

# STEVE PLATO



**A.K.A.:** Coach Plato

**Age:** 49, Sept 5, 1969

**Hometown:** Orange Park, Fla. (just outside of Jacksonville)

**Title(s):** Head coach of the FFC06 Girls Red team and the Vice President of the Board of Directors

**Started at FFC:** Started coaching rec at FFC in 2010 and travel in 2011

**College:** Graduated from the University of North Florida, majoring in Criminal Justice and a minor in Political Science.

**Coaching credentials:** National D license

**Email:** [saplato5@gmail.com](mailto:saplato5@gmail.com)

**Are you living in the Fredericksburg area now?**

*Yes. I live in Fredericksburg.*

**Can you tell us about your family?**

*I'm married for almost 24 years to Season Plato. We have 3 kids, all having played their travel soccer careers at FFC. Andrew 22, Adam 18 and Madelyn 16.*

**How did you hear about the club?**

*From friends in the neighborhood.*

**What is your coaching experience?**

*I have been coaching soccer to boys, girls, men and women for 36 years. I've coached recreation, travel and adult soccer teams.*

**What is your playing experience?**

*I played recreation soccer growing up until a travel program moved to my hometown at the age of 14. I then played travel and high school soccer.*



**What made you first get involved in soccer?**

*Mom signed me up when I turned 5 and I liked it more than all the other sports I tried.*

**What made you want to start coaching?**

*At age 13 I was an assistant coach for a family friend who was coaching a recreation team of 5 and 6 year olds. Halfway through the season, the head coach had to step away due to health concerns so I took over. That started what has been 36 years and counting of coaching soccer!*

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

*Touching a ball every day to improve my technical skills and touch, while being the best teammate possible. Always encouraging my fellow players, never demeaning.*

**Who is your biggest influence in your coaching career?**

*Coach Mike Ruff. He was my first coach at age 5 and coached me until travel started nine years later. He was amazing at teaching both the technical and tactical aspect of the game to youth players.*

**What's your favorite drill and why?**

*I love teaching the transition part of the game. I love all drills that deal with transitioning!*

**What is your best memory from your playing days?**

*It wasn't a goal, or helping stop a goal, or a big win. It was in a game at age 12, I got kicked so hard in the shin that a massive hematoma formed along my bone. While I could barely put pressure on my leg, I begged the coach to put me back into the game until he did. I fought through the pain to be out there with my teammates until the final whistle. Never give up!*

**What is your best memory from coaching?**

*Win or lose, close game or not, any time I'm on the sideline coaching young players at FFC is my "best" memory!*

**Who's your favorite professional player (past or present) and why?**

*Andres Iniesta, Former Barcelona and Spanish team player, because he was amazed me for years with his playmaking ability, his ingenious creativity, and the fact that he makes everyone on the team better when he is on the field.*



**Who's your favorite professional soccer team and why?**

*I don't have a favorite. I just watch all professional soccer possible. But my favorite team is the U.S. Men's and Women's National teams.*

**What's your favorite food?**

*Cauliflower Pizza or Taco Salad. . . . I can't pick between the two!*

**What's your favorite movie?**

*Hard to name a single favorite, but I enjoy movies like Legends of the Fall or Everybody's All-American.*

**What's your favorite kind of music?**

*My favorite band is the Dave Matthews Band so whatever you would call this nowadays . . . alternative I guess?*



**What do you like to do other than soccer?**

*Without hesitation, fishing. Specifically fishing from my kayak. Nothing more peaceful than being on a local river at sunrise on my kayak. I also really enjoy health coaching with my wife and helping people transform their health and wellness.*

**If they did a movie about your life, what actor would play you and why?**

*Harvey Keitel, because he is a little bit nutty.*

**If you got shipwrecked on a deserted island, what 3 things would you want with you?**

*Fishing pole, sunscreen and a lifetime supply of fresh water.*