



# 36th Annual Convention LONG ISLAND JUNIOR SOCCER LEAGUE SATURDAY MARCH 10 CONVENTION WORKSHOPS



## TECHNICAL DEMONSTRATIONS

### 9 – 10am Advanced Technical Training: Passing and Receiving. Salon D

The importance of good technique in the modern game especially when it comes to the fundamentals. Presented by LIJ PDP, Clinician: Bart Polster, Head Coach PDP 2004 Girls. Bart holds a United Soccer Coaches Premier Diploma and a National Youth License.

### 10:30 – 11:30am Improving Soccer IQ through player centered environments. Salon D

Highlight activities that give the problem solving back to the players for improved learning and engagement. Presented by New York Red Bulls, Clinician: Bryan Alcantara, Manager of Coach Education for New York Red Bulls, USSF F/E/D/C licenses, National Youth License, NSCAA/USC Advanced DOC Diploma and Advanced National Diploma, Coerver Youth Diploma.

### 12 – 1pm Speed of Play in the Modern Game. Salon D

**Pure Speed** – the ability to overcome the distance between two points in the shortest amount of time.  
**Technical Speed** – the ability to control and manipulate the ball with the body, legs or feet at speed.  
**Speed of Action** – processing information from the game and choosing an appropriate response quickly to the situation.  
**Mental Speed** – ability of the player to be aware of all factors, conditions and options inside and outside of the game (opponents, teammates, crowd, etc.)  
 Presented by John Fitzgerald, LIJSL Director of Coaching Education. United Soccer Coaches National Staff Instructor and he holds a United Soccer Coaches Premier Diploma and a USSF A license '96 and is the Associate Head Coach for the US Merchant Marine Academy.

**Walk ins welcome. [To guarantee a seat please click here to register](#)**



## ADULT AND CHILD CPR/AED

MODERATOR:

LONG ISLAND SPORTS CARE GROUP

Long Island Care Group, Inc. is conducting a CPR and AED (Automated External Defibrillator) training course for both adult and children. It is anticipated that the course will take approximately 2 hours and upon completion the individual will be American Red Cross certified. The 2 year certification course is open to any Adult at a cost of \$60. Seating for the course will be limited and will be on a first come first serve basis.

[For registration form click here.](#)

SATURDAY, MARCH 10

10:00 AM – 12:00 PM

MATTITUCK ROOM

## COLLEGE FORUM

WHAT EVERY PARENT & PLAYER NEEDS TO KNOW

MEET A PANEL OF COLLEGE COACHES THAT WILL ANSWER

ALL THE QUESTIONS THE INTERNET DOESN'T ANSWER

SATURDAY, MARCH 10 2:30 PM – 4:30 PM SALON D



# 36th Annual Convention LONG ISLAND JUNIOR SOCCER LEAGUE SUNDAY MARCH 11 CONVENTION WORKSHOP



## UNITED SOCCER COACHES 4v4 DIPLOMA



The United Soccer Coaches 4v4 Diploma is a three hour course designed for those who will be coaching youth soccer players from 4 to 10 years of age. We encourage those parents and coaches who are involved with soccer for the first time to take this course, in order to learn the proper methodology in teaching youth players who may be exposed to soccer for the first time. Cost is \$45



***This diploma meets the mandatory coaching license requirements for U9 and U10 travel coaches.***



**9 am – 12 pm  
Salon D**

*Presented by Joe Behan, LIJSL Coaching Staff Instructor, United Soccer Coaches Premier Diploma, USSF A license and former Head Coach for New York University.*

**Walk-ins welcome to observe.  
To receive a diploma you must register.  
[Click here to register.](#)**

