



NYSCA

Volunteer Coach Training Program



Coaching Youth Soccer



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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.

Have the kids knock the ball across to each other, using two-touch. Players rotate every other one and stay with their passes. If the player plays with his right foot, it will be receive with the right foot and play with the right. Only the inside of the foot; always trying to control it, close to the body. You don't want it far out in front of you; playing up and down the channels so it is under control. Everything is inside of the foot right now and it's either right-right or left-left.

As you can see, these players are using proper technique. They are planting their plant leg, their toes are pointed in the direction they want to make the pass and the ball is not bouncing around, it is always on the ground. It is at a good pace where the player can receive it and control it and play back in two touches.



Now we're going to play receive with the right and play with the left; or receive with the left and play with the right. So they are receiving across their body. Always focus on good technique on every rep. It doesn't do any good to do a rep five times poorly. You want them to do it as well as they can. Now, when they play down, what you want them to do is to try and take a positive touch. So when he plays down to me my touch wants to take me forward and then play across and then follow my pass. So forward and across – I'm trying to penetrate with my first touch. It's controlling me and I'm deciding where I want to go with the ball. So two touches and follow your pass. While taking penetrating touches and controlling the ball forward it allows us to run with the ball and allows us to decide if we want to dribble or pass. It makes teams that are defending us adjust to what we are doing as a team. We're trying to penetrate forward and play. Soccer is a game of movement so we're always trying to stay moving. We focus a lot on the inside of the foot passing and receiving because it's the largest surface to play with and it allows us to control the ball the best.

Now the change we are going to make is to play with the outside of the foot. So when you play down to me now I'll play with the outside of my foot so I'll push the ball across and play. The ball is always out in front of me and always close to my body and the pass is always the right way. We want players to play down the channel and under control. As you're watching your players it usually makes sense if the ball is on the left side of their body they play with the outside of their right foot because you're dragging it across. This touch allows you to create space from an opponent. You want them always in control and pushing the ball in the direction they want to play.

Watching this group of players they are pretty technically sound but sometimes they want to play too quick. So if he plays me a ball down it doesn't do me any good to rush it and be off balance and swipe at it and go far away from my teammates. So we're focusing on technique now. Even if I have a bad first touch I'd rather take an extra step and make sure my pass is good to my

teammate and now that allows him to play. Whenever you train technical exercises you are trying to make sure you are creating good habits, good technique, good communication and habits that will carry into the game.

The last receiving we'll do is just with the sole of our foot. When he plays in I'll use the sole of my foot to control the ball. It's still set up for me to play right away and make a good pass back across, always accurate. You can receive rolling the ball, you can do it with the bottom of your foot, so there are several different things you can do with the sole of your foot now to control the ball and wedge it against the ground. So focus on the sole of your foot and just controlling it. When players are looking to receive the ball they never want to stop it dead because now it allows defending teams to close on them. Pushing it to where they want to play allows them to break pressure and now move the ball quickly.

CHAPTER 5 – ONE-TOUCH PASSING

DAVID COSTA: Another technique with passing and receiving is the ability to play one-touch passes – to have a controlled enough touch to be able to receive and pass in the same touch. Now you've played it to your teammate right away. It allows your team to play quicker and move the ball quicker to break down defenses. Right now our players are doing a simple one-touch passing drill where they are following their pass, always moving forward. It gets them in the habit of moving after they play. We said soccer is a game of movement so we don't ever want our players standing. So the guys on the outside waiting are always on their toes, using a nice, controlled touch, just always simple. Usually our passes are about five yards. We really don't want anything under five yards for a pass because it doesn't allow you to play around any defenders. Most passes in soccer games are 5 to 15 yards. You see how the players come to the ball and they are on their toes. They never wait on it so they get there right away and play. It is ok to occasionally take two touches so everyone is still playing in control. You've got players now calling for the ball so that's creating good habits to play. We have them playing in a channel right now to show them the spacing where they want to play; it narrows their vision, and has them look at that one player right now to simplify it.



CHAPTER 6 – TRAPPING THE BALL

DAVID COSTA: Another way to receive the ball is with your feet out of the air. So there are wedge traps, you can use the sole of your feet, and you can use the outside and inside. So wedge

traps are when a ball is going to bounce in front of a player by stepping on the ball and wedging it against the ground so I can control it in front of me. I can do that with the sole of my foot like that; I can also use the inside of my foot so I can push it away from a player; and I can use the outside of my foot to control it into that space. Right now we'll work on the sole of the foot, so your partner will toss it to you and you'll wedge it against the ground and then pass it back to him. Sometimes players will have to take a step back to try and control it. This is how we control a ball that might be bouncing at us. It puts a good surface and gets it on the ground quickly. You don't want the ball to stop though.

Now we'll move into inside foot wedges. As the throws get better we can back up a little bit and have more space. Make sure players are using both feet. A lot of times we'll receive with the right and play with the left or receive with the left and play with the right. Focus on controlling each touch and always look to point out when players are doing it well.



Now we'll do the outside of the foot, which is a little more difficult. It's timing, as the ball hits the ground the foot comes over it and pushes it back into the ground. We talked about balance; we don't want to lunge at balls. We want to take an extra step and control it. If we're not on balance we're probably going to have a bad touch.

Trapping with the Thigh

Now, the ball is not always on the ground in the game. Sometimes it's in the air so you have to be able to receive it with other parts of your body. So if he sends a ball into my body I need to know if I'm taking it with my chest, my thighs or my feet or my head. So we have to be able to train these different ways because the ball is not always on the ground. When he tosses a ball to my thigh I want to be able to receive it and have it drop to my feet right away. When he tosses it to me I let it hit and it drops to the ground. I'm not jumping up with my knee; it hits me and drops down and now I can play right away. In this drill you toss it to your partner's thigh, trap it down and pass it back. Toss him a nice easy ball, he'll receive it, it'll come to the ground, and he'll play it back. We're always looking for good technique. We're on our toes, looking for the thigh every time right now. When you're training technical work you're trying to create exercises that get high repetition but repetition done well. So now if we squeeze them closer together, the tosses are better, making sure the repetitions are good for receiving; that's the focus for this exercise. If we want to do passing and receiving out of it we might have them back up a little bit. With older players you can get in the habit where they are hitting balls over distance and they can take balls on their thighs, chest and head.

Trapping with the Chest

So now we are going to do a similar thing but now it will be a chest trap. He'll toss it to my chest, I'll chest it, and it'll go to the ground and then I'll play. So we're always trying to knock the air out of the ball and get it under control. We lean back, making ourselves nice and big, arms out in the air, holding players off. Watching our guys right now they are receiving with their arms out in front of them. If my arms are in front of me I'm not balanced. By spreading my arms wide I can hold players off and I make a bigger surface where I can hit my chest. I lean back and I cushion it.

Heading

We'll go over headers here. If I toss a ball to him he's just going to stand there and head it right back to my hands. The other way is if I toss it in the air he might have to jump in a game to head it back to me. So now he jumps and heads it right back to my hands. He's trying to control his effort and get it to me in play. We can also receive the ball with our heads. You don't see it as much but it's still a technique. Receiving sometimes takes more than one touch, but we're trying to control the ball with our head, chest, thigh or feet – always just trying to keep the ball in control when doing this.



We'll have the partners toss the ball to each other and head it back. Have them head it right back into the hands, showing good technique. This is just another way to pass the ball. Usually training heading is something you are going to do at an older age, probably above the age of 10 you need to be able to start training on controlling headers; being able to knock balls down with your head and control it to your teammate, as well as during the course of the game you have corner kicks and balls kicked near the goal that players want to be able to head into the goal.

CHAPTER 7 - SHOOTING

KELLY FINDLEY: Today we are going to work on shooting. Anytime you shoot on frame you have to worry about three different things: The surface you are going to select, the positioning of the ball on the field and defenders. Today we are going to mostly focus on purely technique, so we'll work on close to the goal which focuses mostly on accuracy; distance from the goal that focuses on power, and obviously accuracy in the end because if you don't hit the goal it's not going in.

When we talk about technique there are three main things we are going to focus on: One is our plant foot, which is going to be right next to the ball. My ankle is going to be locked, so it's not

going to be floppy, it's going to be locked. We have to make sure that our follow through goes to the target.

In this drill we just have the players take one stride and knock the ball in the net. Then do it with the opposite foot. Even though I've been playing soccer for years I have to concentrate on what I am trying to do. So you take one stride, put your plant foot next to the ball, ankle locked, and strike through. That's why we practice, because you have to get better at your weak foot. We'll review the basics again: Plant foot next to the ball, ankle locked, toe down, follow through toward the target. Also, make sure that you stride slightly to the side.

Since we're pretty close to the goal the thing to focus on here because we are within 12 yards of the goal is accuracy. Instead of the first technique we're going to use the side of our foot, sort of like a pass. When you are within 12 yards of the goal the most important thing is to be able to put it where you want to put it. If you want to put it low you want to use the side of your foot. It's the same idea; plant foot, locked, but it's the side of my foot to place it. Because we're within 12 yards of the goal accuracy is most important so you are trying to place it. You can still hit it with pace but keep it on the ground. You want to keep it on the ground because it is harder for a goalkeeper to get down – people can jump up at a pace but they can only fall so fast. So to get to the ground is more difficult for a goalkeeper, so that's why we do it. Now we'll do it with the opposite foot. It's the same idea: Concentrate on accuracy because we're within 12 yards of the goal, keep the ball on the ground; plant foot next to the ball, ankle locked, side of the foot, keep the ball low to the ground but still with pace.

The next thing we are going to focus on is we have talked about accuracy, which we worked on with plant foot, ankle locked, side of the foot and to place it, which is most important when you are within 12 yards of the goal. Now, we're about 18 yards away from the goal roughly, so the same principles apply. What we are going to be after here is the plant foot next to the ball, ankle locked, but now if we just took one stride and swung at it there wouldn't be much power so we are going to talk about a couple of new things. One of those things is going to be our approach to the ball. So now you have a little bit more momentum going forward so it's about your pace and your stride that you take to get there. After we hit the ball, same thing: plant foot, ankle locked and follow through to the target, you actually want to land on your shooting foot so now your whole body and your momentum is carrying the ball forward. A lot of players when they shoot swing at the ball and stay right there, so it's only about a quarter of your body that is powering the ball. Again, the idea is, your plant foot is going to end up next to the ball, ankle is going to be locked and my follow through is still going to be at the target but I'm going to land on my shooting foot. Now I'm still going to have you do one stride but I want you to think about landing forward. So take two strides, strike the ball and land on your shooting foot.



Now when you strike the ball you'll notice that if it spins backward it pretty much means you are underneath it; what you really want to do in a perfect world if my ankle is locked well it's basically going to be a knuckleball or it's not going to have any spin as it moves forward, so that's something to think about as we progress. Again, we're using two strides here. Same idea: plant foot next to the ball, ankle locked, follow through to the target and make sure you land on your shooting foot.

The last piece of information I'll give you about your technique is we've talked about the plant foot next to the ball, ankle locked and follow through to the target. We've talked about landing on our shooting foot; we don't want to land on our plant foot. We talked about shooting low because goaltenders can only fall so fast but they can jump up. So the last thing I'll tell you is when you shoot to finish you want to try and bring your shooting arm across your body because that helps you keep your head down because when your head goes up the ball goes up. So the focus as you shoot is plant foot next to the ball, ankle locked, follow through to the target and as you land and shoot forward you drop your hand and that keeps the body down. So your shooting foot is your right foot so your left arm is going to come across your body.

Shooting Drill

We're going to do a shooting drill now and one of the key pieces with our technique is making sure that we get our hips to the target. That becomes difficult whenever we are running away from the goal. So the idea is I'm going to take short strides and get my body in a position where I can turn my hips to the target I'm trying to hit. So we'll do a shooting drill where you pass the ball, run around me, and your body will be facing this direction and your goal is to get your plant foot next to the ball as it travels away and get your hips to the target so you can finish. You pass me a ball nice and slow, run around me, and I'm going to play the ball there and you are going to get your hips to the target and finish on target. What was great about that is you kept your hips to the target and ball down low.

Now it's important as well whenever you are trying to get to a ball that we take short strides. The objective is not only am I trying to get my hips to the target but my strides have to shorten so I'm up on top of the ball and now I can do what we talked about where I can come through and land and keep the ball on the ground. So you're thinking about short strides, hips to the target and focus on your technique.

CHAPTER 8 - THROW-INS

DAVID COSTA: So we want to demonstrate proper and improper techniques for throw-ins as well. While it is something that all the players need to know training for it should be limited. We'll have these two players throw the ball back and forth with proper technique. As you can see

both feet are on the ground; hands go all the way back behind their head. The first way to do a throw-in is the feet are planted and hands go all the way back and then forward. Now we'll have him do a running around where it's the same technique with the arms but now he takes a step up. The keys to this are that the ball has to go behind his head and then in front, as well as his feet have to stay on the ground. All throw-ins his feet need to remain on the ground.



Now, on an improper throw-in the player's foot comes off the ground. That would be a foul throw-in and the ball would go to the other team. On a standing throw-in when the ball does not go all the way behind his head, and he just throws it from above his head, that would be a foul throw. While this is the actual technique of doing a throw-in there are important pieces when doing a throw-in. Throw-ins, when the ball goes over the touch

line, are chances to maintain possession for your team or to go forward. But if you are going to maintain possession you don't want to bounce it. If he bounces it to his teammate now it's hard for him to control because it's bouncing up and he has to read where it's going to bounce and if you have a player on your back defending you it makes it that much more difficult to receive and maintain possession. What we're looking for is either throwing it into his body so either his chest or his thigh can control it and play. Or, he can throw it to his feet and he controls it right away and can play. So anything into the body or feet is what you are looking for as a player so we're watching our players because we want to maintain possession out of that.

CHAPTER 9 - DEFENSE

DAVID COSTA: We're going to focus a little bit now on defending, the principles of defending one versus one players, trying to stand players up and make play predictable without allowing players to beat us one versus one. Tackling is one of the last things we are looking to do. We are trying to force play and make things simple on our team.

I'm going to show a quick demo with this player. As he is dribbling at me I always want to take a stance where I am square on. If I stand flat like this he can go to either side of me or he can go through my legs and we don't want to give that away. We want to take a stance square on because if I go like this he can only go one direction. If he tries to go backward this way I close up on him and he's dribbling into me. By taking this stance I'm low to the ground with a bend in my knees and I'm on my toes so now as he dribbles I'm just always shuffling, trying to keep the play in front of me so now I'm trying to take possession eventually instead of tackling. By taking

possession now I allow my team to play. If I just tackle I might kick the ball out of bounds, give a corner kick or I might foul a player. So I'm trying to never slide tackle; as he's dribbling I'm always moving; if he turns and goes back I'm still moving, keeping him in front of me, instead of diving in and letting him go past me.

So in this drill we're going to have players practice their defending stance, jockeying wherever this player dribbles, they are going to try and keep him in front of them. They are not going to try and take the ball, they are just going to jockey. We're always trying to move, keeping in front of the player. So he's always sliding down, shuffling his feet. He always keeps him in front.

When I'm showing this I'm trying not to let this player get back across this foot because I have to now turn all the way around and it takes too many steps. By showing him one side and keeping him here I'm always running him into the sideline or other players. I'm moving my feet and I'm not slide tackling and going to the ground because if I do once I go to the ground and I don't get it I'm out of the play so that's why we don't slide tackle and we try and stay on our feet.



Defensive Drills

The way this drill works now is you'll make a pass down to the other player, who is the attacking line, and you are the defending line. So you begin by passing it down to him and then you close him down. The first thing we want to teach our players to do is to close players down at pace, so we want to get there as quick as we can because the quicker we get there the less territory he has going toward our goal. By getting out there quickly we close him down and we eliminate the space that he's able to get to our goal. The other piece of that is once he starts getting close he has to slow down because if he just goes flying in he pushes it by him and runs by him so we're trying to show good defending. We get out at pace; I shorten my stride and make it predictable when I get here. The key is to not let this player get back across his front foot to this goal. The way this game works is if you can get through a gate you get two points; if you win the ball as defenders and you cross the line you get one point. By doing one point for the defending team to get back across that line we're trying to get them thinking about defending and when you win the ball there is a transition from defending to offense. The same thing applies from offense to defense, when you've given up the ball you're trying to pressure and get in a good defending position right away. So by creating that transition and giving that incentive for a point they're motivated to win the ball back and not just kick it out of bounds.

The next thing we'll talk about is we've made play predictable. Now we want to show our players how to take possession. The next stage is I'm trying to get him to put his head down so now he has to make a decision. Once he puts his head down he can't look up and find other players on the field. So I have to be close enough so that when his head goes down now I'm in a

position to run him off the ball and take the ball. So I'm trying to beat him to that space. So we'll walk through it one more time. Taking possession instead of tackling; I play out, he makes his touch; I make it predictable, and now I'm slowly, slowly running him off the ball. If I can't I use the sideline to run him out of bounds. So we're looking to run players off the ball and take possession. I'm not knocking him over; I'm trying to take the ball. Don't guess, pick one side you want to make the player go and then make him go to that side. Players have to be close enough so that they can run them off the ball.

Players aren't always going to be in position to take possession but they give their team a chance to adjust and now get in good position to win the ball back. Even if you might not win the first tackle you might run him into one of your teammates who can win the ball.

The last piece we want to talk about now is if I play a ball out to him and he takes a touch and turns this is the chance for me as a defender now to close him down because he's not facing my goal. So if he has a bad touch and the ball is not in control we're trying to put him under pressure. Or, if he turns away, I'm trying to get in position now where I'm close enough to still make it predictable where I want him to go a certain way I'm not grabbing him and I'm not fouling him. I'm close to his body so he can't turn me; when he takes that touch now I'm beating him to the ball and making it go here so he can't get back to me and I'm running him out of bounds. So I'm in the position now where I'm dictating where he turns. So that's a chance to close a player down if he's facing the other way. We're trying to make him play backwards.

So one of the things this exercise does in addition to creating numerous one versus one defending opportunities is getting the technique of defending. One versus one defending is a technique. Group defending, two versus two, are more tactics. One versus one is a technique that must be done well. You can't do tactics with group defending if you can't do the technique of one versus one. The other part is that this creates numerous opportunities for attacking players to actually run with the ball. Not only are you getting defending out of your team you're getting to work on running with the ball and dribbling at players and beating opponents. So if your team is good at both of those things you are going to be a hard team to break down.

CHAPTER 10 - 2 VERSUS 2 DRILL

STEVE COX: This is a two versus two activity that we are going to use to talk about offense. It's a great activity to talk about a lot of soccer principles, whether it's one versus one defending or two versus two defending. It's also great because players aren't standing around a long time. The players come on and off a lot so they're playing and getting breaks but we're not having players stand around a long time. It's a 15 by 20 yard field and we have goalkeepers in each goal. One team lines one sideline and one team lines the other sideline. How the players will transition is if you get scored on you come off and if the ball goes out of bounds you come off. So there is going to be quick transitions. You can use your team on the side as neutral players; you can have them have two touches to keep the ball in play.



CHAPTER 11 - GOALKEEPING

STEVE COX: We're going to do some basic goalkeeping so we are going to talk about footwork and handling right now. To start out with we have four cones about one yard apart and then we have a small gate that is about three yards apart. We'll have one server. To start out they will go one foot in-between each cone and they are always going to get set just in front of the green gate so they are always attacking the ball and the server will play the ball on the ground at their feet and they will use their hands to stop the ball. As you can notice coaches how they are collecting the ball – the proper way to collect a low ball is my feet should be shoulder-width apart, I want to take the ball early, my pinkies and my elbows should be tucked in so I have a first barrier and a second barrier and then I absorb the ball all the way into my body.

As you can see they are always attacking the ball, they are not moving back toward their goal, they are always coming forward and making the save in front of the gate.



The next set of footwork they are going to do is they are going to alternate which way they face and they're going to shuffle through the cones so we're just trying to replicate some of the footwork that a goalkeeper will use in a match. The server will drive the ball up into their hands so they are going to take the ball off their body and off their chest and try to absorb the ball.

Some of the things that you want to emphasize here: You always want the goalkeeper to take the ball, if possible, off their chest so they are able to absorb the ball into their chest and also we want to make sure that

they are moving their feet so they aren't reaching for a ball so they are moving their feet and getting their body behind the ball. That way if they mishandle it there is a second barrier which is going to be their chest.

There are a lot of different sets of footwork you can go through but now we're going to face the server, they are going to shuffle through; they are going to go around the outside of the gate, and once they get set the server is going to try and score on them. So we've gone from simple to complex, we've got their hands warmed up, worked on some different handling and now we're in a more game-like situation.

Just a point on how our hands should go: A basic rule is that any ball that is above our waist our fingers should be pointed up and any ball below our waist our fingers should be pointed down, so that's kind of the cue. Every goaltender is going to be a little bit different but that's just kind of a cue to help beginners know how their hands should go. This is a basic footwork and handling activity you can use. Again, you can be as creative as you want as far as the footwork and some of the different services that you can use.

CHAPTER 12 - CONCLUSION

JOHN ENGH: Alright coaches, we hope you enjoyed this program and thank you once again for your participation. We'd also like to remind you about all the great member benefits that are available to you simply by visiting www.nays.org and logging in to your Member Area. These resources are there to help you become the best coach you can be for the benefit of all your players, so we hope you take full advantage of them – you'll be glad you did.

We look forward to having you as an NYSCA member and we applaud your efforts to make a positive difference in the lives of your young athletes. Best of luck this season.



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