

# NASA TOPHAT SOCCER



CLUB NEWSLETTER

March 9, 2020

## AT A GLANCE:

**3/9-3/13** REGULAR WEEKNIGHT PRACTICES  
Remember all practice begin at either 5:30pm or 6:30pm beginning this week.

**3/14-3/15** Regular Scheduled games, check your account for your team's games. U14 AND OLDER RIAs, CHECK YOUR SCHEDULE AT THE LINKE LISTED: [Georgia Soccer Schedules Link](#)

**3/15** Little Kickers: Time determined by your specific park.

**3/14 & 15** PICTURE DAY WEEKEND: CHECK WITH YOUR COACH FOR TIME ASSIGNED AT YOUR PARK

Remember that:  
Home Team is Blue and Away team is White.



## TECHNIQUE OF THE WEEK



Click on the Technique player above  
The objective is to master the skill while developing confidence and rhythm on the ball.

## MISSION:

Our mission is to build a strong foundation for the soccer stars of tomorrow, while providing a fun and healthy soccer environment.

## COACH EDUCATION

### Seven Elements of Training Activity:

1. Are your training sessions organized?
2. Do the activities replicate the game?
3. Do you have repetition in your session?
4. Are the activities challenging (finding the balance for the novice player to the more skilled player)?
5. Are you coaching to the level of your players? Age appropriate.
6. Are the activities FUN!
7. Are the activities dynamic (where players are constantly moving) or stagnant (players standing in a line)?  
The goal is Dynamic!

If you need additional assistance for practice activities reach out to:  
Nathan Padilla at [nathan.padilla@nasa-ga.org](mailto:nathan.padilla@nasa-ga.org)  
or your park director.

Lauren Horne, Rec Support/Scheduler  
[Lauren.horne@nasa-ga.org](mailto:Lauren.horne@nasa-ga.org)

Nick Hoskins, Recreation Director Quest  
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Nathan Padilla, Recreation Director Cherokee  
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## NTH ADIDAS REC CUP

May 16 & 17, click on the NTH ADIDAS REC CUP link above for additional details

Coaches will get a discount code for NTH TEAMS.

## PARENT EDUCATION

### Three Tips to Be a Good Sports Parent



1.

Teach your kid to love playing more than winning. If you do, that love can last a lifetime.



2.

Your most important job is to be the best parent you can be. Let the coach be the coach.



3.

Show the same respect and sportsmanship on the sidelines that you ask your young athlete to show on the field.

Remember the NTH Parent Code of Conduct you signed when you registered your player. You will be supportive and cheer but will not give instruction on the sideline as it is a distraction to your player and adds undue stress to their performance. All players play this sport to problem-solve and socialize with their friends. They did not decide to play so that they may be critiqued every move they make.