

DAVID YATES



A.K.A.: Coach Yates

Age: 28 (Born: Jan. 12, 1993)

Hometown: Warrenton, Va.

College: Graduated from Lynchburg College in 2015 with a degree in Sports Management. Later earned his MBA from New England College in 2018.

Title(s): Head Coach FFC 08 & 03/04 Boys Black

Started at FFC: July 2019

Coaching Credentials: USSF C License

What is your coaching experience?

I have been coaching club for six years now. Started off with CVU as a U9 coach, then proceeded to coach a U16 boys team in Maine for Western Maine United. Moved to New Hampshire and coached U14 and U15 boys teams for two years with Hampshire United before coaching for VBR Star with the U18/19 girls team. As far as college is concerned, I have been an assistant coach at the University of Maine Farmington, grad assistant at New England College (2 years), assistant at Virginia Military Institute, and now the assistant coach at UMW. All of my college coaching has been done on the men's side.

What is your playing experience?

I played club soccer growing up for FCSC (Fauquier County Soccer Club) and guest played with NVSC a few times. Played collegiately at Lynchburg College from 2011-2015 before throwing myself into coaching.

What made you first get involved in soccer?

It started off just as a recreational sport that my parents got me involved with. I remember buzzing around with a massive group of teammates in yellow shirts and it legitimately felt and looked like a huge swarm of bumblebees were trying to kick a ball wherever they could. Have not been able to stop being involved since then.

What made you want to start coaching?

I actually started coaching U8 soccer when I was still in high school with a teammate of mine, but ended up making the team really feel like it was mine because I was at every practice and every game. Truthfully, I think being a coach is such a great opportunity because of the impact you can have on someone outside of being a teacher, or parent at different ages.

How did you hear about the FFC?

I have known about FFC... I coached for VBR Star in the CCL this past fall season.

What would you say was the biggest thing that helped you during your playing career?

The biggest thing was having a mindset that was consistent. There were certainly times when things weren't ideal in life, but always having a certain mindset when you step on the pitch whether its training, or a match, or pickup, will help you to push yourself to reach a new level.

Who/What was the biggest influence in your playing career?

Tons of coaches have influenced my playing career, but the two biggest influences have to be my parents. They helped me get everywhere and do everything growing up, and without their support none of it would have been possible. It's incredible that they were always so positive and willing to listen instead of criticize and bash some of my performances.

Who is your biggest influence in your coaching career?

My biggest influence in my coaching career happens to be a guy that coached me in college. Tommy DiNuzzo (right) who is now the head coach at Hampden Sydney College. He gave me the opportunity to become a college coach, and is someone that is a coach that you want to work, or play for.



What's your favorite drill and why?

I do not think that I have a favorite drill, but I LOVE rondos because of how adaptable they can be to any situation. They are a good way to start a session, players can start them up without the coach's attention, and they involve every major aspect of the game that a player needs to think about.

What is your best memory from your playing days?

Winning an ODAC championship in 2014 to make it to the NCAA tournament for the first time in my career and my classes career. We made it to the finals as freshman but ended up letting the match slip away from us. This championship was huge because we played a fantastic Roanoke side and had to work our tails off the entire match to win 1-0. The best feeling wasn't the win itself, but the satisfying feeling of celebrating with 25+ of your best friends at the time who you trained and ate and hung out with for the past three or so months and in some cases years.

What is your best memory from coaching so far?

Seeing a man that had been coaching for 16 years at the collegiate level win his first conference title. It was sheer joy and the amount of effort to push his teams to get that far had finally paid off.

Anything else about yourself you'd like to share?

I have a younger sister with Down's Syndrome, so kids with special needs and disabilities hold a dear place in my heart. The Special Olympics is an awesome organization and if you have not had the opportunity to volunteer recently you should really consider helping them out.

Who's your favorite professional soccer team and why?

Arsenal has been and will always be my favorite team. Wengerball was so much fun to watch growing up. So many quality team goals that were created because of his methodology and practices. They played with a certain flair in the final third that just made the game so exciting to watch. Now is an exciting team with some of the current team, except for the obvious issues with the back four.



Who's your favorite professional player, past or present, and why?

Thierry Henry was one of the first professional players that I truly was mesmerized by growing up. A current player that I love to watch is Aaron Ramsey. Obviously, there is some bias because both of these guys have been Arsenal players in the past, but that's my team.

What's your favorite food?

I cannot say that I have a "certain" favorite food. It's more based on what I am enjoying currently. Right now, I have a certain fascination with Mediterranean food.

What's your favorite movie?

My favorite movie trilogy is Lord of the Rings.... And my favorite movie is any of the Marvel movies. It was devastating to watch End Game.

What's your favorite kind of music?

Spotify is so great because of the ridiculous amount of music that is on the streaming service. I tend to side with hip-hop and rap, but I also really like alternative and indie music.

What do you like to do other than soccer?

I am a DMV fanatic meaning the Redskins, Wizards, Capitals, Nationals, and DC United are all favorite teams of mine. Over the last few years I have really followed the Wizards a lot. Also, I love to go outdoors and find new hiking spots, as well as read.