

## **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](http://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