Bellevue High School Girls Soccer Program

2014 Player Handbook

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“Success is peace of mind, which is a direct result of self satisfaction in knowing you made the effort to do the best of which you are capable” (John Wooden)

“Set daily, monthly & long term goals & dreams. Don’t ever be afraid to dream too big. Nothing is impossible. If you believe in yourself, you can achieve it” (Nastia Liukin)

“The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking’ (Mia Hamn)

Contents:

Formation

Style of play & player requirements

Player principles & core values

Positional responsibilities

Pre-game warm up template

Individual training plan template

Tryout procedure & information

Player code of conduct
Formation:

4-2-3-1 (4-3-3)

Style of play:

Teams will be encouraged to play in an offensive style based on keeping possession of the ball & making quick passes/combinations

Technical Requirements:

- Comfortable receiving the ball both in space & under pressure (ability to keep possession of the ball), using different turning techniques to move away from the defender
- Passing the ball at pace, accurately & on the ground if possible
- Creativity in 1v1 situations, use of 1v1 attacking moves(changes of direction
- Ability to shoot/finish from long & close range
- 1v1 defending technique

Tactical Requirements:

- Build out play from the defensive third
- Width provided by 2, 3, 7 & 11
- Depth to the attacks, triangles when in possession
- Quick speed of play/high intensity – quick support movement
- Quick transition from offense-defense and vice versa
- Combinations in the final third
- Organized & committed defensively
Physical Requirements:

- High levels of speed both with & without the ball
- Endurance to consistently demonstrate high level technique during games
- Strength & power in the 1v1/50-50 situations
- Better equipped to avoid injury

Psychological Requirements

- Positive
- Confident
- 100% effort level & intensity
- Team orientated

What are our principles of play?

- Play 1, 2 touch when possible, attack on the dribble when in space
- Keep the play simple – Do not force situations
- Keep the ball on the ground if possible
- Quality passes & first touch – at pace
- Be attacking in supportive movement
- Play what you see/have in front of you

What are our values?

Decided by players:

- We wont make negative comments towards the referee during games
- We will show sporting behavior towards the opposition
- We will show team work & be supportive of all members involved in the program
- We will give 100% effort during games & trainings and be known as the hardest working school
- We will be punctual & smart when representing the school

Position responsibilities when in possession:

GK – Deal with the back pass both by passing out from the back or clearing the ball. Decide whether to play short or long when distributing but make a quick decision. Communicate & be connected for drop pass if the defenders are in possession.

WD – Play high & wide when the GK has the ball. Provide width in possession to the CD/HM in the defensive & midfield thirds & to the winger in the attacking third. Play forward if possible when receiving, if not then maintain possession. Look to exploit space when a ball gets switched wide to central. Drop back & cover if the opposite WD is attacking. Always attack with 1 WD moving forward into midfield.

CD – Provide support to the WD & HM behind the ball (drop pass). Spread the opposition’s strikers when the GK has the ball & allow a HM to check into the space. Make quick choices in
possession to minimize risk. Slide across & cover when a WD attacks. Decide when to pass to WD or winger when switching the point of attack.

HM – Aim to link possession between the WD/CD & the AM/forwards. Look to control the play by making triangles of support. Be comfortable passing & receiving in space & under pressure. Look to switch the play if defense is compact centrally. Have one HM join the attack & 1 protect the two CDs. Play penetrating passes if possible.

AM – Very technical player who tries to find space between the oppositions midfield & defensive lines. Look to provide passing options from HMs & support to the wingers & central forward. Link up with CF (rotate positions & combine). Look to create scoring opportunities for others & take individual chances from both close range & distance. Recognize when the forward moves out of position & creates space in behind.

Wingers – Provide width in the middle & attacking thirds. Receive the ball both to feet & in space. Look to attack the defenders 1v1. Provide service into the box. Get into an attacking area when opposite winger crosses

CF – Score goals & find areas on the field with which to do so. Combine with wingers & AM to create opportunities for others. Be able to hold the ball up when under pressure & give time for support to arrive

**Pre-Game Warm Up (can change due to time/location etc.):**

“The aim of the warm up should be the complete physical and mental preparation for dynamic actions to follow. The athlete should be able to begin the game or training session totally ready to perform at maximal intensity if required” (Faccioni)

**Dynamic Flex:**

(10-15 minutes)

1. Jogging forward movement  
2. Backwards movement  
3. Sideways movement  
4. Diagonal movement  
5. High kicks  
6. Front lunges  
7. Side lunges  
8. Quads  
9. Knee to chest/calf  
10. Small kick in front, large behind  
11. Open/close gate  
12. Carioca & sprints x2

+ 3-5 minutes individual stretching period.

**Technical Component 1 - (10 minutes)**

Small sided keepaway (5v3)/large sided keepaway (8v8)

**Technical Component 2 - (10 minutes)**

Striking/finishing
1. Ball 1 - X1-X2-X3-X1 who strikes on goal
2. Ball 2 - Played out to 2 wide players who play a 1-2 before crossing to 3 attackers

Individual Optional Training (50-60 minutes individual work out)

Exercise 1: Juggling (10 minutes)

Perform juggles (1) R foot only (2) L foot only (3) alternate feet R, L, R, L etc. (4) R foot, R thigh, R foot etc. (5) L foot, left thigh, left foot etc. (6) R foot, R thigh, R shoulder, head, L shoulder, L thigh, L foot. Record the highest score.

Exercise 2: Ball mastery (10 minutes)

One minute of each of the following 10 ball mastery exercises. (1) Toe taps (2) tap, tap, role (3) Inside pulls (4) backwards triangles (5) scissors cannon (6) V outside, pull push (7) pull push, step over (8) Maradona toe taps (9) Sole, heel, step behind, turn 90 (10) Fancy toe taps

Exercise 3: Cutting & changing direction (10-12 minutes)

Set up 2 markers, 10-15 steps apart & dribble between the two performing the following moves (1) outside cut R & L (2) inside cut R & L, (3) R & L foot pull back (4) Cruff (5) R & L foot L Turn (6) R & L foot Slap Cut

Do each exercise for 1 minute on only one foot & record the total amount completed, then move to the opposite foot, repeat for all exercises.

Exercise 4: Beating the opponent head on (7 ½ minutes)

Set up 3 markers in a line, start at one marker dribble to first marker, perform individual skill move and continue. Use alternate foot (L & R) when going different directions. Perform the following moves for 90 seconds & record the number completed (1) Inside/outside (2) single scissor (3) single step over (4) scissor & step over same foot (5) roll over, step over
Exercise 5: Agility/conditioning/speed (10-20-30 minutes) – Can repeat x2/x3

1. 4 Cone drill (without the ball), how many completed in 90 seconds
2. 3 Cone drill, how many completed in 90 seconds
3. 3 cones in a line 4 steps apart, run in an double 8 shape (in, out & around), how many completed in 90 seconds
4. Shuttle runs, markers 20 steps apart, how many completed in 120 seconds?

Tryout Procedure

Players should arrive in plenty of time before the tryout begins

Players should be ready to play when the tryout begins (soccer shoes, shin guards etc.)

The tryout will consist of 3 days (players should attend all three days). The tryout may consist of the following elements: warm up & cool down periods, technical elements, small sided games, larger sided games & physical evaluations

Players will be evaluated by the coaching team of Matt Dorman, Kay Chikos & Kristi Hardy for the duration of the tryout period.

Those successfully offered a place within the program will be assigned to either Varsity, JV or JVC teams.

We have a very popular & competitive program with a high number of players trying out, therefore we provide no guarantee that a place within the program will be offered to all players.

There is no guarantee that players will be offered a position (2014) on the same team as last year (2013)

Due to the development nature of the program (we aim to improve players technical/tactical ability and therefore create an environment in which they have the potential to move teams in future years), no seniors will be offered a roster spot on the junior varsity or C teams. In order for a senior to participate within the soccer program, they must be successful in trying out/making the varsity roster.

All players that tryout will have a brief one on one meeting with a member of the coaching team in order to be given the result of the tryout & will also be provided with a brief evaluation.

Players may have the opportunity to move between the rosters (both ways) during the season based on a number of factors including but not limited to performance during games, attendance/effort level at training, attitude & leadership etc.
Player/Parent Code of Conduct

To be completed by those players/parents offered a place within the Bellevue High School Girls Soccer Program (2014). Representing Bellevue High School is a privilege, therefore certain expectations must be adhered to.

Players:

- I will always show respect towards my coaches, my team-mates & the school
- I will always show respect towards the referee, opposing players & coaches
- I will represent Bellevue High School in a positive way
- I will give complete effort in all training sessions & games & remain focused
- Coaches should be notified of an absence, in advance
- Coaches should be notified of any injuries in order to ensure player safety
- I will take victory modestly & defeat graciously
- I will arrive prepared, on time & ready to play at training sessions & games
- I will take responsibility of my soccer equipment, uniform kit, training gear etc.
- I will not use foul language when representing BHS
- I recognize that I am a student first & an athlete second & will look to achieve the highest GPA possible

Parents:

- Be a positive & supportive influence towards your child & the program
- Support all team/program members & the coaching staff
- Be respectful to the referees. Do not question the refereeing decision
- Accept the results of games. Encourage your child to be graceful with victory & to turn defeat into a victory by working towards improvement
- I will not shout or coach my child during games, hearing more than one command causes confusion

Communication Pathway

Questions, concerns & comments should follow the following pathways in order to resolve the problem:

1. Player to coach
2. Player to varsity head coach
3. Player & parent to varsity head coach
4. Player & parent to AD

Player Name..................................................................................
Signed............................................................................................Date...........................................

Parents Name(s).............................................................................
Signed............................................................................................Date...........................................