heavily discounted tickets to the games. Program Directors will be in touch with ore information about redeeming your complimentary ticket and purchasing additional ones soon.

### Fall 2018 Schedule

Boys ECNL & Boys Classic Elite/Premier/NLPC	August 4 at 7pm	NCFC vs. Charleston Battery
Girls Classic Elite/Premier	August 5 at 6pm	NC Courage vs. Portland Thorns
Classic Girls Regional & Challenge Girls U12+	August 18 at 7pm	NC Courage vs. Orlando Pride
Classic Boys Regional & Boys Challenge U12-U14	August 25 at 7pm	NCFC vs. Charlotte Independence
Recreation Boys & Girls U7-U11	September 1 at 7pm	NCFC vs. Tampa Bay Rowdies
Challenge Boys & Girls U9-U11, Juniors, JDP, La Liga & TOPSoccer	September 8 at 5pm	NCFC vs. Nashville SC
	September 8 at 7pm	NC Courage vs. Houston Dash
Recreation Boys & Girls U4-U6 and U12+	September 29 at 7pm	NCFC vs. Richmond Kickers
Hamilton Sportsmanship Award Night	October 6 at 7pm	NCFC vs. New York Red Bulls II

### Fan Zone

At every NCFC and NC Courage home game, the NCFC Youth Fan Zone will be in the southeast corner of the stadium between sections 301 and 208. The Fan Zone will include: Design-a-Sign station, Meet-n-Greet, Take your best shot game, and NCFC giveaways.