



COACHES CORNER

May 2009

Welcome to the monthly newsletter from the desks of the Director of Coaching John Curtis and Director of Technical Education Andy Couetts.

MINNESOTA YOUTH SOCCER ASSOCIATION HOME PAGE

www.mnyouthsoccer.org

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Coaching Education: USSF National Youth ("Y") License offered in St. Paul – June 2009

MYSA will host the National Youth License June 12-14 and June 19-21, 2009 at Macalester College in St. Paul. The National Youth License, a U.S. Soccer course, focuses upon the nature of children and the adjustments adults must make to coach them. The course curriculum covers the ages of 4–12 years old. Each day of the course, the focus is upon one of the traditional soccer age groups of U6, U8, U10 or U12. Each day, children of the appropriate age group are brought to the course site for the candidates to work with them in a practice training session. The candidates are videotaped while coaching the kids and the video is reviewed with each candidate to aid in the education of the coach.

The course combines both classroom (theory) and field (practical) sessions. The course concludes with written, oral and practical examinations. The National Youth License course is six days in length, sometimes being held over two weekends rather than six days in a row. It is ideal for anyone hoping to become a better and more effective coach. Also, "A" license coaches can earn 8 CEUs by completing the National Youth License course.

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

College Recruiting Talks

On Sunday May 10, players and parents gathered in the Isanti Middle School to interact with a panel of Division I, II, III, and NJCAA college coaches to learn more about the college recruiting process and about playing college soccer. This pilot program was offered around the State Cup U16 and U17 boys' and girls' game schedule in Isanti. By all accounts the program was a success and even after going overtime saw families and coaches informally continuing the conversation. MYSA will continue to look for ways to provide valuable information and preparation for those looking to play college soccer. The College Development Program, offered July 27-29 at DCTC in Rosemount, combines field and classroom sessions to prepare players for the rigors of college soccer. More information on that program can be found at www.mnyouthsoccer.org/programs/cdp.cfm.

Player Development Camps: Summer 2009

EARLY REGISTRATION DEADLINE IS FRIDAY, MAY 15 for MYSA's **Player Development Camp** and **Goalkeeper Challenge**.

The **Player Development Camp** allows boys and girls ages 6-16 to learn and improve in a fun and encouraging environment. This four-day camp not only provides age and developmentally appropriate soccer training but also moral development activities tailored to each age group.

The **Goalkeeper Challenge** is an intensive goalkeeper training program for boys and girls ages 14 and up. This four-day camp allows committed and motivated goalkeepers to train in a competitive environment with top national, ODP, and collegiate goalkeeper coaches.

The **College Development Program** caters to ambitious players, high school sophomores and older, who aspire to play at the college level. The CDP is an intensive three-day camp staffed by college coaches. On-field and off-field sessions replicate the initial days of a college preseason so participants better understand the expectations and demands of playing collegiate soccer.

- www.mnyouthsoccer.org/programs/camps.cfm

Coaching Article: Getting the most out of a Director of Coaching

Check out Sam Snow's article on the role of a Club Director of Coaching at the link below:

- www.usyouthsoccer.org/news/story.asp?story_id=4264

Coaching Article: The Importance of Tournament Down Time

Read some tips on what to do in between tournament games in the following article:

- www.usyouthsoccer.org/news/story.asp?story_id=4228

Minnesota Sports Medicine: Dealing with Groin Pain

The latest information from Minnesota Sports Medicine on dealing with injuries:

- www.mnyouthsoccer.org/coaches/articles/msm_jan09.pdf