

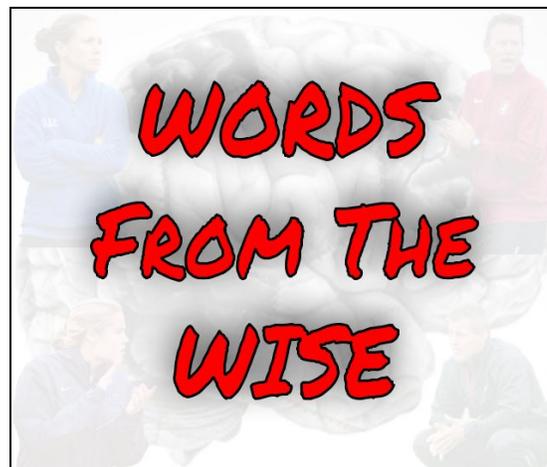
## WORDS FROM THE WISE

*In this series we will bring you monthly on the FFC website and in the club's "The Pitch" Newsletter, FFC Media Director Tom Leiss will talk to various Men's & Women's college coaches about what they look for in recruits. This information will be brought to you anonymously in each post to allow the coaches to be able to speak freely without it violating any NCAA rules so that we can all help players and their families get through the recruiting process as easily as possible. If you are a college coach and would be interested in contributing, please email [tleiss@fredericksburgfc.org](mailto:tleiss@fredericksburgfc.org) and we'll send you a brief questionnaire to answer and contribute.*

**(Wednesday, June 26, 2019)**—In this issue of "Words from the Wise," coaches answer: **"What would you suggest recruits focus on most?"**

While getting noticed is key, figuring out how to get noticed can be difficult. The college coaches we contacted had various suggestions on what is the most important thing for a player to be concerned with when going through the recruiting process.

Again, the only distinguishing mark I will put with each comment is whether the coach is a men's or women's coach. Here's what they had to say.



**COACH 1 (Men's)** — "Recruits need to focus on what they want to get out of the student-athlete experience at the University. Is the soccer program a national contender, a conference contender or maybe a bottom dweller in the conference. Am I going to a team that was 15-2 or a team that was 2-15? There is a significant difference no matter if it is a Division 1, 2, 3, or NAIA program."

**COACH 2 (Women's)** — "3 FACTORS: 1. Academics, 2. Fitness and 3. Be realistic."

**COACH 3 (Men's)** — "I would say recruits need to focus on being themselves as players. Often times players try and force the issue and press to be a player they are not capable of being. Pirlo would have never been a successful professional if he always looked to beat players off the dribble or tried to use athleticism to best an opponent. Instead he used his technique, vision and overall positional awareness to be one of the best players in the world. I would say to recruits to find some areas of your game you are above average in and look to become even better in those areas instead of always just focusing on the things you need to improve upon. Don't get me wrong, those improvement areas are still important but be who you worked hard to be within the limits of your game."

**COACH 4 (Women's)** — "Being successful in what they do and when and where they do it. . . . i.e., don't turn the ball over and make something good happen in the attack. Don't forget to defend too! We like players that are comfortable handling the ball, running with it."

**COACH 5 (Women's)** — “I feel that one of a player’s primary focuses should be on what she really does well. I sometimes think that we spend so much time working on our weaknesses that we do not allow ourselves to become great in one or two areas. I recommend finding out what you do well and then become great at it—this will help a recruit stand out as well as potentially provide a real need for a college program.”