

Coaching Resources - NCS Coaches

The following NCS coaches are available as a resource to offer advice and guidance to fellow NCS coaches. Please feel free to call on these coaches for help with issues such as practice plans, getting parents involved, addressing behavioral issues, coaching very young children, engaging kids with a variety of skill levels etc.

John Fee.....Girls Softball, Co-Ed Baseball, Co-Ed Soccer

Experience in coaching grades K through 5.

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Ben Birch..... Co-Ed Soccer, Co-Ed Baseball, Co-Ed Basketball

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Joe Corbett.....Co-Ed Soccer

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Kathy Corbett.....Co-Ed Soccer

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Tim Bell.....Girls Soccer, Co-Ed Baseball, Boys Baseball

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Gregg Garland.....Co-Ed Soccer, Co-Ed Baseball

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Coaching Resources - Coaching Reference Books

You may find the following youth coaching books helpful references as you plan your practices. Books with an asterisk next to the title denote books Lauren has in her office.

Soccer Resource Books

Coaching Soccer for Dummies by National Alliance for Youth Sports

Skills and Strategies for Coaching Soccer by Alan Hargreaves

Developing Youth Soccer Players by Horst Wein

Thoughtful Soccer: The Think First Approach to Playing and Coaching by Russell Carrington

* *The Soccer Games Book* by J Malcolm Simon and John A Reeves

* *The Coaches Collection of Soccer Drills* by John A. Reeves and J. Malcolm Simon

* *Soccer Restart Plays* by J Malcolm Simon and John A Reeves

* *Coaching Youth Soccer* by American Sport Education Program

* *Coaching the Team* by Tony Waiters

* *Coaching 6, 7, and 8 year olds* by Tony Waiters with Bobby Howe

* *Soccer Practice Games for 6 to 9 year olds* by Stephen Faulkner

* *The Complete Book of Coaching Youth Soccer* by Simon Whitehead

* *The Football Association Coaching Book of Soccer Tactics and Skills* by Charles Hughes

* *Zonal Defending* by Jack Detchon

* *Coaching 9, 10 and 11 year olds* by Bobby Howe and Tony Waiters

* *Soccer Step to Success* by Joseph A Luxbacher

T-Ball Resource Books

* *Get Ready to Play Tee Ball* by Jan Cheripko

* *The Little League Guide to Tee Ball* by Ned McIntosh

Baseball Resource Books

Coaching Baseball for Dummies by National Alliance for Youth Sports

Coaching Youth Baseball: The Guide for Coaches, Parents and Athletes by John P. McCarthy Jr.

Absolute Beginner's Guide To Coaching Youth Baseball by Tom Hanlon

* *Complete Book of Drills for Winning Baseball*

* *Baseball Coach's Survival Guide* by Jerry Weinstein and Tom Alston

* *Managing Little League Baseball* by Ned McIntosh

Coaching Resources - Coaching Reference Books

Softball Resource Books

* *Softball Slow and Fast Pitch* by Marian E Kneer Charles L McCord

* *Super Softball* by Quentin A Christian

Basketball Resource Books

Coaching Basketball for Dummies by National Alliance for Youth Sports

The Baffled Parent's Guide to Coaching Youth Basketball by David G. Faucher

Absolute Beginner's Guide to Coaching Youth Basketball by Tom Hanlon

* *Complete Book of Drills for Winning Basketball* by Ken Lumsden

* *Basketball Coach's Survival Guide* by William E Warren and Larry F Chapman

* *The Young Basketball Player* by Chris Mullin

* *Basketball Fun For All* by Jim Stillwell

* *Basketball Steps to Success* by Hal Wissel

* *Basketball Basics* by Howard Marcus

* *Coaching Basketball* by Jerry Krause

* *Winning Basketball Drills* by Ken Atkins and Ron Rainey

* *Encyclopedia of Defensive Basketball Drills* by Burrall Paye

Coaching Resources – Tips to Running a Successful Practice

- **Get Parents Involved!** The more parents involved, the easier it is to keep all of the kids engaged and interested. Additionally, it is a good idea to identify 2 back-up parents to assist with games and practices should a conflict occur for the head coaches. A parent volunteer can also coordinate other admin items, i.e. pictures, snacks, etc.
- **Design Practices Utilizing Short, Breakout Groups.** Kids need to be active and engaged which will increase participation, confidence, interpersonal skills, etc. It is good to design 4 or 5 mini breakout sessions that focus on one particular skill. Breakouts for baseball would include drills to teach fielding, throwing, hitting, and running the bases. 10-15 minute sessions max for each session!! Interest and attention spans will start fading rapidly.
- **Stress Teamwork.** It's never too early to stress and reinforce how important it is to be a member of a team and to strive for personal best. Whereas, it is not important to talk about winning or losing, it is important to introduce the idea of an outcome being directly related to the amount of effort put forth. In other words, it is ok to talk about working hard and hustling.
- **Communication.** An additional way to involve the parents is to continually reinforce what is being taught. Sometimes before/after practices or games is an effective time to communicate this information. Some coaches prefer to send out an email.
- **Sergeant of Arms.** In the event of controversy, feel free to utilize Lauren/Mary to resolve conflicts or to answer difficult questions. Occasionally, a parent may take issue with something. It is sometimes best to allow the 3rd party intervention.
- **Difficult/Distractive Children (we have those?!).** It is quite helpful to reinforce the rules and expectations to both the kids and parents so that everyone is on the same page. It is OK to correlate the commitment to practice with playing time in game situations.
- **Competition.** Competition within the practice (i.e. dividing players into teams, etc), can create additional excitement and a little urgency at the same time. It helps keep all of the kids involved and engaged. Sometimes, designating practice or game captains can also have a positive effect.

Coaching/Manager Resources - Using Team Caller

The Team Caller service is available to you to make your job as a coach or team manager administratively easier. If you have a message you need to distribute to your team quickly, Team Caller can help. All you need to do is call one central number, record your message, and all the families on your team will be automatically called. We suggest that both a home number and cell number for each player on your team be entered into the system. You may find Team Caller useful in the following situations.

- Last minute practice cancellation due to weather.
- Remind parents that kids need to wear their uniform to practice for picture day.
- Inform parents of game cancellation.
- Tell the parents the game is still on if the weather is questionable and the game has not been canceled.

To Send A Voice Message Using Team Caller:

- Dial **1-877-839-7363**
- Select menu option **'2'** to access your account
- Enter your 10-digit account number (**3145041564**) followed by the **'#'** key
- Enter your 4-digit PIN (**4422**) followed by the **'#'** key
- Press **'1'** to send a new message
- Speak your message and press the **'#'** key when finished
- Press **'1'** to accept your message
- Press the contact list number (**Your Contact List Number**) followed by the **'#'** key
- Press **'1'** to send your message