

North Allegheny Soccer Club Young Coach Participation Record

Volunteer Coach: Mary Sweeper

Head Coach: Emil Keeper

Total Time of Participation: 20 hours

Head Coach Comments: During the spring 1999 season Mary Sweeper participated in the *Young Coach* program, helping me coach a group of Under-9 soccer players.

Her main responsibility was to help demonstrate techniques at practice. She did a good job, was patient with these young players, and was a great help to me. If a player was struggling, we were able to give that player more individual attention with Mary's help.

I provided Mary material to read about how to structure a practice, and she was assigned the task of conducting two full practices on her own. The subject of her first practice was to teach shooting, and her second practice was devoted to helping the kids understand the basics of playing goalie. Prior to each practice she met with me to resolve some questions that she raised, and it showed her basic understanding of the technique. She demonstrated a good understanding of the objective of each practice, managed the players well, and was firm when necessary. She invented a few drills to demonstrate the skills she wanted to teach; these drills were based on fun games and the kids liked them a lot.

Mary was also responsible for coaching the team for an entire game, and I became the assistant. This was a new challenge for her, and she handled it well. The players listened to her, and she was very judicious in what she told the players on the field during the game. No screaming!

Throughout the entire season Mary showed a wonderful attitude toward the players and they responded very well to her. The parents appreciated all her help as well. She did a wonderful job. Thanks Mary!

Head Coach

NASC President