



FC Sarasota weekly news & updates

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Hello Everyone,

I'm happy to know that you are practicing well and taking this moment in time to develop as a player. Be patient with your progress and know when we are back on the training ground we all shall see the improvements.

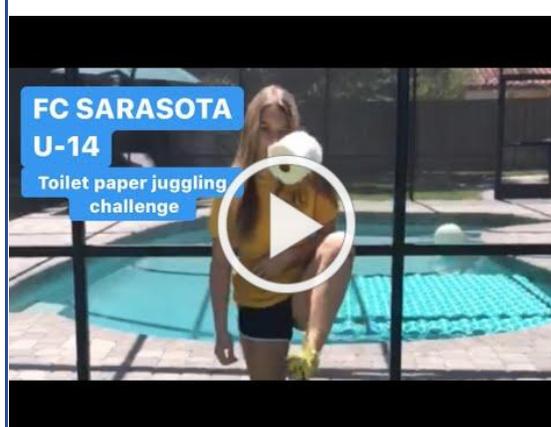
The two major techniques in the game are controlling the ball and passing the ball. We have covered control in previous sections so let's move forward with the technique of passing. Over 80% of the time in a game you will pass the ball. I can not stress enough the importance of being able to pass the ball effectively and efficiently as inaccurate passing will destroy a team!

On taking control of the ball the Key Factors to passing the ball are:

- 1: Your approach to the ball (this provides balance and purpose).
- 2: Placement of non-kicking foot (normally to the side of the ball allowing free movement of the kicking leg)
- 3: Contact of the foot (for accuracy it is mostly the inside of the foot)
- 4: Contact of the ball (contact the middle of the ball for it to stay low making it easier for your team mate to control)
- 5: Head Steady (eyes on the ball)

So here is a thought. If you cannot pass the ball accurately over a short distance there is no reason to believe you will be more accurate over a long distance. With that said, you must practice within your level of ability. To be effective do the simple things quickly and well and then keep challenging yourself. Pass the ball effectively over 10 yards then challenge yourself to do it over 15 yards then 20 yards and so on.

There are many fun games to play that will improve your passing ability. My favorite is "Skittles" a British game very similar to



Check out the U14 Girls team demonstrating the toilet paper juggling challenge. Way to go girls!

Goalkeeper Core Workout

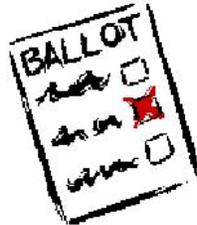
Complete 4 Rounds of each:

- Russian twists with ball x 20 each side alternating (bounce ball on each turn)
- Sit-ups x 25 (place ball in between feet and touch each rep)
- Crunches x 25 (place ball between knees and touch each rep)
- Pushups x 10
- High Plank x 1 minute
- Plank twists x 1 minute (plank on elbows and rotate hips to touch ground)
- Leg raises x 1 minute (hold legs 6 – 12 inches above ground)

bowling. Place nine pins (bottles, cans, cones etc) in the shape of a diamond about 10-15 yards away and then pass the ball at them to see how many you knock over. It's a simple fun game that everyone can play. Enjoy.

Please take the time to watch the video below with Coach Tom reviewing the technique of passing the ball. Be good, be safe and take care.

All the best,
Coach Hall
Boys Program Director



The FC Sarasota Annual General Meeting is tentively scheduled to take place on Wednesday, May 11, 2020 at 6:30 p.m. in the meeting room of the Clubhouse at 6700 Clark Road, Sarasota, Florida. Should the mandatory suspension of activities not be lifted prior to the scheduled date, an alternate date will be posted.

Positions up for election this year are President currently held by Jason Clevenger and Secretary currently held by Ana Palacio. Both candidates will be seeking re-election.

If anyone is interested in either position, please email your application to mmixon@fcsarasota.com by **Monday, April 15, 2020** for consideration by the nominating committee.

[Board Position Application](#)



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