



## Your weekly news & updates

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### Message from the Director of Coaching

Hello FC,

I know we are all experiencing challenging times and we thank you for understanding as the club works through USYS mandates on our programming. We hope to be back soon but the safety of the community is paramount. The club technical team has been working on a Talent Development Plan (TDP) which was introduced to the FC coaching staff in 2019. This is a comprehensive technical plan that the top clubs in the USA have or are on the process of implementing per U.S. Soccer guidelines. It contains sound pedagogy that is specific to the FC Sarasota player and not a general philosophy that is "cookie cutter" approach. The TDP will go into effect the beginning of the 2020/2021 season at FC Sarasota. I have included the [OUTLINE of the TDP](#) and the club vision section for you to review during our intermission. The creation of this document is being executed by the DOC and a select technical staff. I will have monthly updates for you to see the progress of this project.

Regards,  
Kyle Lessig  
Director of Coaching

### Competitive Update

Hello Everyone,

This coming week I am focusing on the basics of controlling the ball. It is something players take for granted and feel that just by playing their technique will improve. Newsflash, it takes more than just playing. Taking extra time to practice on technique will dramatically improve your overall experience in the game.

You can self educate by understanding the key factors on how to control the ball.

- 1: Get in line of the ball (move to the ball)
- 2: Select the surface of the body to receive the ball (foot/thigh/chest/head)
- 3: Cushion/Wedge the ball (do you absorb the pace of the ball or trap the ball)
- 4: Relax on receiving the ball (both in body & mind)



### Keeper Korner

This week's topic is Handling - If you don't have a wall, you can use a tree, a light pole, etc... goalkeepers have to improvise.

5: Keep your head steady (a steady head controls one's destiny)

And finally, always control the ball with a purpose, to pass/dribble/run/shoot.

A simple and effective way to practice is rebounding the ball against a wall. You can have a family member throw the ball also. Remember the key factors and use them to guide you. Repetition is good but good repetition is Great!

Be good, be safe and take care.

Coach John Hall  
Boy's Program Director

Wall Ball – Bounce catch 100 times a day. (This reinforces hand positioning, catch with your fingers and support with your palms, keep your shoulders square and head steady.)

One Handed Wall Ball – Bounce catch with one hand, moving high to low. 2 minutes x 3 per day

Keepy Uppy Punching – Keep the ball up using your fists, aim for 50 to start.

Keep track of your progress and send us videos of you working hard.

Next week's topic - Footwork

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



## Coach Tom's Tips

We know many of you are working on the Juggling Challenge from last week's newsletter and we have decided to award the team with the most submissions. Encourage your teammates to send theirs in! Check out this week's topic - Changing Direction.