

April 6, 2020



Your weekly news & updates

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Fysa Update

Hello FC Sarasota Families,

We hope that you and your families are all safe and well. FYSA's latest update extended the suspension of activities through May 3rd. They will be providing another update after their next meeting on April 21st. We are all looking forward to getting back out on the fields but, in the meantime, USYS has compiled a list of Stay at Home Resources that our soccer players, parents and coaches can use to pass the time and stay busy!

Regards,
Mary Mixon
Director of Administration

Competitive Update

Hello Everyone,

How was your training last week? Are you improving, are you challenging yourself? I trust that you all are doing great.

Last week you should have been working on your technique of HOW to control the ball. This week I want you to concentrate on the purpose of controlling the ball with a means to the end: (to pass, to dribble, to run, to shoot the ball). The better the control, the better will be the end performance. This is the WHY..

Being able to control the ball for the sake of controlling it, is good. However, to do it intelligently will separate you from the average player. In a game you mostly will be receiving the ball either facing or with your back to the opponents goal. Important Key Factors to understand when receiving the ball are:

- 1: Your position on the field: (Defensive half, Attacking half of the field)
- 2: Pressure from opponents: (Time and Space)



Keeper Korner

Goalkeeper Session - Footwork

Footwork is an integral part of the goalkeeping position, it can be the difference in making the save or not. Focus on quick feet, balanced shoulders and eyes focused ahead and not on your feet.

4 Cone Drills Do each drill 4 times, rest 30 seconds in between each set.

1. Work your way around the box, shuffle, sprint, crossover, backwards.

For example, if you are receiving the ball in a defensive position (Facing opponents goal) can you position yourself to take a positive touch forward creating opportunities to pass or run with the ball to break the lines of your opponents defense. If you are receiving the ball in an offensive position (Back to goal) are you able to turn your opponent creating opportunities to dribble or shoot at goal. In both of these examples the pressure from your opponents (Time & Space) will dictate your decision making on your first touch. The HOW and WHY!

Below, Coach Tom has produced a video that will help you develop your understanding of controlling the ball with a means to the HOW and WHY.

Enjoy!

Coach John Hall
Boy's Program Director

2. 4 different actions - 2 footed quick step, 1 footed hop, 2 footed hop getting knees as high as possible, shuffle through.
3. Shuffle around the cones, staying low and not clicking feet.
4. 2 footed long jumps, start low and try to get as far forward as possible. Try to beat previous jumps.

*If you don't have cones at home, socks or drawing cones with chalk is a great alternative.

Click [HERE](#) for the graphic of the session.

Coach Monica Lovett
Girl's Program and Goal Keeper Academy Director



Coach Tom's Tips

When controlling the ball, not only is it important to know HOW to control the ball, but also WHY you're controlling the ball a particular way.

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