

February 2015

## New Hampshire Soccer Association – Monthly E-Newsletter

*Dear Presidents, DOCs, Technical Directors, Player Personnel Directors, & ODP Coaching Staff*

*Please find the helpful links in this email for this month's Newsletter and also pass this communication on to your coaching staff.*

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### NHSA Updates

The Annual General Meeting is just around the corner we have a full schedule of important items to present to the membership. Be sure to mark your calendars- hope to see you there!



Don't forget to complete!

[Technical Director - Strategic Survey 2015](#)



[Click to access all the presentations from 2015](#)

I was fortunate enough to represent NH Soccer Association at the US Youth Soccer Workshop this year in Philadelphia, PA. It was a tremendous honor to share the many great things that take place in New Hampshire with the rest of the soccer world. Please feel free to download a copy of the presentation, and all others from that workshop via the link above.

Thanks for all you do to grow the beautiful game in our State!

-Eric

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## Upcoming NHSA Coaching Schools - Spread the word!

[Click here to email Jeffrey Cousineau to register](#)

### USSF D License

#### ➤ Rochester/Manchester D Course

- Part 1: Saturdays, April 4 and 11, at The Rochester Community Center
- Part 2: TBA (late June), at The Derryfield School, Manchester, NH (candidates must attend part 1 prior to part 2.)
- **Course Status - REGISTRATION OPEN**
- Course Tuition - \$250 NHSA Members
- [Click here to email Jeffrey Cousineau and register for the course](#)

*NOTE: The USSF/NHSA D License has undergone significant curriculum and schedule changes. The course is still 4-days long, but now the days are broken into two 2-day segments that are a minimum of 10 weeks apart. The time between the course segments allow for coaches to 'actively practice' the coaching techniques prior to the field practical that is held on the final weekend. The USSF E License is a prerequisite for the D license. In order to participate and earn the D License, a coaching candidate must attend both course segments. The course runs from 8 am to 5 pm on each day.*

### US Youth Soccer – National Youth Certificate

- July 31 – August 2 & August 7 – August 9, 2015
  - Rivier University
  - <http://www.usyouthsoccer.org/coaches/NatYouthLicense/>

*The National Youth License is designed to provide club directors of coaching, youth coaches, physical education teachers, and soccer administrators with the knowledge to successfully structure soccer environments for children aged 4-12. The role of the coach as a facilitator is explored; the physical, mental and emotional needs and capabilities of players from 4-12 are explored; the lessons from developmental psychology are explored; and the art of teaching is explored. Candidates are videotaped for analysis during live training sessions.*

### USSF E License

#### ➤ Dover E License: Sundays, March 15 and 29

**NOTE:** *The E-License is a 2-day course and will run from 8 am - 5 pm each day.*

- Course Status - **REGISTRATION OPEN** (course added 1/28)
- Course Tuition - \$125 NHSA Members
- [Click here to email Jeffrey Cousineau and register for the course](#)

NHSA F License

➤ **Dover F License: Sundays, March 15 and 29.**

**NOTE:** *The course is an 8-hour course split over the two days. Course will run from 8 am - 12 noon each day.*

- Course Status - **REGISTRATION OPEN** (course added 1/28)
- Course Tuition - \$75 NHSA Members
- [Click here to email Jeffrey Cousineau and register for the course](#)

[Click here to access all National USSF Coaching Licenses](#)





# SOCCERPLUS<sup>+</sup> C A M P S

NH Soccer Association has partnered with [Soccer Plus Camps](#)  
August 10-14, 2015

*Tony DiCiccio – Former US National Women’s Coach, World Cup & Olympic Champion will deliver field sessions for the players and evening clinics for coaches/parents.*

**WHAT** – Field Player Day Camp & Goalkeeper Day Academy

**WHERE** – Reeds Ferry Fields (Merrimack, NH)

**WHEN** – August 10, 2015 – August 14, 2015

**COST** - \$249.00

**THERE WILL BE (2) FREE EVENING CLINICS CONDUCTED BY TONY & THE SOCCER PLUS STAFF - OPEN TO THE PUBLIC**

For more details or sign up go to <http://www.soccernh.com/clubsite/?p=9806>

For more details about Soccer Plus go to [www.soccerplus.com](http://www.soccerplus.com)

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## Session Examples

Name:  Team:

Date:  Mesocycle:  Microcycle/Day:

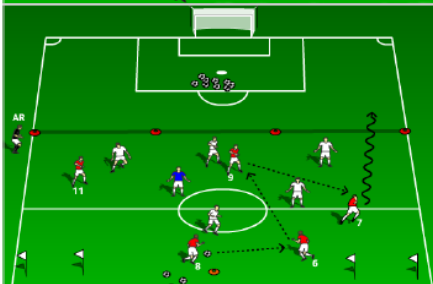


**TRAINING OBJECTIVE(S):**

Slide 7: ATTACKING HALF: Improve your team's ability to retain possession and then penetrate (Describe the tactical strategies and techniques that are used by the team to advance the ball into the attacking third of the field)



<b>I. WARM-UP</b>	Intensity: <input type="text" value="MED"/>	Activity Time: <input type="text" value="90 sec"/>
Duration: <input type="text" value="20 min"/>	Intervals: <input type="text" value="4"/>	Recovery Time: <input type="text" value="1 min"/>
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>		
(2) Flags, 4 Discs, 6 Players, balls - Form a Diamond on the periphery of the space, with (20) Flags in the middle (4 yds) away. Station the players at each marker. Area 20Wx30L		
<b>COACHING POINTS / KEY CONCEPTS</b>		
-Quality of Pass, Quality of first touch, timing of supporting movement, angle of supporting movement, technique of dribble with the ball		



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity: <input type="text" value="HIGH"/>	Activity Time: <input type="text" value="3 min"/>
Duration: <input type="text" value="16"/>	Intervals: <input type="text" value="4"/>	Recovery Time: <input type="text" value="2 min"/>
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>		
AREA = 40Wx50L; 5v5+1, (5) Cones, (4) Flags making (2) goals, Balls, Official		
<b>COACHING POINTS / KEY CONCEPTS</b>		
Team shape, support & movement of players in possession, Key areas to attack (change point of attack) - how, when, why; "play in between lines"		



<b>III. EXPANDED ACTIVITY</b>	Intensity: <input type="text" value="HIGH"/>	Activity Time: <input type="text" value="6 min"/>
Duration: <input type="text" value="24"/>	Intervals: <input type="text" value="3"/>	Recovery Time: <input type="text" value="2 min"/>
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>		
Area = 40Wx60L, 8v7+GK, (5) Cones, (4) flags making (2) goals, balls, official		
<b>COACHING POINTS / KEY CONCEPTS</b>		
Form of Penetration, Tempo to penetrate, Penetration v possession passes, final movement of penetrating runs towards goal		



<b>IV. GAME</b>	Intensity: <input type="text" value="HIGH"/>	Activity Time: <input type="text" value="8 min"/>
Duration: <input type="text" value="20 min"/>	Intervals: <input type="text" value="2"/>	Recovery Time: <input type="text" value="2 min"/>
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>		
Full Field Game 11v11, (2) goals, ball, official		
<b>COACHING POINTS / KEY CONCEPTS</b>		
Reinforce all points above		

[Wide play attack – Eric Redder](#)

[Passing through the thirds of the field – Rob Wright](#)

[Combinations in the central midfield - #6,8,10 – Adrian Parrish, Kentucky DOC](#)

[Playing out of Tight Spaces - Adrian Parrish, Kentucky DOC](#)

\*\*All are available via the New Hampshire Soccer Association site - [www.soccernh.org](http://www.soccernh.org) - Coach's Corner.

Feel Free to email – [technicaldirector@soccernh.org](mailto:technicaldirector@soccernh.org) to include any sessions in the next month's article, or to receive copies of additional session plans drafted on behalf the NHSA Membership.



New Hampshire Soccer Association is a proud supporter of ASC Session Template software to for designing our Player Development Sessions.

[NH Soccer Association partners with Academy Soccer Coach!](#)

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## Referee Education & Training

[www.nhreferee.net](http://www.nhreferee.net)

*Have you ever considered becoming a referee?*

- 1) You must be 12 years old to be a US Soccer referee (we have a small amount of flexibility here if you will hit your 12<sup>th</sup> birthday very soon)
- 2) Sign up for the class
- 3) Use our [eLearning system](#) to do the on-line modules. Completion required before you can attempt the “4 Hour Field Session.”
- 4) Complete - [4 hour field session](#) where you will meet with instructors and go over key concepts, discuss how to get assignments, uniforms etc.
  - a. Then run through several referee drills where you will play the part of both an assistant referee and a referee!
  - b. This is an active participation session, and you will start to develop your confidence and referee personality while working with the instructors (who are all active referees themselves!)
- 5) Upcoming courses, an up to date class schedule can always be found on the “New Referee Training: page of [www.nhreferee.net](http://www.nhreferee.net)

March 21	Portsmouth High School
April 4	Raymond High School

***Are you interested in hosting a referee class?***

1) REQUIREMENTS:

- a. A Location
- b. WE SUPPLY EVERYTHING ELSE!
- c. For information on hosting a class please contact the State Director of Referee Instruction, Bob Huston at [sdi@soccernh.org](mailto:sdi@soccernh.org)

For further details on cost, how to enroll or any other questions, please refer to [www.nhreferee.net](http://www.nhreferee.net) or contact the State Director of Referee Instruction, **Bob Huston** at [sdi@soccernh.org](mailto:sdi@soccernh.org).

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## Player Health & Safety

### *Coaching Healthy Habits*

Learn more about how you can help players to Drink Right, Move More and Snack Smart in the *Coaching Healthy Habits* - Developed by Tufts University Free: <https://www.massyouthcoachingcourse.org/>

**Nutrition, Care and Prevention**

**Sideline Snacks**

The question to ask to determine if 'snacks' are need is....  
**How hard did the kids play?**

**Heavy Work Load**  
Players have gone "all out" and done exhaustive work or if they will be playing again in 6-8 hours.  
*Players need to rapidly refuel and need a snack*

**Normal Work Load**  
Players have participated in a typical game or practice.  
*Players will be hungry after the activity, but can wait until they get home for a real meal. There is no need for a team snack.*

F License Course



*February 2015*

Thanks for all you do for the game!

Eric Redder

*Technical Director*

NEW HAMPSHIRE SOCCER ASSOCIATION

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**Twitter:** @NHSoccerAssoc

**Website:** [www.soccernh.org](http://www.soccernh.org)

