



COACHES CORNER

May 2008

Welcome to the monthly newsletter from the desk John Curtis, MYSA State Director of Coaching.

MINNESOTA YOUTH SOCCER ASSOCIATION HOME PAGE

www.mnyouthsoccer.org

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Coaching Education: National Soccer Coaching Association of America

MYSA is once again hosting NSCAA Goalkeeping Diplomas. Click on the link below to find out more information on these educational opportunities. These courses are for the team coach who would like to find out more information, so that you can work with and better understand the goalkeeper position.

- www.mnyouthsoccer.org/coaches/clinics.cfm#nscaa

Player Development: Soccer Watch

If you are looking to watch more soccer here is a completely FREE website which highlights all the major games and is updated everyday to bring soccer fans the latest action from all the big games. In addition to the latest games there are also videos highlighting current stars, past legends and various skills and moves.

- www.soccerwatch4u.com

Coaching Resource: Premier International Tours Coaches Corner

In an effort to continue to provide diverse and unique educational opportunities, U.S. Soccer's CoachesNet, through a partnership with Premier International Tours (formerly Euro-Sporting), is pleased to bring you Premier International Tours Coaches Corner, an on-going series of training sessions, exercises, and articles designed to inform and educate coaches on international coaching styles and methods.

- www.ussoccer.com/articles/viewArticle.jsp_6094866.html

Minnesota Sports Medicine: Ankle Injuries—To Tape or Not to Tape?

Opinions abound about ankle wrapping, taping or bracing as prevention against ankle injuries that include sprains, strains and fracture. Ankle injuries are common in soccer and can lead to days or weeks lost from competition or practice. As a result, leagues across the country are taking steps to better protect athletes from injury: improving shoes and playing fields, and educating coaches and certified athletic trainers about conditioning and injury prevention techniques that include ankle strengthening and appropriate use of external ankle supports.

- www.mnyouthsoccer.org/coaches/articles/msm_jul07.pdf

Player Development: Mass Youth Soccer Statewide U6-U12 Curriculum

The following information is useful for any coach working with players under the age of 12 as well as any club. Thank you to Massachusetts Youth Soccer for making this information available.

- www.mnyouthsoccer.org/coaches/articles/ma_curric.pdf

Training Session: Basic Zonal Defending for U13/U14 players by Chris Brown

The following is an excellent session to teach the basic concepts of zonal defending.

- www.mnyouthsoccer.org/coaches/articles/zonaldefendingu13.pdf