

CHAPTER 1 - INTRODUCTION

JOHN ENGH: Hey coaches, on behalf of the National Alliance for Youth Sports I'd like to welcome you to the National Youth Sports Coaches Association's Coaching Youth Soccer clinic. I'm John Engh, chief operating officer for NAYS, and I'd like to thank you for taking the time to enhance your coaching skills through this program for the benefit of your young players. We've utilized the outstanding coaching staff of the North Carolina State men's soccer team to share with you some great ways to teach the basics of soccer to children. During the next hour some key skills and techniques of the game will be covered so that you'll be better prepared to lead your team to a fun and rewarding season.



While the instruction in this clinic is set up to help you become a better coach, there simply isn't enough time to go into all the different skills and strategies of the game. For those interested in obtaining additional information I encourage you to visit our website at www.nays.org because as an NYSCA member you have access to all sorts of great information.

Now, I know you're anxious to get started, so again, on behalf of NAYS, we thank you for volunteering to coach this season and we applaud your commitment to teaching this wonderful game to all your players. So let's head out to the field and get started.

KELLY FINDLEY: Welcome coaches, I'm Kelly Findley, head men's soccer coach at North Carolina State here today with Steve Cox, assistant coach and head of our goalkeepers and David Costa, recruiting coach, and we're here today to teach you some soccer skills so let's get started.

CHAPTER 2 - WARM-UP

STEVE COX: Coaches, we're going to do a warm-up right now without the soccer ball. It's a great way to get the kids going for practice. We have the kids begin by jogging back and forth, staying together as a group. The next time down they get their knees going up on the way down, and their heels up on the way back. This time they do carioca on the way down and back, staying



together as a group. What we're trying to do here coaches is get them moving without the ball so they're going through different movements that they are going to use during a soccer game. This time they jog 2-3 steps, go down and stretch their hamstrings; jog and do the same thing. Make sure players keep their knees straight and bend at their waist. Next, we'll work on the quads, having them pull their

leg up, jog in-between and then pull their other leg up. This is called dynamic stretching; it's stretching as they are moving. In soccer we are getting away from just standing still and stretching so this is a way to incorporate stretching but also keep the guys moving. Next, we'll do straight lunges. They take a big step out as far as they can, go straight down, keep their back straight, and then come up. Have players try to keep their heel out farther than their knee. The last one we do is have them pull their knee into their chest and jog; and on the way back skip as high as they can. That's a great way to use some soccer-specific movements to get the guys moving and ready for practice.

CHAPTER 3 - DRIBBLING

STEVE COX: Coaches, we are going to do a basic dribbling activity right now. We start with each player dribbling their ball inside the designated area. We're going to emphasize three different skills: toe touches, inside of the foot and a pull back. Anytime you talk about dribbling one of the main things you want to emphasize is using both feet as we're doing these skills. Now, as they are dribbling, when you say "1" they will do toe touches; "2" will be inside of their foot; and "3" is going to be a pullback. When you say "1" have them do five toe touches and then keep moving again. On "2" do five touches again and then keep moving; and then do "3."

Now in a game, what happens? We sprint and we go slow, so as you're doing the movements let's change our pace. If we see some space on the soccer field, let's accelerate and attack that. When players see space, encourage them to dribble into it. Another point you want to emphasize coaches is that players pick their head up. The tendency is to look at the ball the whole time but they want to pick their head up so they know where space is, where their teammates are and where an opponent may be. That was a basic dribbling activity and there are lots of different skills you can incorporate into that. It's great because all the kids have a ball and they are all moving.



CHAPTER 4 - PASSING AND RECEIVING

DAVID COSTA: Coaches, when it comes to passing and receiving we're looking for a couple things. First, we are looking for quality of pass and pace of the pass. It doesn't do any good to knock a ball too hard or it's bouncing into our teammate who now has trouble taking it down and can't get it to the next teammate. So we're looking for controlled action. So when we pass we want the right pace to allow that player to receive it and now play to another teammate.