

Appendix G: Resources for Coaches, Players, and Parents

This section covers a range of other resources available to SBSC coaches. The information is collected from SBSC coaches and other sources. If you would like to suggest a resource that you have found useful, please contact the Coaching Coordinator.

Recommended Books

Additional information will be added as coaches submit information

The 2004 CalSouth Coaching Handbook that was provided at YM/YM1 or YM3 coaching license clinics has a useful section titled "Coach's Helper". SBSC recommends that you review this section.

Youth Soccer Coaching Books

- *Developing Youth Soccer Players*, Horst Wein, published by Human Kinetics, ISBN 0-7360-0354-1. A great book covering Horst Wein's Soccer Development Model philosophy. Describes what to expect from youth soccer players at different ages (and what is unreasonable to expect). Provides sections on Coaching Players 7 Years and Up, Coaching Players 10 Years and Up, and Coaching Players 12 Years and Up. Provides Drills and games. If you would like to review a copy, please contact Duncan Beniston to review his personal copy.
- *Coaching 6, 7, & 8 Year Olds (incorporating "Micro Soccer")*, Tony Waiters with Bobby Howe, published by World of Soccer, Incorporated, ISBN 1-8964-6618-4. Great for the new Micro / Div. 7 coach. Few books are focused on the very young player.
- Please contact the coaching coordinator for more suggestions on books for Div. 7 and 6 coaching – the league has purchased some books and they will be used this season.

PLEASE CONTACT THE COACHING COORDINATOR FOR AN UPDATED LIST OF AVAILABLE RESOURCES.

Goalkeeping Books

- *The Soccer Goalkeeper, 3rd Edition*, Joseph Luxbacher and Gene Klein, published by Human Kinetics, ISBN 0-7360-4180-X. This book does a very nice job on explaining the fundamental techniques use by goalkeepers. The book is valuable for coaches from Division 6, where the basic techniques can start to be applied up to Division 1 and beyond. It covers fundamentals and drills. If you would like to review a copy, please contact Duncan Beniston to review his personal copy.

Recommended Videos and DVD's

Additional information will be added as coaches submit information

Youth Soccer Coaching Videos and DVD's

- *Training Girls and Women to Win – For Youth and Advanced Players, Progressive Methods*, Soccer Learning Systems (3 video set), featuring April Heinrichs, former Head Coach Women's National Team, published by Soccer Learning Systems (see Online, Catalog, and Retail Stores, below). OK set of videos, put primarily filmed practice sessions, so no introduction to technique before showing the drills – may be more useful for coaches with a few years of experience. If you would like to review a copy, please contact Duncan Beniston to review his personal copy.

Skills Development Video and DVD's

- *GOL!* – Foot skills. Recommended by Tim Coughlin. Available at Amazon.com, see review.

Goalkeeping Videos and DVD's

- *Keeper!* (2 Tape Set), Tony Waiters, published by Soccer Learning Systems (see Online and Retail Stores, below). This is an excellent video set covering goalkeeping fundamentals. Uses 3 goalkeepers as examples – a very young, and early teen, and a late teen. Explains the basics of each skill, then shows it (exactly the way I wish ALL training videos did!). Covers fundamental skills and drills. Highly recommended. If you would like to review a copy, please contact Duncan Beniston to review his personal copy.

Informational Websites

- SoccerROM, www.soccerrom.com - offers free monthly email with drills and other tips. Give it a try.
- SoccerHelp, www.soccerhelp.com
- See also Soccer Organizations below. Many of these sites have areas providing additional resources and information for players and coaches.

Online, Catalog, and Retail Stores

Check the Cal South web site (www.calsouth.com) for companies that offer discounts to Cal South member teams. A note to parents on making Saturday mornings less hectic: Pick up some extra soccer socks at a local sports store. Players must wear socks long enough to cover their shin guards, and it is no fun to be digging for one missing sock on Saturday morning. Having 2 to 3 pairs for the season is a great way to eliminate this problem.

- Big 5, Solana Beach, 858-755-5953. During July / August often have soccer packages available that include specific cleats, shin guards, and a ball. Mention the SBSC the club for an extra 10% discount.
- BigToe Sports, www.bigtoe.com, 1-800-244-8637 – as of July 2005, offers discounts to Cal South member teams (15% - see CalSouth site for more information or contact BigToe).
- Fold-A-Goal, www.fold-a-goal.com, 1-800-542-4625.
- Reedswain Inc., www.reedswain.com, 1-800-331-5191.
- Sator Soccer, www.satorsoccer.com, 1-888-887-2867.
- Soccer Crazy, Solana Beach, 858-481-7719.
- Soccer Learning Systems, www.soccervideos.com, 1-800-762-2376 (1-800-SOCCER6).
- SoccerROM, <http://www.soccerrom.com/>
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Soccer Organizations

- Solana Beach Soccer Club, www.solanabeachsoccerclub.com
- Cal South (CYSA South): <http://www.calsouth.com/>
- United States Youth Soccer Association, <http://usyouthsoccer.org/>
- FIFA: www.fifa.com
 - You can download a document on the Rules of the Game at the following link:
<http://www.fifa.com/en/regulations/regulation/0,1584,3,00.html>

College and Professional Soccer

- SDSU Soccer: men's: <http://goaztecs.collegesports.com/sports/m-soccer/sdsu-m-soccer-body.html>; women's: <http://goaztecs.collegesports.com/sports/w-soccer/sdsu-w-soccer-body.html>
- UCSD Soccer: women's: <http://athletics.ucsd.edu/news/index.php?teamid=3>; men's: <http://athletics.ucsd.edu/news/index.php?teamid=4>
- USD Soccer: men's: <http://usdtoreros.collegesports.com/sports/m-soccer/usd-m-soccer-body.html>; women's: <http://usdtoreros.collegesports.com/sports/w-soccer/usd-w-soccer-body.html>
- LA Galaxy: <http://la.galaxy.mlsnet.com/MLS/lag/>

Additional Articles

This section left intentionally blank. Additional information to be added later. If you have read a good article that you want to share, contact the Coaching Coordinator.

Poor Man's Soccer Flags

Flags are extremely useful for practices. They work better than cones because they don't fall over. They are as tall or taller than players, at least in the younger divisions. This is helpful in teaching players to look up instead of at their feet. The instructions are for 20 flags. Ten flags are probably adequate for most coaches.

Materials

Ten	10' 3/4" schedule 40 PVC (cut each in half)
Twenty	3/4" PVC slip caps (square)
Four	36" 5/16" all-thread (cut each in fifths)
Forty	5/16" nuts for all-thread
Twenty	5/16" flat washers
Forty	5/16" lock washers

Approximate cost: \$30.00 including tax

Assembly

1. Cut all-thread into 20 lengths of 7 1/8". [Optional: grind down one end into a dull point to stick into ground.]
2. Drill 5/16" hole in each slip cap.
3. Assemble cap/bolt. Kids can help with this!
 - a. Turn top nut down until top of slip cap is about 5" from tip of bolt.
 - b. Holding all-thread firmly (vice-grips or pliers helps), cinch up bottom nut. It is important for lock washers to be on either side of slip cap to really firm up assembly. Holding the slip cap with pliers or channel locks on the final tightening really helps. A little lock-tite on the threads probably wouldn't hurt.
4. Prime, glue and attach cap assembly to end of 5' PVC, exerting a half twist for a good bond.

Total project time: 4 hours