

**TRAVEL PROGRAM
2018-2019 SEASON**

**Feb. 4-7, 2019
at Fredericksburg Christian Upper School
Open To All Age Groups**

**Registration: Email mowolabi@fredericksburgfc.org
for specific age group/team date & time
For more info, visit www.fredericksburgfc.org**

Specific Team Openings

- 2010 Boys Red
- 2010 Girls Black
- 2009 Boys Black
- 2009 Girls Black
- 2009 Girls Red
- 2008 Girls Black
- 2007 Boys Black
- 2007 Boys Red

WHY TRYOUT FOR THE FREDERICKSBURG FC TRAVEL PROGRAM?

With the club's Spring 2019 Supplemental Tryouts coming up, "The Pitch" spoke with FFC Technical Director Mayowa Owolabi about the club's program and why players should want to be involved.

We of course started with the obvious questions, Why should players participate in this particular tryout?

MO: *"If players are interested in joining our travel program for the second part of the [2018-19 playing year], this tryout is exactly for them. We are looking to add quality players to our program as we prepare for the spring season, so us having supplemental tryouts now will only help us get stronger for the spring!"*

FFC's tryouts aren't just for players who have never played or tryout for the club before. They are always opportunities to challenge players to challenge themselves and find out if they are ready for the rigors of the travel program.

And if it turns out they may not be ready, the club has offerings that can help elevate the players' game in hopes of earning a spot in the program in the future.

MO: *"We are always looking for players to tryout for our programming. For players who tried out before and didn't get selected, this is a great opportunity to tryout once again. Most players who don't get selected get information on joining other appropriate FFC Programs. If a specific family*

takes that information in and maybe spends a season at the Recreation or Academy level, we expect those programs to fine tune our players so potentially that additional season of Recreation or Academy has prepared them to join the travel programming now.”

The mid-playing-year supplemental tryouts are also important players who may not have been able to tryout out at the beginning of the year and Owolabi highly encourages players not to miss out on this opportunity.



MO: *“These tryouts are perfect for the families that just moved into the area, the player who is looking for something more competitive and the player looking for new challenges. We have teams in all age groups for boys and girls so visit our website (www.fredericksburgfc.org) to get registered ASAP. Tryouts start next week!”*

SUPPLEMENTAL TRYOUT INFO

Tryouts are schedule for February 4-7, 2019. All tryouts will be scheduled by Birth Year Age Groups. Tryout times are listed below:

TRYOUT SCHEDULE

➡Monday, Feb. 4:

2007 Girls: 6-7 p.m.

09/08 Boys: 6-7 p.m.

06/05 Girls: 7-8 p.m. -- UPDATED TIME

➡Tuesday, Feb. 5:

2010 Boys: 7-8 p.m.

2005 Boys: 8-9 p.m.

➡Wednesday, Feb. 6:

2008 Girls: 7-8 p.m.

06/07 Boys: 7-8 p.m.

➡Thursday, Feb. 7:

2010 Girls: 6-7 p.m.

2009 Girls: 6-7 p.m.

All tryouts will be held at Fredericksburg Christian School.

Address for FCS is: 9400 Thornton Rolling Rd., Fredericksburg, Va 22408.

****NOTE:** *All tryout players are responsible to come in indoor futsal/athletic training shoes as all sessions will be indoor futsal training sessions.*

WHAT FFC COACHES LOOK FOR DURING TRYOUTS

TECHNIQUE

- **Ball Mastery & Control**—The ability to collect, control and manipulate the ball with both feet, legs, chest and head.
- **Dribbling & Running with the Ball**—Moving the ball in different directions at varying speeds with the ball in full control.
- **Body Movement & Shapes**—How you move your body efficiently with and without the ball to maximize impact with balance and coordination.

Just like learning a language, it does not happen overnight and will take years of learning with many hours of repetition. To be able to accomplish this is heavily dependent of the next soccer attribute.

GAME INTELLIGENCE

- **Spatial Awareness**—Players need to quickly visualize and understand the pictures that are created on the soccer field. Where the players standing or moving and what are the distances and spaces in relation to the ball? How quickly can you create these pictures to help you make decisions as to your next move?
- **Risk Assessment**—What happens if I run into this space or if I pass a ball into that space? Are you able to make the right decision that will have a positive impact for your team and minimize the risk.

MINDSET

Mindset is a very hard area with contributing factors, so again this is broken down into smaller segments. It is a key ingredient in a footballer's makeup and often determines which level you play at because the higher up the football ladder your progress, the more important the mindset becomes.

- **Passion & Drive**—The ambition and hunger to succeed.
- **Mental Toughness**—In times of adversity, how does a player react?
- **Leadership**—Organize vocally or lead by example.
- **Coachability**—How do players react or respond to instructions, criticism and suggestions?
- **Responsibility**—Does the player take ownership of these responsibilities and carry them out or do they shy away?



PHYSIQUE

In the early years, a player's physique should be one of the last factors to look at, but when we do these are the areas to focus on:

- **ABC's**—Agility, balance and coordination are vital because there are so many movements that happen in a soccer match This is with and without a football as you dribble, jump, turn and place your body into a variety of positions.
- **Power & Strength**—This is not the size of the individual, but is more about how effectively you use your body to win a physical battle.
- **Speed**—This is not only straight-line speed, but it is the speed at which you accelerate, decelerate and how quickly you can change direction with and without a football at your feet.
- **Stamina**—As your body fatigues, your control, focus and decision making can become impaired, which are all critical in a match situation. The ability for a player to deal with the constant stop, start nature, as well as endurance during a game to keep moving will be examined.

GOALKEEPER IDENTIFICATION & EVALUATION

There are 4 key factors: Bravery, Communication, Speed and Reactions

➔ **Decision Making**

Unlike playing in any other position where mistakes can be rectified, being a goalkeeper comes with the knowledge that a mistake will almost certainly result in a goal. With only a split second to make decisions, a goalkeeper must always go with their instinct.

➔ **Confidence**

Being the last line of defense isn't an easy job and, as mentioned above, there is a lot of pressure surrounding goalkeepers of all ages and levels. For this reason, it is essential that goalkeepers have a large amount of belief in their own ability. Goalkeepers must be commanding and demand respect. If a goalkeeper is not confident, they will not be trusted by the players around them, which will have a negative impact on the team. A goalkeeper has the ability to lift the rest of the team through the way they handle themselves, so confidence is another essential part of a goalkeeper's make up.



➔ **Footwork**

In order for the feet to move quickly and the hands to come up and make a save, a high level of coordination is required. Without it, an individual may be able to move their feet well, but without the ability to get the hands across and make a save at the same time, one cannot call themselves a goalkeeper.

➔ **Ball Skills**

A modern-day goalkeeper must be comfortable with a ball at their feet. Goalkeepers are required to pass and receive the ball. If a young goalkeeper is looking to develop and play at a high level, it is important they do not neglect their ball skills. A day per week spent training with the outfield players will be hugely beneficial in the long run.