



NCFC YOUTH FOOTBALL CLUB

Recreation Coaches Meeting

FRIDAY NIGHT LIGHTS

Professional experience. Youth played.

AUGUST 18

Presented by



LEARN MORE AND SIGN-UP AT
NCFCYOUTH.COM





What is NCFC Youth?

- There has been collaboration between North Carolina Football Club (NCFC), Triangle Futbol Club Alliance (TFCA), and Capital Area Soccer League (CASL) to combine our resources and expertise.
- As part of the collaboration, CASL and TFCA have rebranded as North Carolina Football Club Youth (North Carolina FC Youth). While our name and appearance may change, our operations will stay the same.





NCFC Youth Recreation Locations

Cary

Durham / Chapel Hill

Garner

Holly Springs / Fuquay Varina

Raleigh

Wake Forest

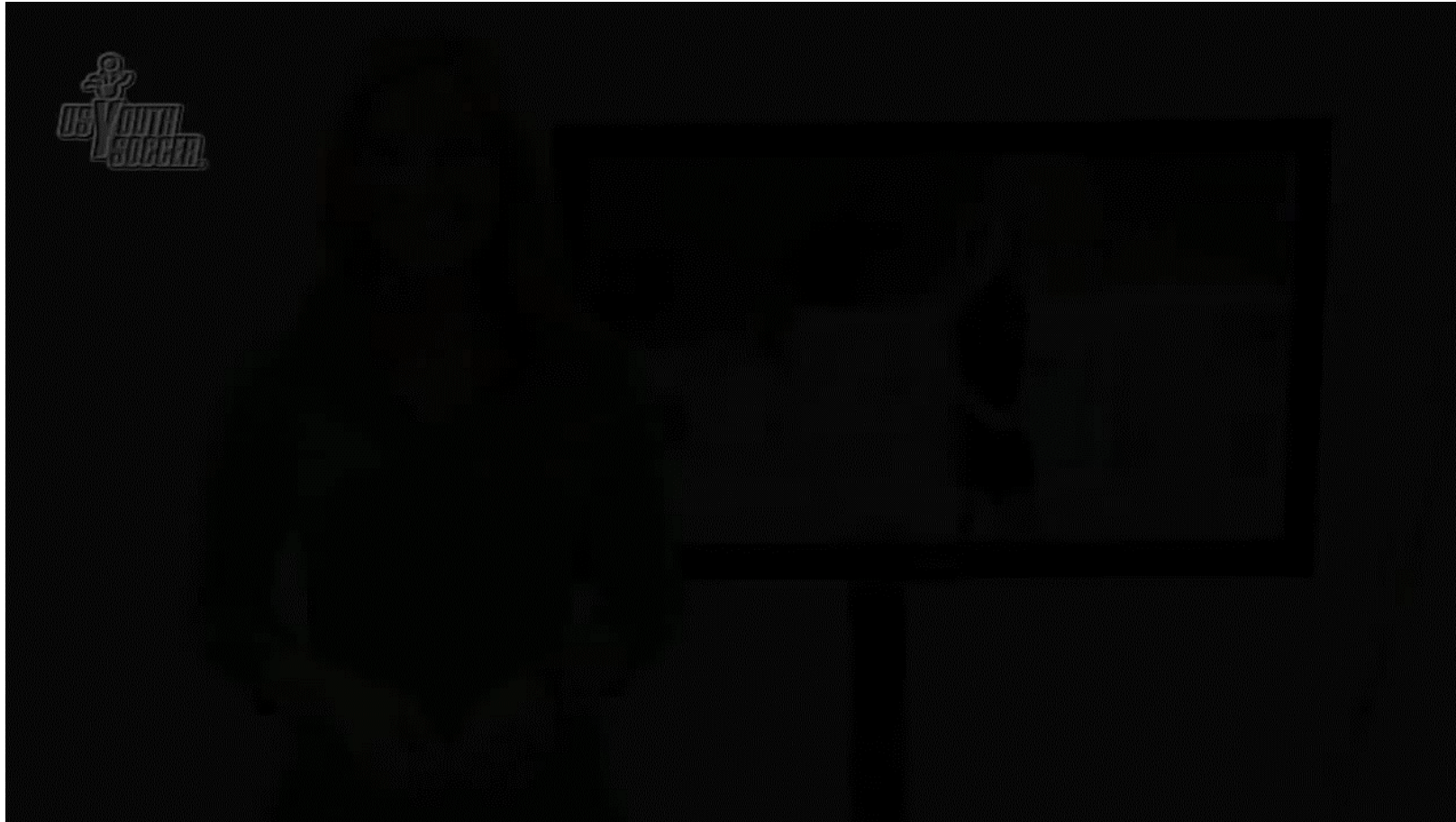


NCFC Youth Philosophy

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



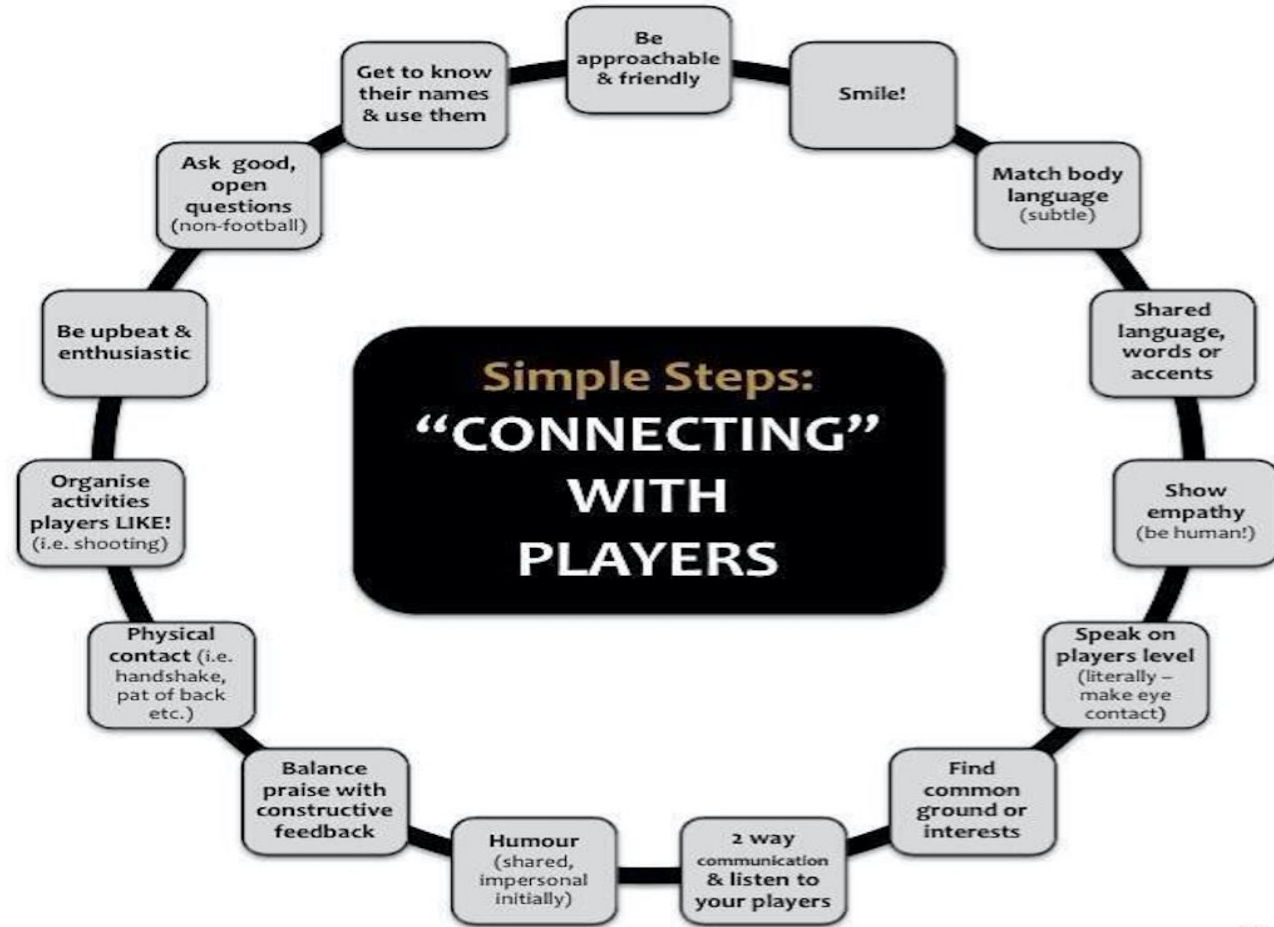
Focus and Importance of Recreation Soccer



THE BEST COACHES CONNECT WITH THEIR PLAYERS



Building Rapport With Players





Coach Responsibilities

You are responsible for the following:

- Your own actions – You must lead by example and remember you are a role model to these young players. Do not underestimate the impact that you have on these athletes, both positive and negative. Bring a consistent energy and enthusiasm to each training session and game. Be demanding and create a competitive environment with huge emphasis on TECHNIQUE. Players latch on to negative comments, be positive even when critiquing!
- Your players conduct/behavior – Whining at the ref, unsportsmanlike conduct, language, treatment of teammates, bullying, etc. Stamp it out and do not let things fester!
- Your parents conduct/behavior – Parents will be informed that they are NOT to speak to the referee or coach from the sideline. These games are opportunities for the kids to PLAY! You are the coach and must do the coaching. The referee will referee. The parents are encouraged to ENJOY watching their child PLAY.



Grassroots Soccer



“We don’t coach soccer. We coach Lily, who wants to play soccer.”



What is Grassroots Soccer?

- Grassroots is the most important part of the player pathway.
- This is where we give children their first experience in soccer. Ensuring that this experience is fun and enjoyable and revolves around child-friendly soccer (LTPD) is essential.
- The coaching objective here is simple:

To have them fall in love with the game

Mistakes are OK!



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	<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>Lorraine Qualle – Raleigh Administrator</p> <ul style="list-style-type: none">• Raleigh	<ul style="list-style-type: none">➤ Lorraine.Qualle@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



NCFC Youth Recreation Information

- Coaching Education
- Player Clinics
- Predesigned Sessions*
- Uniforms U5-U12 (Player orders from soccer.com, no numbers, last for 2 years, or 4 seasons)
- Uniforms U13-U18 (Coach orders for team, soccer.com recommendation)
- Roster Access Online – On Blue Sombrero (Have matching picture ID at all games!)
 - Assistant Coaches must go through same process as head coaches to be rostered.
 - SINC only has practice information. Games will be on the NCFC Youth Website
- Concussion Education

Search & Manage Users | Team Listing | Spring 2017 Practice Plan | Background Check Payroll | Inbox - sabecker1568@ | View Email :: 2003 NCF | Scott

Secure | https://tshq.bluesombbrero.com/Default.aspx?tabid=1476453

U5 & U6			
Practice Plan Week #1	Practice Plan Week #2	Practice Plan Week #3	
Practice Plan Week #4	Practice Plan Week #5	Practice Plan Week #6	
Practice Plan Week #7	Practice Plan Week #8	Practice Plan Week #9	
Practice Plan Week #10			
U7 & U8			
Practice Plan Week #1	Practice Plan Week #2	Practice Plan Week #3	
Practice Plan Week #4	Practice Plan Week #5	Practice Plan Week #6	
Practice Plan Week #7	Practice Plan Week #8	Practice Plan Week #9	
Practice Plan Week #10			
U9 & U10			
Practice Plan Week #1	Practice Plan Week #2	Practice Plan Week #3	
Practice Plan Week #4	Practice Plan Week #5	Practice Plan Week #6	
Practice Plan Week #7	Practice Plan Week #8	Practice Plan Week #9	
Practice Plan Week #10			

Checklist of everything Recreation coaches need for Spring 2017
[Learn more](#)

Rules of Play
 Learn all the soccer rules for each age group
[Read now](#)

Coach's Info
 Learn everything you need to know as a Recreation Coach
[Rec Coaches Page](#)

[Support](#)



Windows taskbar: Type here to search, icons for File Explorer, Mail, Chrome, Excel, PowerPoint, system tray (network, volume, keyboard), 1:18 PM 7/31/2017, 2 notifications.



Interactive Lesson Plan



Season:

Age Group:

Week:



Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Red Light/Green Light- Coach calls out GREEN light players dribble as fast as they can. Coach calls out YELLOW light players dribble slowly. Coach calls out RED light players stop ball with bottom of their foot.</p> <p>Coach: Control the tempo with changes in lights.</p> <p>Variation: GREEN mean LACES, YELLOW mean OUTSIDE of foot, ORANGE mean INSIDE of foot, RED means stop the ball with sole.</p> <p>*Each round should last 45 seconds - 1 minute with a break in-between each round.</p>		<p>Coach- What surfaces of the foot can you use to dribble? (Get players to point to each part of the foot and name them)</p> <p>Player- Laces, Inside, Outside, Sole/Bottom, Heel, & Toe.</p> <p>C- Why is it important to keep ball close?</p> <p>P- If you are chasing the ball then you won't have control when the coach says red light.</p> <p>NOTE: Explain how that translates to a game like situation. (If another player approaches, you want to be able to stop the ball before they can take it)</p>
Activity 2	<p>Snake/Blob Tag-All players are dribbling a soccer ball around the grid with the exception of at least 2 players. The 2 players hold hands/lock arms to create a snake/blob. The snake/blob work together to tag the dribbling players. The dribbling players that get tagged then become part of the snake/blob. The snake/blob must try to stay connected!</p> <p>Coach:</p> <ul style="list-style-type: none"> -Have the snake players hiss. -The snake cannot be bigger than 4 players. <p>Play 5 rounds of 1 min. each with 30 sec. break in between rounds.</p>		<p>Coaching Points</p> <p>C- Which part of the foot (or surface) can a player use to change direction?</p> <p>P- Outside of the foot, inside of the foot, and sole of the foot.</p> <p>C- When should players touch be further in front of them?</p> <p>P- When they have space and when trying to accelerate and get away from the snake/blob.</p> <p>NOTE: Emphasize keeping the ball close so it's easier to change direction!</p>
Activity 3	<p>Fetch;</p> <p>Players circle around coach, holding their ball in their hands & presenting towards the coach. Coach takes each players ball & tosses it in random direction, players must retrieve ball & dribble back to coach.</p> <p>Variations: 1) Coach can move to a new location after dispersing balls, this requires players to look up & locate coach. 2) Coach can require players dribble back with a certain foot/surface. 3) Group players in pairs/small groups: 2 players hold hands while retrieving ball. Complete 2 passes before returning to coach. Each player must have a hand on ball & try to carry ball back together.</p>		<p>Coach: Can you quickly react to the location of the ball?</p> <p>Coach: Can you listen to the changes in directions & think ahead?</p> <p>Coach: Can you work with a partner?</p> <p>*Partner work is difficult for U5/U6 players!</p> <p>NOTE: Try and keep head up while dribbling back to coach so you don't run into each other!</p>
Activity 4	<p>1v 0 to Goal; Use Cones or a small goal.</p> <p>Divide team into 2 groups, both groups with a ball. Try and dribble or shoot between the cones faster than the other.</p> <p>Make sure both players are going at the same time by saying 1,2,3 go! Make sure not to dribble into the other team's player.</p>		<p>Coach: Can you dribble quickly & keep it close?</p> <p>Can you keep your head up while dribbling? Can you move the ball from one foot to the other?</p> <p>NOTE: No matter which side wins, make sure to really be enthusiastic when both players get through the cones, whether by shooting or dribbling.</p>
Match	4 Quarters, 8 minutes each. 4v4, NO GOALIES!	Team Shape should be a Diamond, with 1 high player, 2 middle/wide players, & 1 deep player. All players should defend, & all players should attack.	32 minutes

Interactive Session Plan created by www.academysooccercoach.com

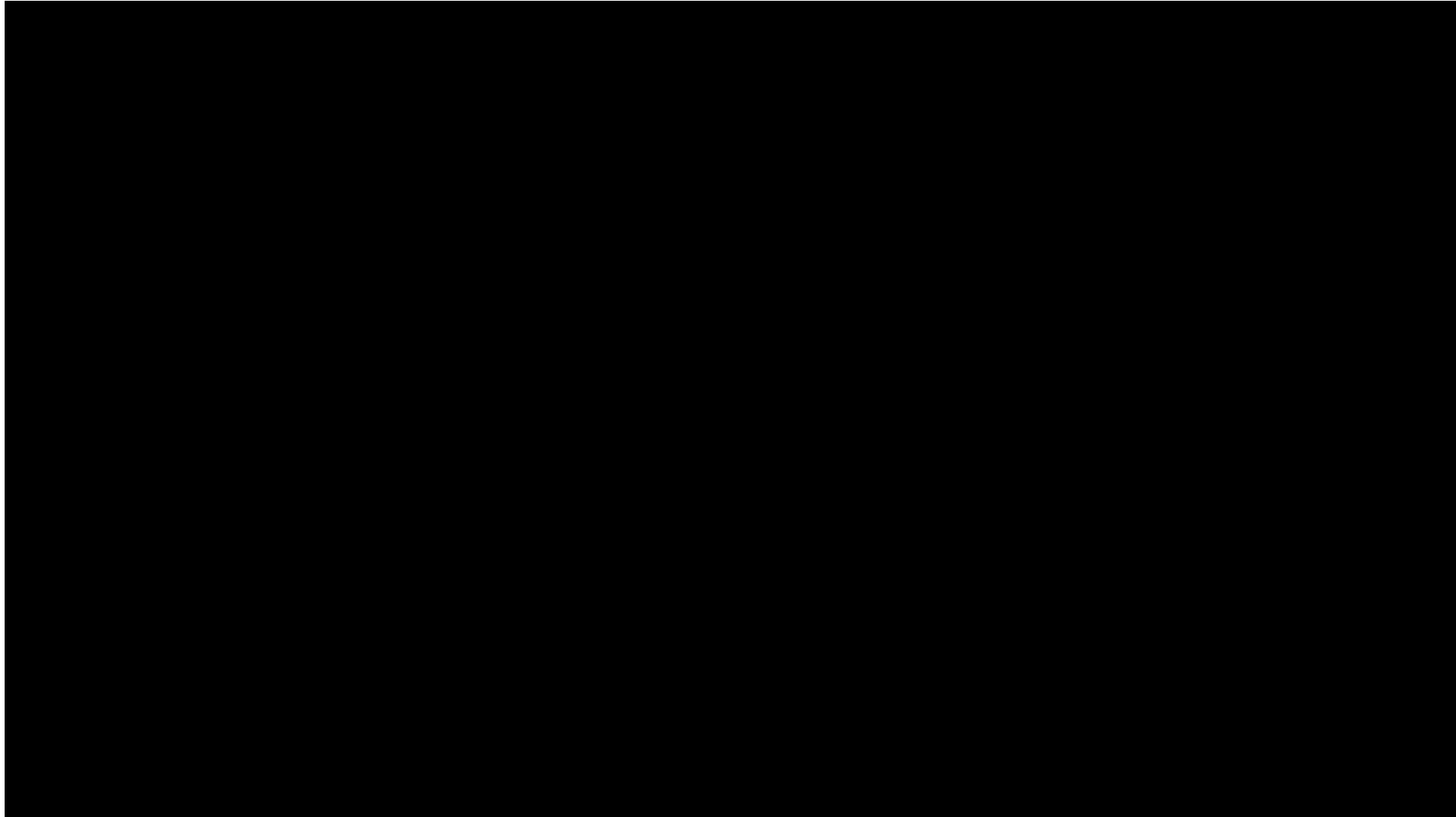


[Print Form](#)

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The Scissors





Fall Schedule

- Practice starts week of August 14th
- Games start weekend of August 26th
- No games Labor Day Weekend (September 3rd – 4th)
- Last weekend of games for the fall October 21st
- Rainout weekend is October 28th
- **There will be no games after the Rainout weekend due to the NCFC Youth Showcase Tournament Series**
- **All of the play weekends are on the website under the program info page**



Games / Schedules

• Practice Schedules

- Raleigh, Cary, HS/FV, D/CH : Vicki Rohde RecScheduler@NCFCYouth.com (Released on Sunday, August 6th)
- Wake Forest : Eric Conroy fields.wfrsa@gmail.com (Released on Monday, August 7th)
- Garner : Sarah Locklear locklearfam5@gmail.com (Released next week)

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 by Wednesday, August 9th with the practice information.

- ❖ U7-U19 teams in Cary & Raleigh will receive practice information: RecScheduler@NCFCYouth.com
- ❖ U7-U19 teams in Wake Forest, HS/FV, and D/CH 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



Roster Access

- On Sunday afternoon, we will be sending each head coach the roster list with contact information by email.
- We will also be posting the roster on Blue Sombrero which will allow you to contact your team.

Email your team by Wednesday!

To email your team:

1. Login In
2. The top right hand corner of your screen, hover over the person, then click account.
3. Click Messages
4. Click Compose message



Welcome back, Scott Becker! Your email address is scott.becker@ncfcyouth.com.

- MY ACCOUNT
- CALENDAR
- VOLUNTEER
- MY ORDERS
- MESSAGES**
- HOME
- Support

Inbox Archived

Compose New Message

To: Please Select Recipient...

Add a message...

Select files...

Press Enter to send Send



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




Medical Waiver Form

ncfc medical waiver.pdf - Adobe Acrobat Reader DC

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NORTH CAROLINA FC YOUTH
5017 MEMORY RD
RALEIGH, NC 27615
Phone: 919-834-3951
www.NCFCYouth.com

THIS DOCUMENT MUST BE BROUGHT TO EVERY GAME

We, as parent(s) and legal guardians of the children listed below, release, discharge, and agree to hold harmless and indemnify North Carolina FC Youth, or any of the designated coaches of the team from any and all liability, claims, or demands arising from participating in the soccer programs with the team specifically to include any and all claims for personal injuries sustained while present or participating in said soccer program or while on trips sponsored by or in conjunction with said soccer program.

In addition, we do hereby authorize any one of the designated adults of the team, if, after a reasonable attempt has been made to reach us to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Registrant under the general or special supervision and on the advice of any physician or surgeon duly licensed to practice and do consent to any x-ray examination, anesthetic, dental, or surgical diagnosis or treatment and hospital care, by any dentist duly licensed to practice.

PLAYER NAME	SIGNATURE	ALLERGIES	PHONE #	DATE

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Risk Management

- All coaches, assistant and head, must complete risk management in order to be allocated to their team.
- <https://www.youthleaguesusa.com/ncysa/2017/RiskManagement.html>

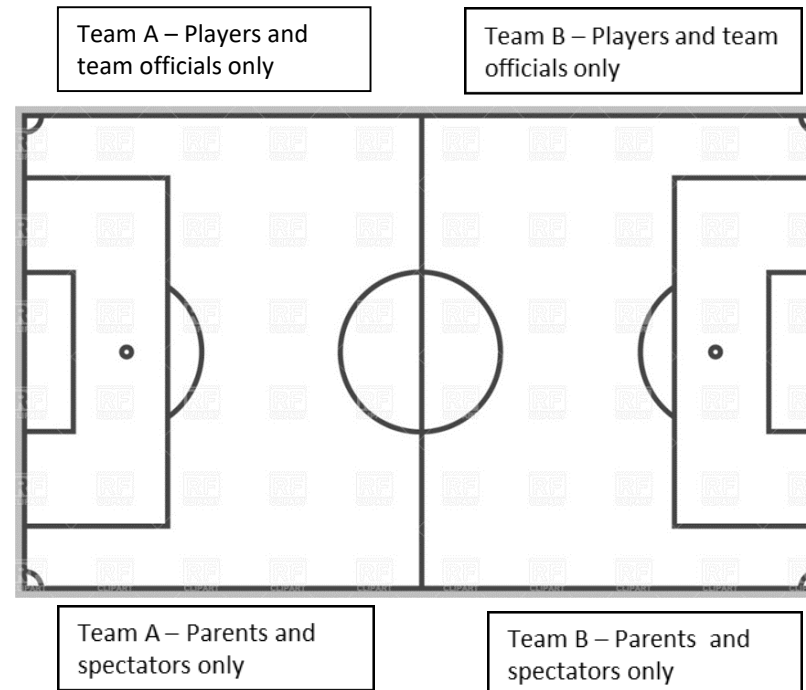
Completing risk management allows you to:

- View rosters
- Remain on the same side line as the players during a game
- Have a back ground check completed





Side Line Organization





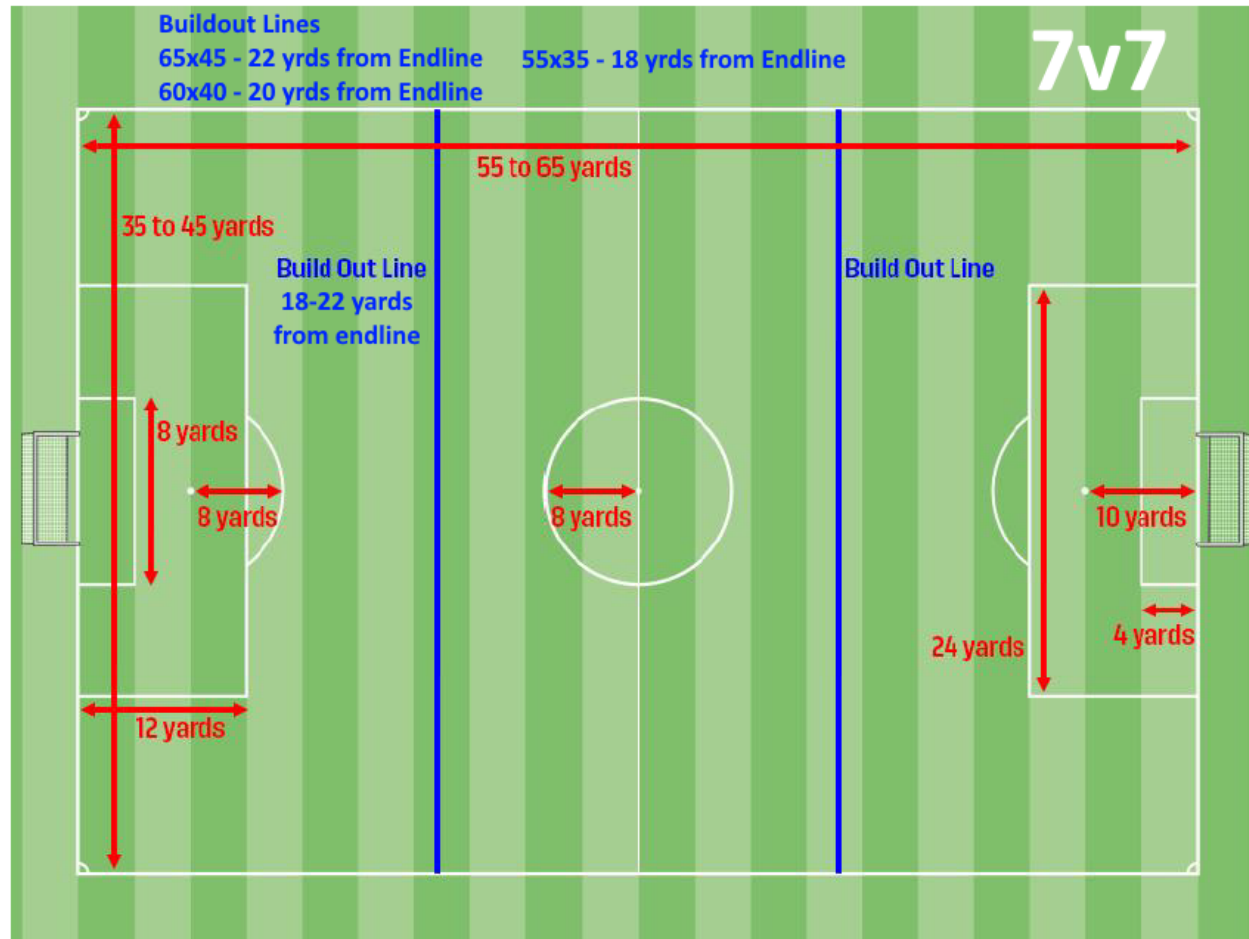
Possible Formations

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. (4v4 has no goal keeper)
- From left to right Goal Keeper, Defenders, Midfields, Forwards



Build Out Line





Referee Interaction

- 200 Referees signed up for the Spring of 2017.
- 150 have not returned, a great percentage of them citing abuse from parents and coaches.
- 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.



NCFC Youth Recreation Coaches Clinic

Age Group Break Down

U5-U6	U7-U8	U9-U10	U11-U12	U13-U19
4v4	4v4	7v7	9v9	11v11

All head coaches receive

- Adidas jersey
- Coaching License Shirt
- 4 pennies
- Set of cones
- Match Ball

*Assistant coaches get a coaching license shirt for attending.

*U5-U8 coaches receive free ball vouchers for their players



WAKE 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.



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



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 Orthopedic 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

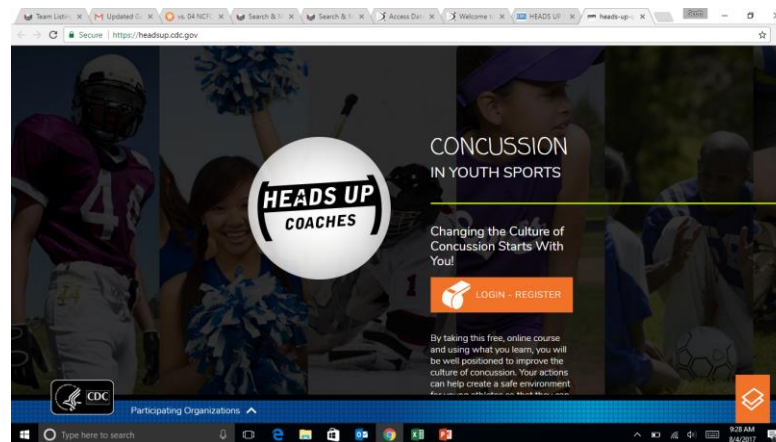
Extended Hours: 7am-7pm

Saturday availability at select locations



Concussion Education

- NCFC Youth and Head Athletic Trainer Jason Bailey want to have as many coaches as possible be educated in spotting concussions.
- NCFC uses the CDC's Head's Up Program for Concussions:
- <https://www.cdc.gov/headsup/youthsports/coach.html>
- We take concussion awareness very seriously in our club. We ask all of our coaches in the club to be up to date in their knowledge of how to detect and address concussion like symptoms.



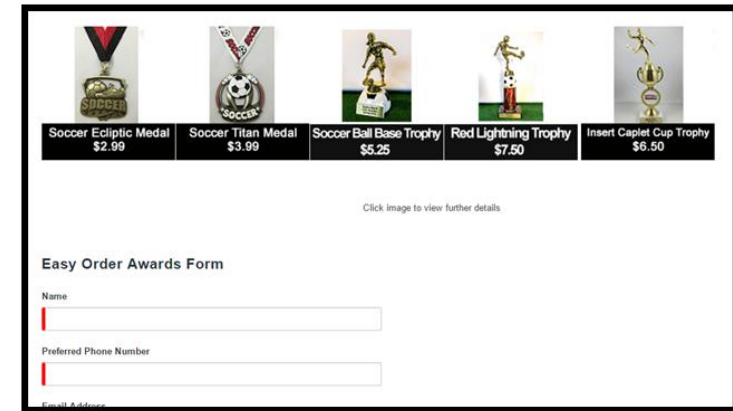


End of Season Trophies or Medals

- 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

GALAXY FUN PARK

SPECIAL OFFER

- MONDAY - THURSDAY 15-8PM!
- 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

919-584-4000
#getyourgalaxyon

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

FALLS OF NEUSE 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
- **Sports Clips Player of the Month:** nominate your player to be recognized club wide and receive a Sports 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!





Important Links

- [NCFC Youth Recreation Program Information](#)
 - [Risk Management](#)
 - [Rules of Play](#)
 - [Medical Waiver Form](#)
- [Recreation Coaches Survival Guide](#)
 - [Practice Plans](#)



Questions