

A group of soccer players and coaches posing on a field. The players are wearing blue jerseys with white accents and numbers. The coaches are wearing jackets and caps. The background shows a soccer field with a goal and trees.

# LUSC Coaches Meeting

Spring 2026 Season  
3<sup>rd</sup> - 8<sup>th</sup> Travel Programs  
March 25, 2026





This presentation has been modified for web publication. Most email addresses have been changed to point at the LUSC website Contact Us page.



Welcome to the Spring 2026 Season!

**Thank you for being here!**

**Our Mission**

*To develop lifelong soccer players among  
Lexington youth*



# Agenda: 3<sup>rd</sup>-8<sup>th</sup> Grade Programs

Time	Topic	Presenter
7:30 – 7:40	Welcome to the Spring 2026 Soccer Season!	Sean Kennedy, President
7:40 – 7:50	Registrar Update	Diane Pursley, Registrar
7:50 – 7:55	Equipment Update	Allison Clark, Equipment Coordinator
7:55 – 8:05	Field and Schedule Update	Liz Bettencourt, Schedules (Practices) Tara Mathur, Schedules (Games)
8:05 – 8:10	Goals Update	Justin Whitehead, Goals
8:10 – 8:20	Referee Update	Christianne Mager, Referee Coordinator Bob Licht, Referee Mentor
8:20 – 9:00	Travel Program – DOC Presentation	Brendan Donahue, Director of Coaching



# Opening Comments

## My personal passion ... the answer to “why?”

- **Volunteerism** — *Strengthening our community by giving our time*
- **Advocacy** — *Championing the future of youth soccer in Lexington*
- **Selfless Service** — *Leading with humility, service, and purpose*

*“We make a living by what we get, but  
we make a life by what we give.”*

— Winston Churchill



# Community Presence

## Upcoming Events:

- **Patriots Day Awards Ceremony, Apr 17, 6.30pm - SAVE THE DATE!**
  - **NEXT**: Please join 200+ LUSC volunteers recognized with highest-level VO250 award (100+ hours between 2025 Apr to 2026 July), supporting community-wide goal of 250,000 hours.
- **Lincoln Community Hour**
  - At Lincoln on weekends and in summer
  - Free play soccer, extra touches on the ball
  - **NEXT**: Following LUSC email, pls update TeamSnap & encourage players to join the fun at Lincoln!





# Community Presence - LHS

Mobilization commences July 1

Mitigated impact on LUSC

Fields to follow, 2031+



Lexington HS - Lexington, MA  
Phase 1 - Enabling



LEGEND	
C3	JUNIOR VARSITY BASEBALL
C5	CRUMB FOOTBALL FIELD
C6	PRACTICE FIELD
C8	CRICKET OVAL
CB	JUNIOR VARSITY SOFTBALL
CE	RECTANGLE OVERLAY
S1	GRANDSTAND W/ PRESS BOX
S2	CONCESSION/TICKET/RESTROOM
S3	FACILITIES/ATHLETIC STORAGE





# Community Presence - Lincoln 3

6/8 - Construction begins

Modelled after L2

8/14 - Targeted end date



## ATHLETIC FIELD LEGEND

- 1 MULTI-PURPOSE INFILLED SYNTHETIC TURF FIELD  
SOCCER - 214'X358'  
FIELD HOCKEY - 180'X300'  
BOY'S LACROSSE - 180'X330'  
GIRL'S LACROSSE - 195'X360'
- 2 ATHLETIC BALL NETTING SYSTEM  
20' HIGH ATHLETIC BALL NETTING SYSTEM
- 3 TEAM AREAS
- 4 SPECTATOR SEATING - PORTABLE BLEACHERS  
SEATING COUNT = ±180 SEATS
- 5 CIRCULATION IMPROVEMENTS



# Lincoln Park - Field 3 | Site Rendering

Town of Lexington | Lexington, MA

**ACTIVITAS**

landscape architecture | civil engineering

70 Millers Street | Dedham, MA 02026-2915

(781) 326-2600 | [activitas.com](http://activitas.com)

FEBRUARY 20, 2024



# Community Presence - Revs

## Please Join Us for **Night at The REVS**

- May 9th, 7:30 kickoff against Philadelphia Union at Gillette Stadium with pre game tailgate with the LUSC community
- As event approaches, all LUSC players and parents will receive link to buy discounted tickets
- LUSC has reserved parking lot for tailgate and pregame soccer
- Last spring LUSC had over 500 players and parents join!!!
- Be on the lookout for the email from New England Revolution in early April

**LEXINGTON UNITED NIGHT AT THE REVS**  
**SATURDAY, MAY 9**



**WHAT'S NEW FOR SPRING 2026?**

**LUSC IS TAKING OVER THE BRAND-NEW REVOLUTION TURF TRAINING FIELD!  
DISCOUNTED TICKETS, FREE PARKING, TAILGATING, THEN WATCH THE REVS IN ACTION THAT NIGHT!**

**MORE DETAILS TO COME**



# Community Presence

## Help us with our social media!!!

- **Follow LUSC** on Instagram **@LUSCSOCCER** and Facebook **@Lexington United Soccer Club** for update and highlights of season
  - If coaches have goals, great plays and or photos they would like to share on our social media accounts, please DM our instagram account !!!
- We update registration dates, tryouts, and other helpful updates via our social media platforms, so please follow us



@LUSCSOCCER





# Your Support Network – LUSC Board

## LUSC BOARD MEMBERS

<b>President</b>	Sean Kennedy	<a href="#">Contact</a>
<b>VP Programs</b>	Jon Trementozzi	<a href="#">Contact</a>
<b>VP Admin</b>	Sam Ang	<a href="#">Contact</a>
<b>VP Registration</b>	Hannah Mamuszka	<a href="#">Contact</a>
<b>VP Marketing</b>	Ben Myers	<a href="#">Contact</a>
<b>VP Schedules</b>	Mihran Yenikomshian	<a href="#">Contact</a>
<b>VP Equipment</b>	Phil Porter	<a href="#">Contact</a>
<b>VP Technology</b>	Chuck Alexander	<a href="#">Contact</a>
<b>Treasurer</b>	Ravi Panchmatia	<a href="#">Contact</a>
<b>Clerk</b>	Aradhana Kuhn	<a href="#">Contact</a>
<b>Past Pres. &amp; BAYS</b>	Surya Singh	<a href="#">Contact</a>
<b>General Members</b>	Kathryn Ready	<a href="#">Contact</a>
	Alfredo Milan	<a href="#">Contact</a>
	John Truelove	<a href="#">Contact</a>



# Your Support Network – Division Directors

## 3<sup>rd</sup>-8<sup>th</sup> GRADE DIVISION DIRECTORS

<b>Boys Grade 3</b>	Matt ODonnell	<a href="#">Contact</a>
<b>Boys Grade 4</b>	Vanita Srikanth	<a href="#">Contact</a>
<b>Boys Grade 5</b>	Aradhana Kuhn	<a href="#">Contact</a>
<b>Boys Grade 6</b>	Jeff Bettencourt	<a href="#">Contact</a>
<b>Boys Grades 7 &amp; 8</b>	Jon Trementozzi Hannah Mamuszka	<a href="#">Contact</a>
<b>Girls Grade 3</b>	Christine DeRosa	<a href="#">Contact</a>
<b>Girls Grade 4</b>	Lauren Noel	<a href="#">Contact</a>
<b>Girls Grade 5</b>	Heather Baker Nielsen	<a href="#">Contact</a>
<b>Girls Grade 6</b>	Ben Myers	<a href="#">Contact</a>
<b>Girls Grade 7 &amp; 8</b>	Phillipe Schenk Chris Walsh	<a href="#">Contact</a>
<b>High School</b>	Diane Purseley	<a href="#">Contact</a>



# Your Support Network – Staff / Volunteers

<b>LUSC Staff and Volunteers</b>	
<b>Director of Coaching</b>	Brendan Donahue
<b>Asst Dir. of Coaching</b>	TBD
<b>Registrar</b>	Diane Pursley
<b>Schedules: Games</b>	Tara Mathur
<b>Schedules: Practices</b>	Liz Bettencourt
<b>Fields Coordinator</b>	Mona Potter
<b>Equipment – Goals</b>	Justin Whitehead
<b>Equipment – Coaching</b>	Allison Clark
<b>Referee Assignor</b>	Christianne Mager
<b>Head Referee Mentor</b>	Bob Licht
<b>Coach Mentor</b>	Rick Tyson
<b>TOPS Program</b>	Paul Clough
<b>Mentor Program</b>	Phil Porter



# Call for Volunteer - Club Treasurer

## Join the LUSC Board as our Club Treasurer

Help LUSC stay financially strong and transparent. As a key volunteer leader, you'll oversee our financial health and make sure our resources are used the right way to support our players.

### What You'll Do

- **Guide the Strategy:** Provide financial oversight and help the Board make smart, long-term decisions.
- **Oversee the Books:** Work with our professional bookkeeping service to ensure accuracy and budget alignment.
- **Keep Us On Track:** Monitor cash flow and help build our annual budget.

Email interest: see [LUSC Contact page](#)



# Guest Player Policy: LUSC Guidance

- Our expectation is that this policy helps with the following:
  - Avoidance of canceling games due to low numbers during April school vacation week
  - Avoidance of playing short-handed and/or canceling games due to injuries and illness
- Please keep in mind that you are allowed to bring players up from a “lower” team, not bring players down from “higher” teams.
- Need to bring a two copies of the roster for the guest player’s original team

**Please don’t abuse this policy - it is not intended to be used to gain a competitive edge**



# Registrar Role Overview

- Point of contact for families with questions about programs, teams, uniforms, and refunds
- Manager of Team Snap registration and rostering
- Data manager for player evaluations and team formation
- BAYS point of contact for rosters, placement and waivers
- Massachusetts Youth Soccer Association (MYSA) point of contact
  - Coaching credentials
  - Affiliation reporting for LUSC general insurance
- Email [Registrar@lexingtonunited.org](mailto:Registrar@lexingtonunited.org) if you have a question



# MYSA Registration Information

**All Coaches need a MYSA Credential and must wear to all games**

**Credentials are good for the soccer year (Fall 2025 through Spring 2026)**

- **MA Safe Soccer** is a comprehensive Adult Registration process and training required for all adults working with children, required even if you completed a CORI for another organization.
- [Sports Connect](#) is the system Mass Youth Soccer (MYSA) uses to facilitate the credential process
- Start by [registering with MYSA](#) (required every soccer year- opened July 1)
- Order a CORI through MYSA (NOT US Soccer) if you are a new coach
  - Once accepted through MYSA, Registrar must verify before credentials are final
- Use the [US Soccer Learning Link](#) to complete the Concussion & Safesport Training
  - Safesport required annually, Concussion good for two soccer years
- Finally, check on Sports Connect to make sure you are all set. (I am happy to confirm for you)



# MYSA/LUSC Resources

- [Adult Registration Process](#)
- [Adult Registration Video](#): 4 minute overview of the process
- [MYSA Registration Portal](#): Start here to register
- [US Soccer Safe Soccer Learning Link](#): Click here to start your training
- [US Soccer Help Guide](#)
- [Sports Connect Log-In](#): Check your credential status here
- [Bays.org](#): website to access rosters, schedules, standings and more
- [LUSC website page for basic coach credential information](#)
- [LUSC website page for new coach information \(regarding CORI verification\)](#)

**Pro tip: Use the same legal name and email address for all accounts**



# Rosters & Other Game Day Info

**Please bring 2 rosters to every game: one for the ref and one for the other team**

- **NEW:** All players must be listed on the roster with their birth month and year and their jersey number per BAYS
  - **Action requested:** If there are missing/incorrect numbers, please fill them in and email the numbers to the registrar to be updated in the system
- **NEW:** Re-scheduling games (change made because of the poor weather last year): a reschedule date must be agreed upon within four weeks of the canceled game during weeks 1-6 and ASAP after week 6.
- Head coach must be listed on the BAYS website and also be on the roster
- All coaches listed on the roster must have 2025-26 coach credentials



# Late Uniform Orders

- After the initial order that was due March 1, we order extra uniforms to keep in inventory for late orders primarily from families new to town
- Tricon works with families to make sure everyone has a uniform
- Start with the LUSC Store:  
<https://lusc-spring-2026.itemorder.com/shop/home/>
- Contact email for families that need uniforms if the store sells out: [teamstores@triconsports.com](mailto:teamstores@triconsports.com) (or direct them to registrar)



# TeamSnap Overview

**Use TeamSnap for communicating with your team.**

***Please add or correct jersey numbers in your TeamSnap rosters!*** These will be reflected on your BAYS rosters.

(More on TeamSnap later in the presentation when we talk about Schedules)





# Equipment Update

## Equipment bags

- Equipment bag and contents should be handled by coaches only
- Coaches keep equipment bag at the end of the season or pass on to the DD if they will no longer be coaching (DD will pass to new team or head coach)
- Unused equipment will be re-used or recycled

## Equipment bag contents

- Cones/Coaching Manual/Goalie gloves/12 single-color pinnies/medical kit/ball pump



# Equipment Update

- **Coaches meeting: DDs distribute equipment for the season**
  - Game ball
  - Ice packs (4 per team)
  - Coaching manuals (new coaches)
  - New equipment bags (for new coaches and G3 travel teams (spring only))
  - Coach T-shirt (size S , M, L, XL, 2XL, 3XL) - available at Diamond on Saturday mornings in-season
- **Let your Division Director know of any equipment needs during the season:**
  - Ball pump and/or needles
  - Medical kit
  - Replacement game ball
  - Goalie gloves, cones, ice packs
- **Contact Registrar for reversible pinnies or travel uniform orders**



# Contact info for Schedulers

## LUSC Role

## LUSC Volunteer

Game Schedule

Tara Mathur /  
[schedules@lexingtonunited.org](mailto:schedules@lexingtonunited.org)

Practice Schedule (Weekdays)

Liz Bettencourt /  
[weekday-schedules@lexingtonunited.org](mailto:weekday-schedules@lexingtonunited.org)



# New, Simpler Scheduling System

Starting this season TeamSnap, BAYS, and the field schedule on the LUSC website will all be linked. When a game or practice is rescheduled the info will automatically flow through to TeamSnap so your team will get the communication.

In order for this to work, please do not load your team's info into TeamSnap manually. This will be done automatically by our new system. Please also never delete events in TeamSnap (cancelling is fine).





# Schedules

**Practices officially start the week of April 6. Let Liz know if you'd like to start a week earlier. Games start Saturday, April 11.**

- **Game schedules** will be on BAYS.com and the LUSC website soon.
- **Practice schedules** are on the “Spring 2026 Weekdays” link on the LUSC homepage under SCHEDULES.
- **\*\*New\*\***: Both will be auto-synced to TeamSnap throughout the season.



## SCHEDULES

Spring 2024 Weekdays

Spring 2024 Saturdays

Spring 2024 Sundays



# Reasons to Cancel a Game

## 1. Not enough players available

*Check in with your team about their availability on the following Saturdays:*

- *April 18 - April break*
- *April 25 - April break*
- *May 24 - Memorial Day Weekend*

## 2. Field closed due to unplayable weather (eg lightning) or wetness

- *This decision will be made by LUSC*



# How to Cancel a Home Game

- 1. To cancel a home game, email [schedules@lexingtonunited.org](mailto:schedules@lexingtonunited.org)**
- 1. Please cancel as soon as you can, and no later than Thursday 7pm before the game, otherwise LUSC gets fined.**

(It's the responsibility of the away team to cancel an away game.)



# How to Reschedule a Home Game

1. **Check the schedules on the LUSC website** to see available fields, days, and times
2. **Confer with the opposing coach** and agree on a new day and time
3. **Email [schedules@lexingtonunited.org](mailto:schedules@lexingtonunited.org)** with this info so we can make the change official:
  - Date and time of original game
  - Division (i.e. girls grade 8)
  - Coach last name
  - Makeup date, time and field preference

Once the change is made, TeamSnap will be updated automatically (Away games will also be updated in TeamSnap automatically.)



# The weather looks iffy. How do I know whether my field is open?

**The LUSC homepage always has the most up-to-date info!**

Updated by 2pm on weekdays / 7am weekends

- When the town closes fields, we will cancel affected practices and games in TeamSnap.
- When conditions are iffy and no decision is made, please be patient. You may be contacted about moving things around. 😊

FIELDS	
NO UPDATES UNTIL SEPT 3, 2024	
CENTER TRACK FIELD	OPEN
LINCOLN FIELDS	OPEN
ADAMS	OPEN
CLARKE	OPEN
DIAMOND	OPEN
ESTABROOK	OPEN
HARRINGTON	OPEN
MUZZEY	OPEN



# The Practice Schedule - Brand New Look!

LUSC Field Scheduling

console.lexingtonunited.org/schedule/91fa49af-9504-4cc5-ad70-b21172cbfdd0

Ask Gemini

Work Finish update

Lexington United Soccer Club  
**Lexington United Soccer Club**  
 Spring 2026 · Schedule

March 29, 2026 – June 13, 2026

VIEW BY  
 DAYS   
 LAYOUT

Apr 5 – Apr 11, 2026
 
 DAY

**Monday (April 6, 2026)**

	Lincoln #1 Lincoln	Lincoln #2 Lincoln	Lincoln #3 Lincoln	Center Turf Center Track	Diamond Diamond	Muzzey Muzzey	Harrington 1 Harrington	Harrington 2 Harrington	Estabrook Estabrook	Clarke Clarke	Adams Adams
3:45 PM											
4:00 PM											
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM											
5:15 PM											
5:30 PM											
5:30 PM-7:00 PM	<b>Pro B4</b> +5 sub-teams	<b>Pro B3</b> +5 sub-teams	<b>Pro G3</b> +3 sub-teams								
5:45 PM				<b>5:45 PM-7:15 PM</b> <b>Pro G5</b> +3 sub-teams							
6:00 PM											
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM											
7:00 PM-8:30 PM	<b>Pro B7B</b> +8 sub-teams	<b>Pro B5</b> +6 sub-teams									
7:15 PM											
7:15 PM-8:45 PM				<b>Pro G6</b> +3 sub-teams							
7:30 PM											
7:45 PM											
8:00 PM											
8:15 PM											



# The Practice Schedule

- **The Practice Schedule** is on the “Spring 2026 Weekdays” spreadsheet linked under SCHEDULES on the LUSC homepage.
- If you are on turf, we may have to move your practice on occasion to accommodate LHS. Those changes will get pushed to TeamSnap.



# How to make a change to a practice

- Check the schedule for field availability and then:
  - Notify Liz and she'll make the change, OR
  - Change your practice in TeamSnap, Liz will be automatically notified and reach out if there is a conflict.
- For pre-season, March 31-April 3, ask Liz to add a practice
  - Week 0's permit is unique, but a lot of space is available



# Goals Update

## See Something, Say Something

- Goals are inspected at the beginning of every season, but problems can develop any time.
- You look at our goals more often than we do.
- If you see something amiss, please notify [Goals Coordinator](#).



Each goal has a unique number at the bottom left front corner



# Netiquette

- LUSC goals that are not anchored, have internal weights in rear crossbar.
- Internal weights affect how goals move and cause abrasion if the net rides underneath when moved





# Referees



**PLEASE REMEMBER that:**

- \* **Soccer is a game**
- \* **The players are often children**
- \* **Referees are human**
- \* **Mistakes will be made by coaches, players & referees**
- \* **Without a referee there is no game**
- \* **Spectators & coaches should create a positive environment for players & referees**



# Referees

**Christianne Mager** [Ref-Assignor@LexingtonUnited.org](mailto:Ref-Assignor@LexingtonUnited.org) / (617) 642-0393

**Bob Licht** [Ref-Mentor@LexingtonUnited.org](mailto:Ref-Mentor@LexingtonUnited.org) / (617) 721-9658

Please **RESPECT** the Referees!

They are all doing their BEST!

All referee feedback should go through Christianne & Bob

BAYS Referee **Appreciation** Day Spring '26: Saturday, **May 16<sup>th</sup>**



# Pre-game Sportsmanship Statement

## Procedure

- After all pre-game activities are complete, both teams and the referee crew will line up at the Half Way Line of the Coaches Sideline.
- **Led by officials**, all players and coaches will walk across the field and line up facing spectators, 5 yards from the sideline.
- **The Sportsmanship Statement will be read by a representative of the Home team**
- Following the reading of the script, players will perform a **pre-game handshake**.
- After the pre-game handshake, all players and coaches will return to benches and starting players will assume positions

## Sportsmanship Statement

***All participants deserve the right to play in an environment free from negative and distracting behavior.***

***Poor sportsmanship will not be tolerated, the game may be stopped and sanctions applied for violations of policy or codes of conduct.***

***Please enjoy the game and do your part to create a positive soccer experience for all.***



# 2025 / 2026 Law Changes

§ Law 3: “Only the Captain” – will not be implemented in BAYS given no communication with referee policy.

§ Law 8: Dropped Ball – If ball is **outside the penalty area** when play is stopped, the referee drops it for one player of the team that has or would have gained possession if this can be determined by the referee; otherwise, it is dropped for one player of the team that last touched it. The ball is dropped at its position when play was stopped. If ball is in the penalty area, the ball is dropped for the goalkeeper defending that goal.

§ Law 9: IFK restart but no misconduct (yellow card) sanction for interference with ball going out of play without intent to affect play.

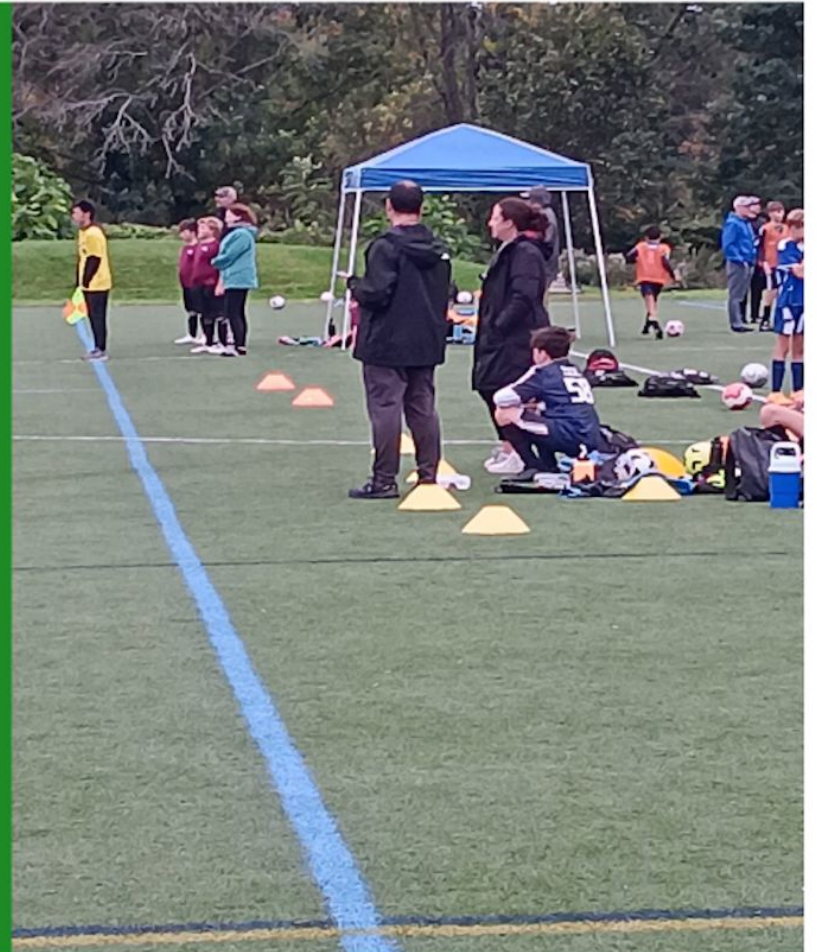
§ Law 11: Goalkeeper throw to an offside teammate – offside is measured at the moment of the throw.

§ Law 12: Goalkeeper cannot control the ball with hands or arms for more than 8 seconds: Referee to use voice and arm and finger signals for last five seconds – restart is corner kick.

§ Law 14: Clarification on **accidental** double touch on a penalty kick – if the ball goes in the goal the kick is retaken. Otherwise, the restart is an IFK. Intentional double touch no change - restart is IFK for the defending team.



# Game Day Protocols





# Positional Demands

Presented by

LUSC DOC

Brendan Donahue



# Positional Demands

Copyrighted Material

## The Coaching Philosophies of **Louis van Gaal** *and the* **Ajax Coaches**



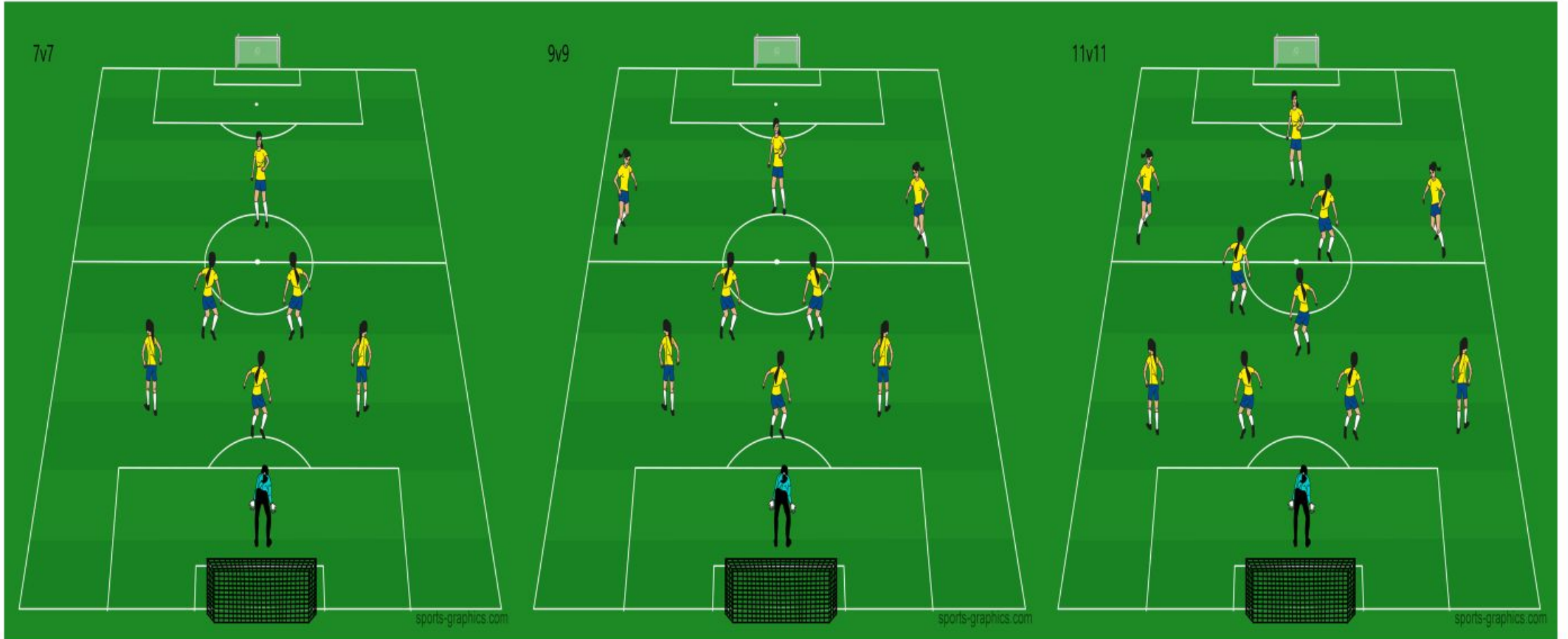
*Henny Kormelink and Tjen Seeverens*

Copyrighted Material

“Soccer is a team sport, and the members of the team are therefore dependent on each other. If certain players do not carry out their tasks properly on the pitch, than their colleagues will suffer. This means that **each player has to carry out his basic tasks to the best of his ability**, and this requires a disciplined approach on the pitch.”

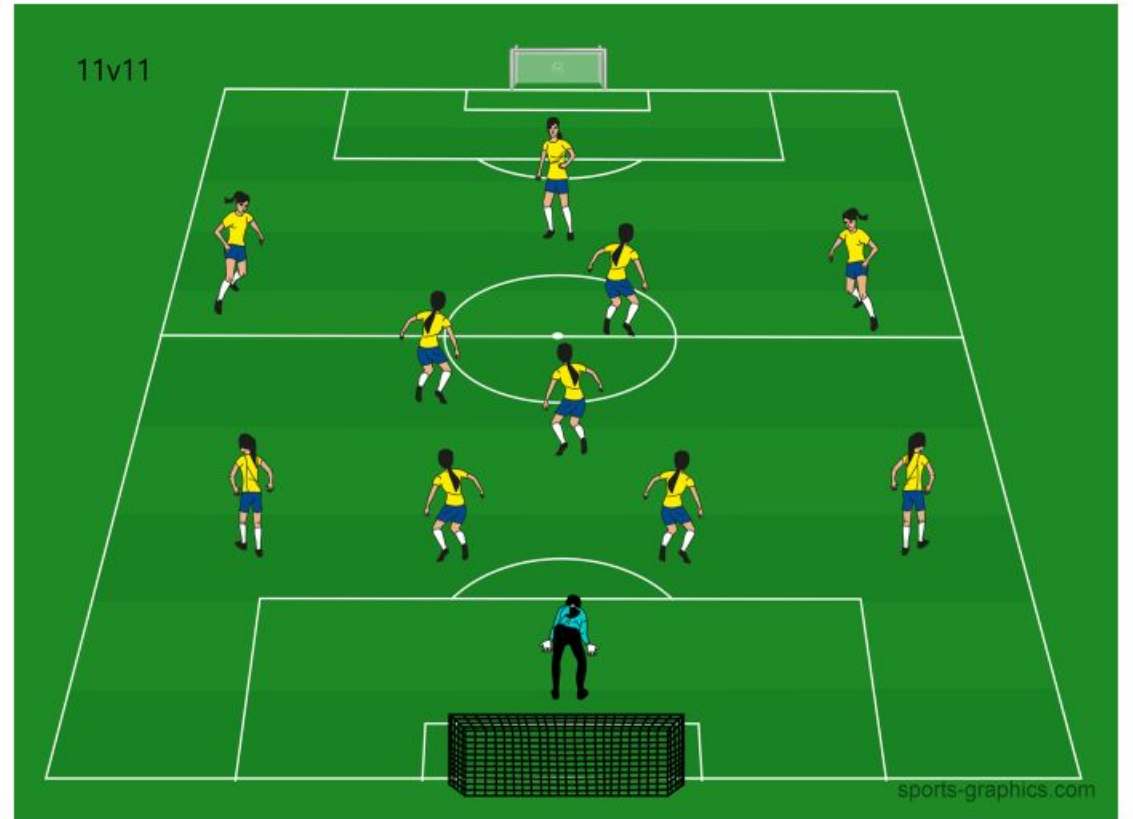


# Format Progression



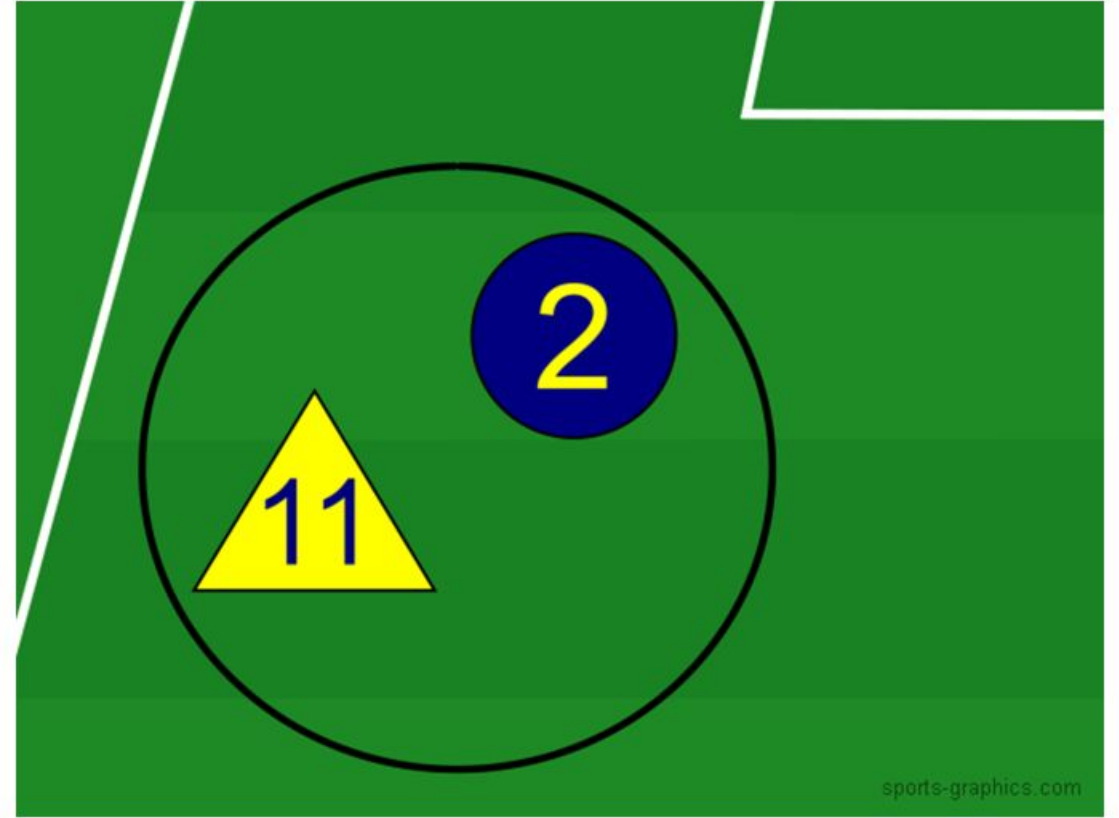


# Numbering System



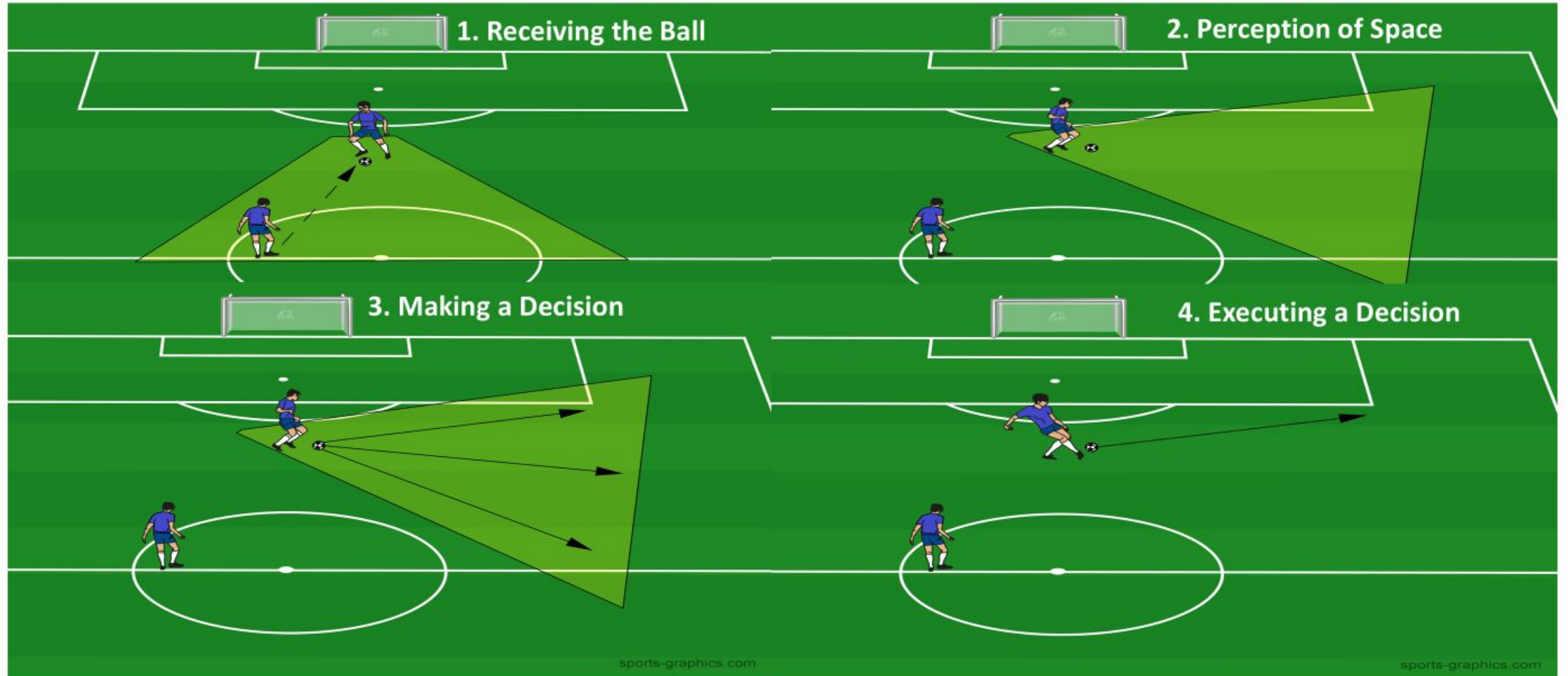


# Under the Microscope



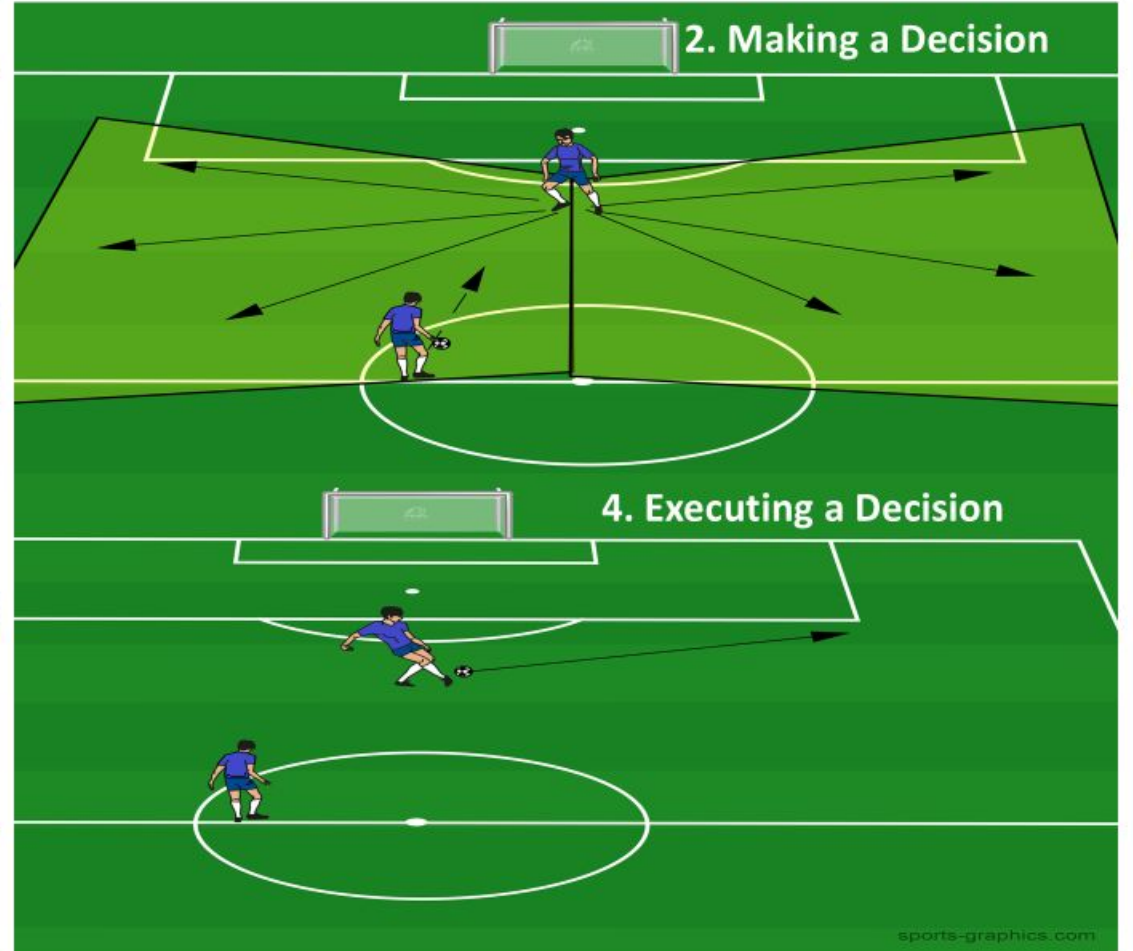
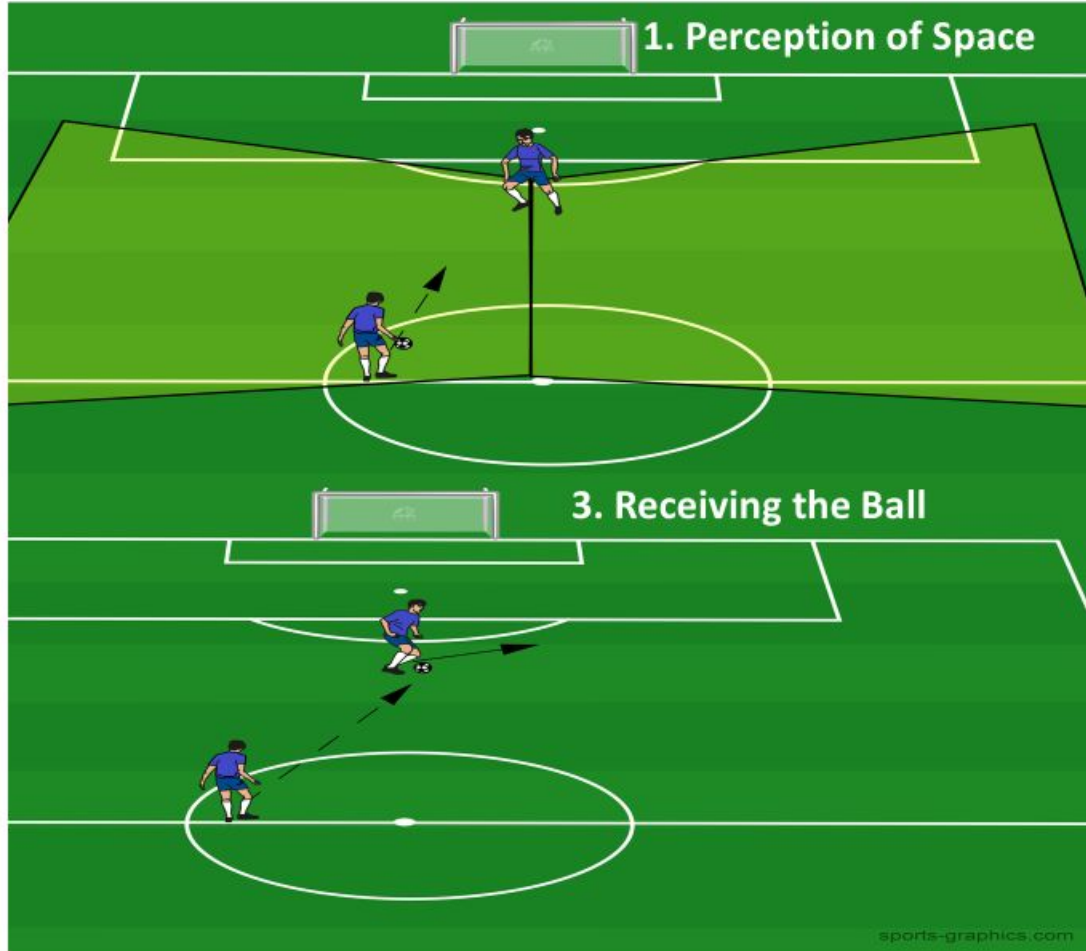


# Typical Progression



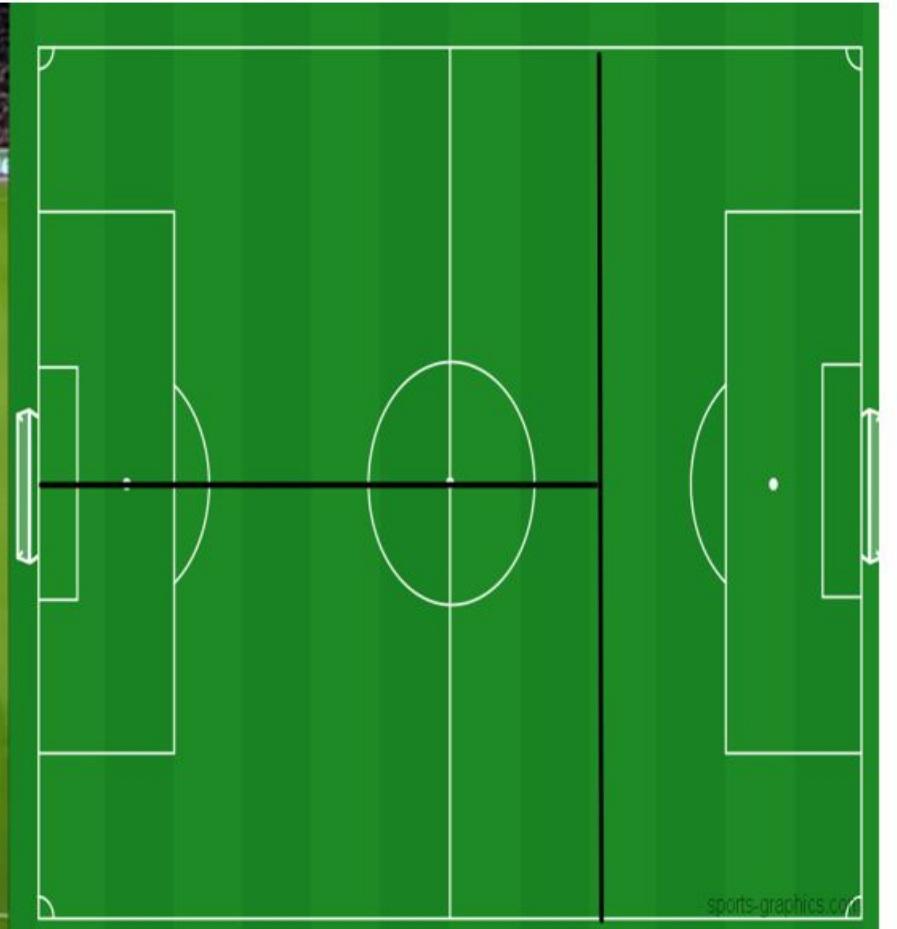
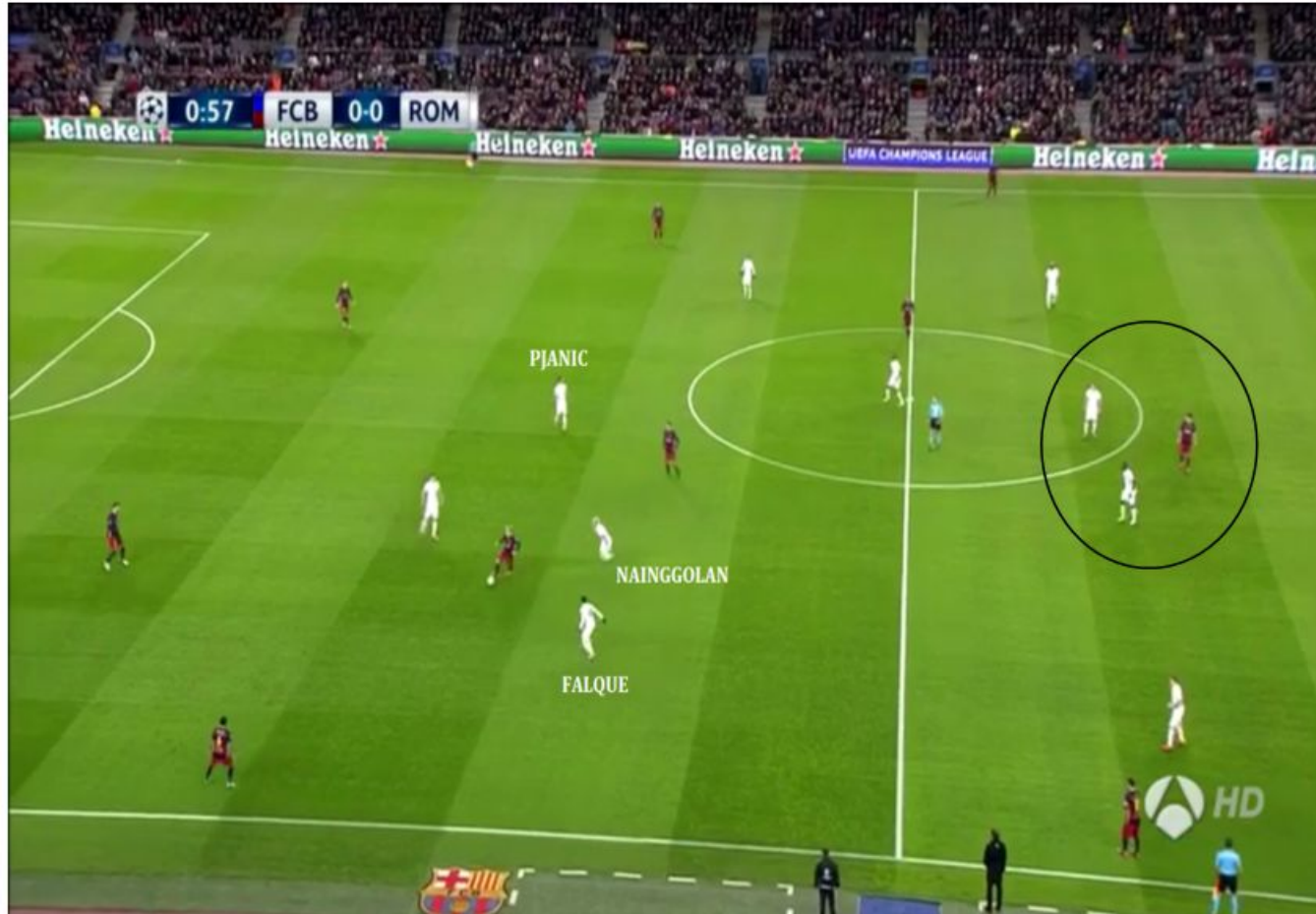


# Proper Progression



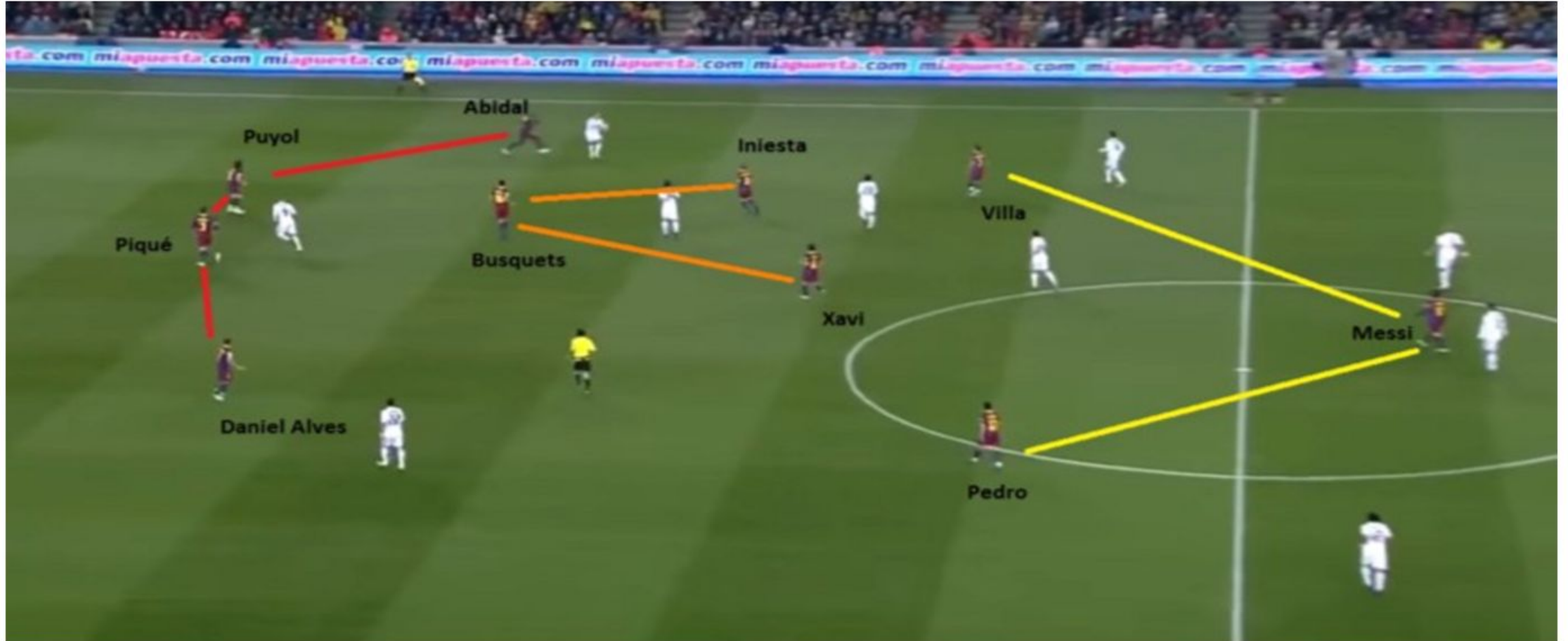


# In Possession: Space Creation





# Out of Possession: Space Reduction





# Opening Thought



*“In my teams, the goalie is the first attacker, and the striker is the first defender.”*



# Goal Keeper #1



## Goalkeeper Positional Description:

- Allowed to use their hands inside their own penalty box
- Must be clearly identifiable from all other positional players

## Soft Skills

- Have a commanding presence yet remain calm under pressure.
- **Able to control the space between the backline and himself.**
- **Focused and connected** to teammates in relation to the location of the ball.
- Make all the saves you should make and an occasional spectacular save.
- Handle crosses



# Goal Keeper #1



Solo

## Goalkeeper Techniques

- **W Hand Position**
- Posture like a “Gorilla” Shoulders slightly forward.
- **“Get Set”** body weight evenly distributed on both feet, don't be on heels
- Arms act as “Shock absorbers”; take the sting out of the ball.
- Hands should extend toward the ball
- One hand should be positioned behind the ball, the other slightly on top of the ball pressing the ball into the ground to secure it.
- Try to have arms slightly apart so you can keep a line of sight to the ball.
- Encourage players to **land on their side, not their stomach!**
- Serve Balls Accurately over distance



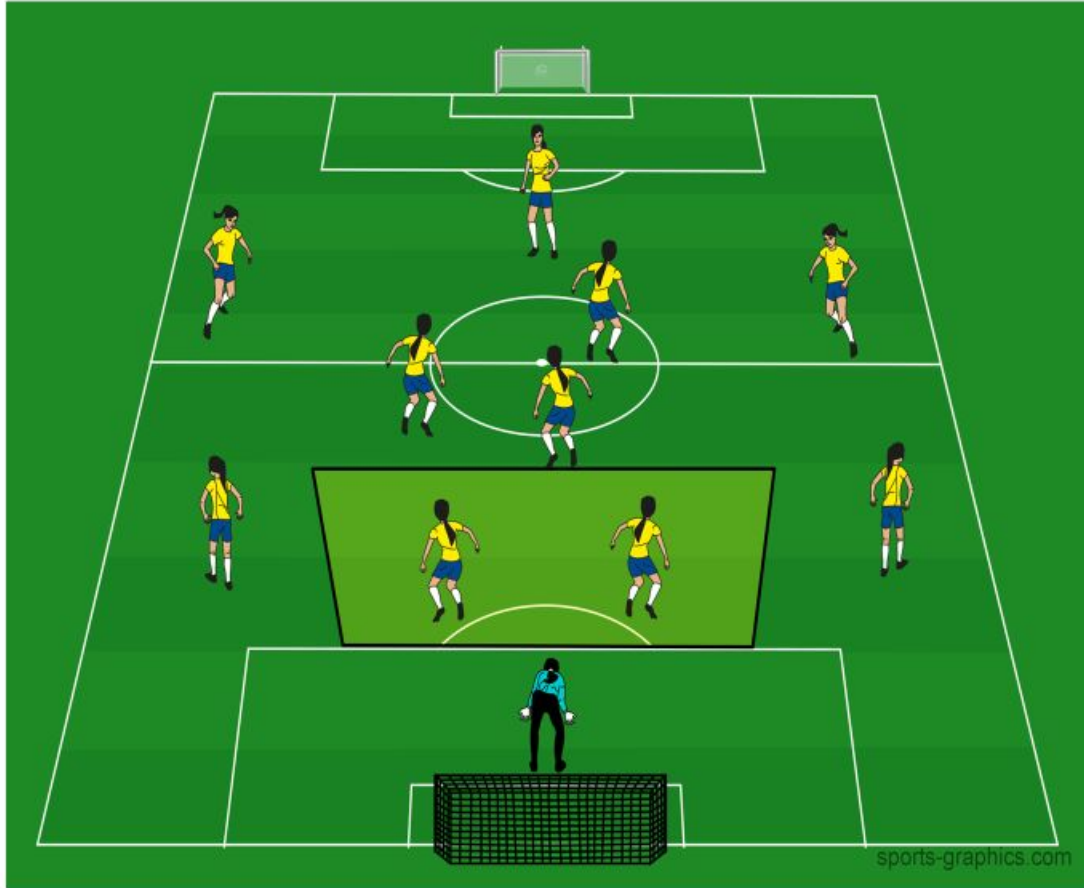
# Goal Keeper #1



- **Be clear and concise in their communication.**
- Good judgement- when to come, when not to
- Recognize when to outlet quickly “begin the counter-attack” when to be patient.
- Capable with their feet and serve as a sweeper on through balls and an outlet for defenders that are under pressure.
- **Put mistakes behind them quickly**
- Mentally & Physically Tough



# Central Defender #4/5



- Central defenders need to be strong in the 1v1
- Be able to provide “cover” for the outside back and central midfield players.
- **Players need to understand when to “take space” and when to “fall off”.**
- Recognize **when to challenge** in the tackle and **when to delay** the attack
- **Communication is a must!**



# Central Defender #4



## Typical Characteristics

- **Read and anticipates play well**
- Strong in the air
- Can move laterally well
- Physically strong
- Often tall
- Confident

**The top priority of all backs is the ability to defend!**



# Central Defender #5

Beckenbauer

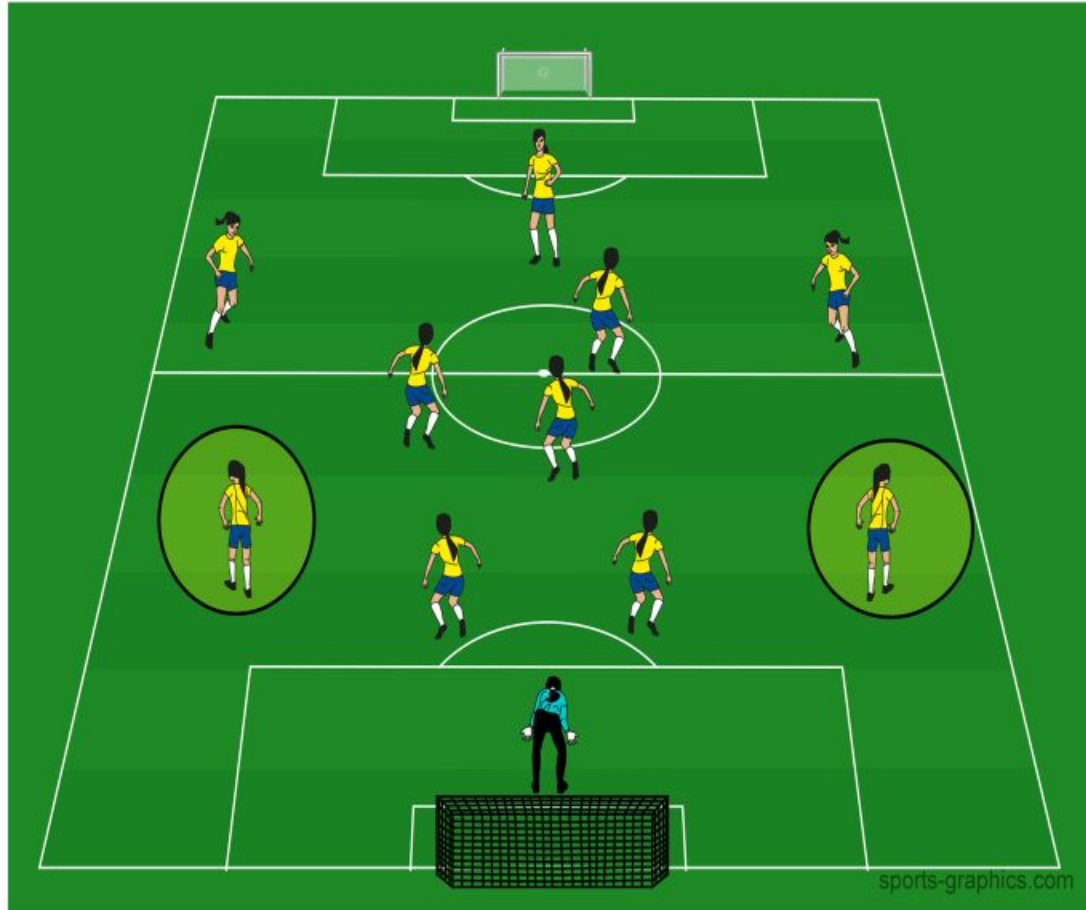


*Offensively:*

- **Confident, but simple on the ball**
- Look for the deep pass and have the technical ability to deliver it
- Provide a deep angle of support
- No square balls
- Aid in the “build up phase” of the attack while keeping the team balanced
- Ability to step into the midfield



# Defender #2/3



- Fast & Fit
- **Comfortable isolated in space**
- **Excel in 1v1 defending**
- Can close space quickly
- Willing to recover a MUST
- **Tactically aware when not involved directly in the play**

The top priority of all backs is the ability to defend!



## Defender #2/3



- Ability to enter the ball into the target at speed
- Ability to serve the ball into dangerous positions accurately and with pace
- Can attack space with the dribble
- **Times forward runs well**
- Good in the air
- Box to Box player
- **Competitive**



## Defender #2/3



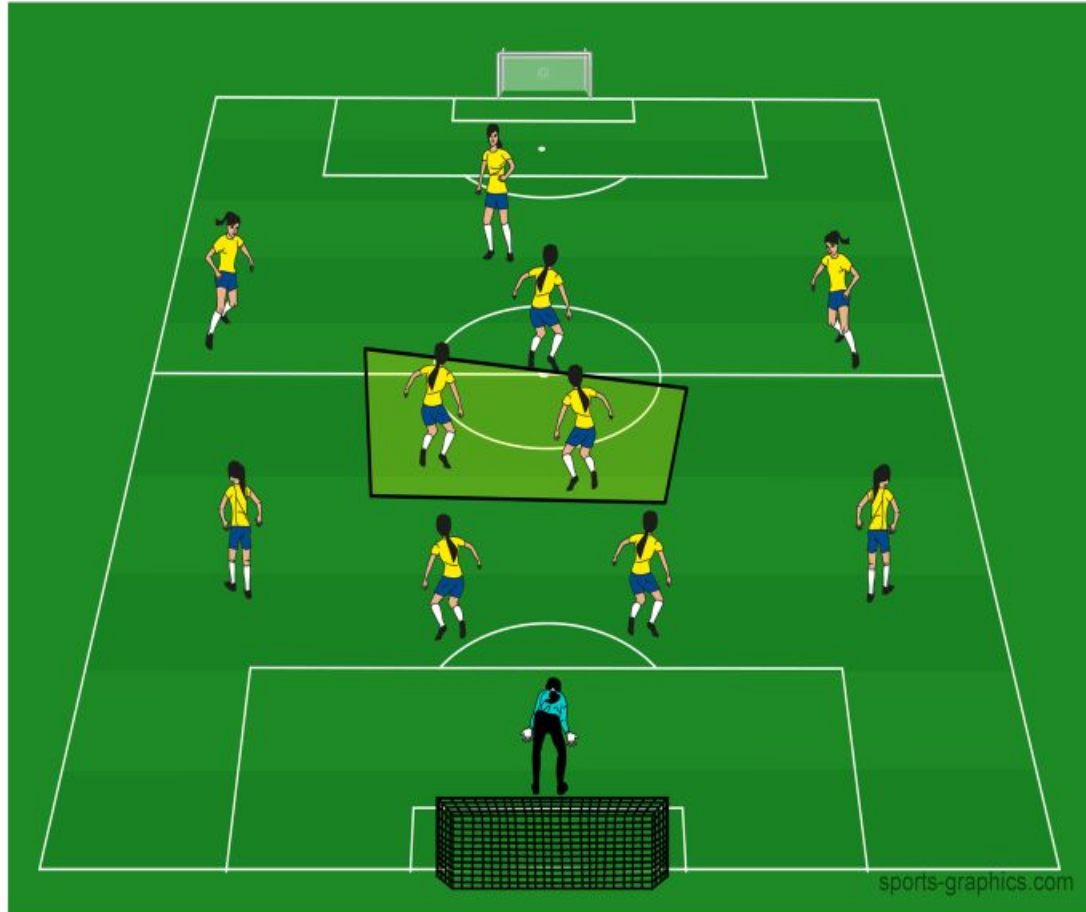
### Recognition of when to:

- Overlap
- Underlap
- **Remain in Support**

Positionally the #2 & 3 run  
as much as any position in  
the modern game



# Central Midfielder #6/8



## Responsibilities:

- Control the center spine of the field.
- Set the proper tempo to the game, fast or slow. Can play one touch or stand on the ball with equal ease
- Excels in transition and connecting the forward and defensive lines.
- **Deny the counter-attack**
- **Eliminate passing lanes to the central forward**
- **Need to recognize when to “change the point of attack” or “switch the fields”.**
- Communicate to front-runners when to “high pressure or press” the opponent and when to fall off.



# Central Midfielder #6/8

Busquets



Xavi

Aitana Bonmati

## Qualities:

- Ability to play in tight spaces
- Clean 1<sup>st</sup> touch away from pressure “head on a swivel”
- Excellent possession percentage
- Hard in the tackle
- Always remain available to teammates when in possession (ex. Busquets)
- Constantly observing and assessing the situation
- Good positional sense “Don’t chase the ball”
- Shoot from distance and serve the deep through ball



# Xavi



***“The best players in this game watch the game, whereas the not so good players watch the ball.”***

*Geir Jorde-Sport Scientist*

- In a 90 minute game Xavi checked his shoulder 804 times! 9 times per minute.
- 16 times per minute while the ball was “in play” (50 minutes).
- Scanned the field every 3 seconds!



# Central Midfielder #6/8



Redondo

*The tactically perfect player*

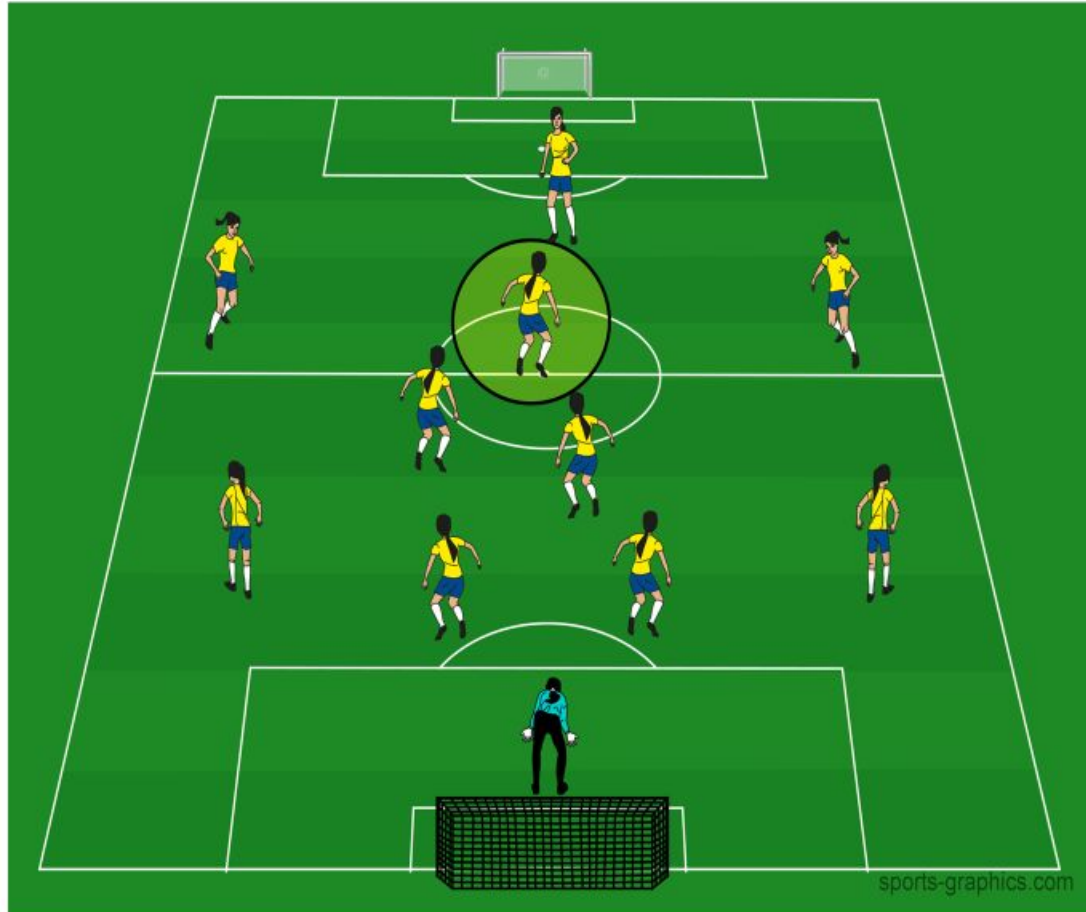
Keane  
*The enforcer*



Ertz  
Combo



# Central Midfielder #10



## *Responsibilities*

- **Need to set the proper tempo to the game, fast or slow.**
- Excel in transition and connecting the forward and defensive lines.
- **Find spaces between the opposition's midfield and defensive lines.**
- Time runs into the box.
- Recognize when to penetrate (run past the CF) and when to show underneath (support the CF).
- Communicate to front-runners when to "high pressure or press" the opponent and when to fall off.



# Central Midfielder #10



Zidane

- **Outstanding technique**
- **Outstanding vision**
- Ability to play in tight spaces
- Excels at finding space between the lines
- Shoot from distance and serve the deep through ball
- Penetrate with the dribble
- **Ability to play with all surfaces**
- **Ability to play with deception**



# “The Engine” #10



## *Characteristics*

- **very competitive**
- willing to make the physical commitment necessary to play in the center of the park
- always up for the challenge
- will to win is infectious
- **excellent approach to playing whether on game day or at practice**



# Shadow Striker #10

Bergkamp



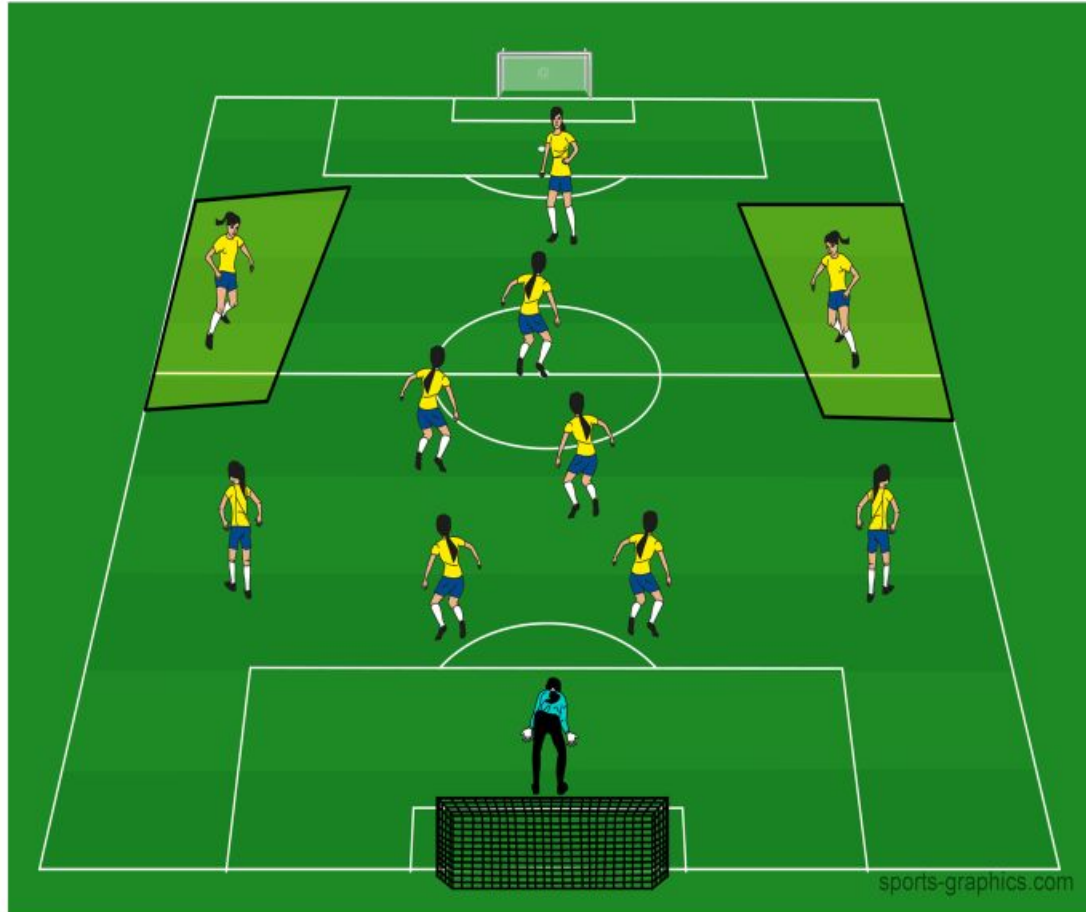
Scorer and  
Provider



Marta



# Wing Forward #7/11



## *Attacking*

- **Time runs well to penetrate and unbalance the opposition's defense.**
- Read the movements of the defenders in relation to the movement of the center forward. Can we attack the spaces they vacate?

- **Risk taker**

## *Defending*

- Keep the team balanced defensively on the weak side of the field
- Make the attack predictable on the strong side of the field.



# Wing Forward #7/11



- **Ability to beat players in the 1v1**
- Ability to provide service at speed
- Ability to keep possession of the ball
- Ability to penetrate the defense with and without the ball
- **Keep space open and be comfortable not being directly involved in the play**
- Ability to serve as the first line of defense
- Ability to press the ball
- Generally fast players



# The Matador

- **Draw them in- Play- Accelerate Away**
- **Small late movements!**
- “There is more in the picture if you let it develop”
- “Living closer to the edge for longer brings bigger returns.”
- Running at the Defender- “Get Close to the Fire without Getting Burned”
- **Bring the player (defender) into your flow and then go against them**





# Traditional #7/11





# Modern #7/11



Robben



Ronaldo



# CF/Striker #9



## *Responsibilities*

- **Score Goals!**
- “Work horse” or poacher?
- Need to serve the team as a target player or a runner depending on the coach’s preference. (4-4-2)
- Be disruptive to the central defenders at all times.
- Time runs into the box properly
- Be courageous inside the 18’ and 6’ yard box.
- **This player needs to excel in the final 3<sup>rd</sup> of the field.**



# CF/Striker #9





## CF/Striker #9



- Ability to score with all surfaces
- Ability to play the way you're facing
- **Ability to hold the ball up (shield)**
- Excellent movement off the ball
- **Unflappable confidence**
- Tough
- Good in the air
- Improvisational skills
- **Take-half chances**
- **Keep space open and be comfortable not being directly involved in the play**
- Ability to serve as the first line of defense
- Ability to press the ball
- Generally fast players



## CF/Striker #9



Van Basten

### Kelly Cross's Three Rules

- **Arrive on time.** Not too early, not too late! KC- *"if you have to slow down, you've gone too early"*.
- **The last portion of the run should be the fastest!** This will help ensure separation from the defender. How many times do the great strikers' score goals in the penalty box with a defender just a half step away? All the time!
- **See the ball, see the goal!** The best strikers are always taking up positions where they can score goals. They should be constantly asking themselves, Can I score from here? If not, they should be taking up a new position.



# Rome City & Playing Poker



**Play on the Blindside**

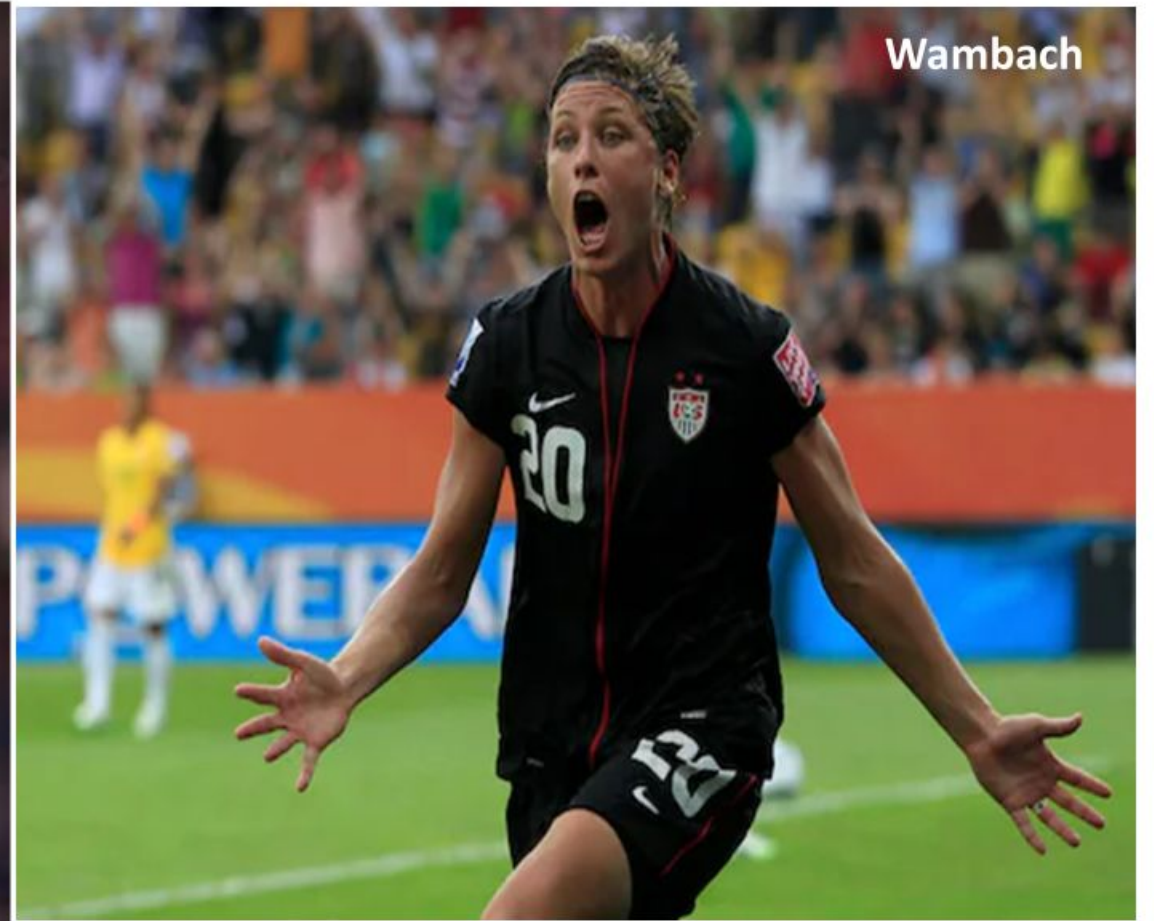


# Mentality

Schmeichel

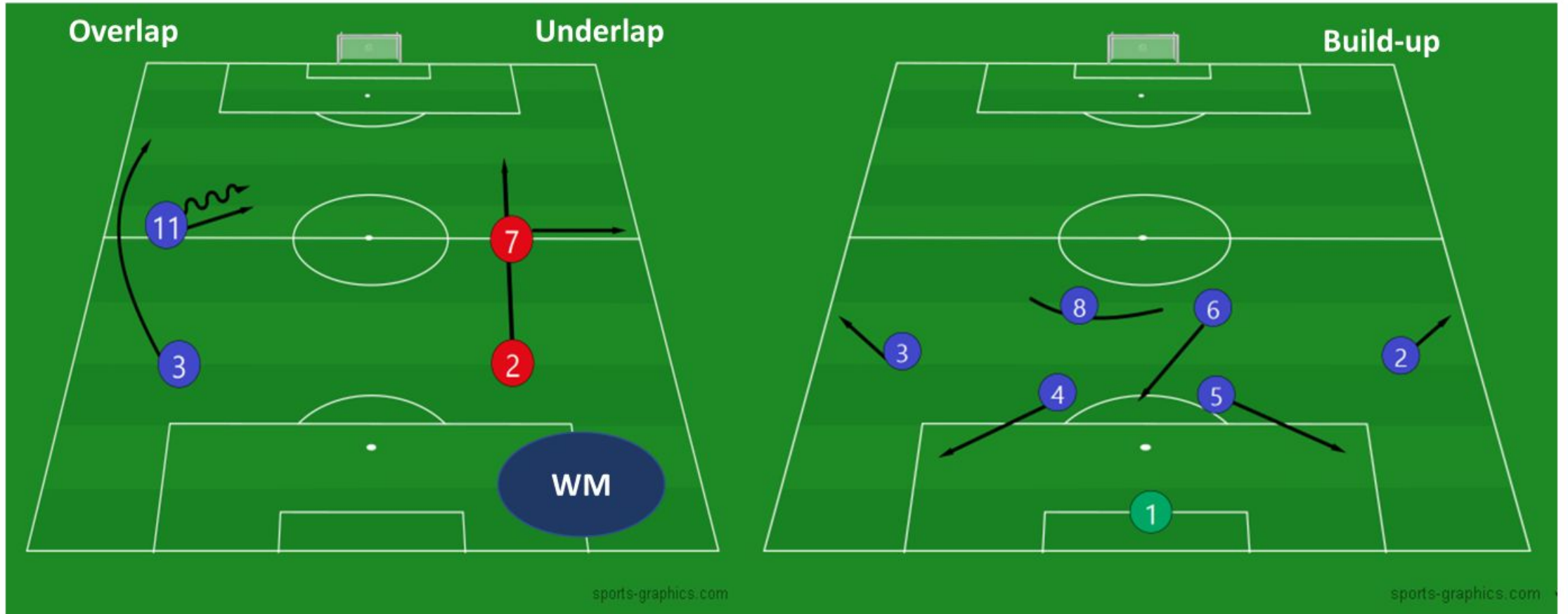


Wambach



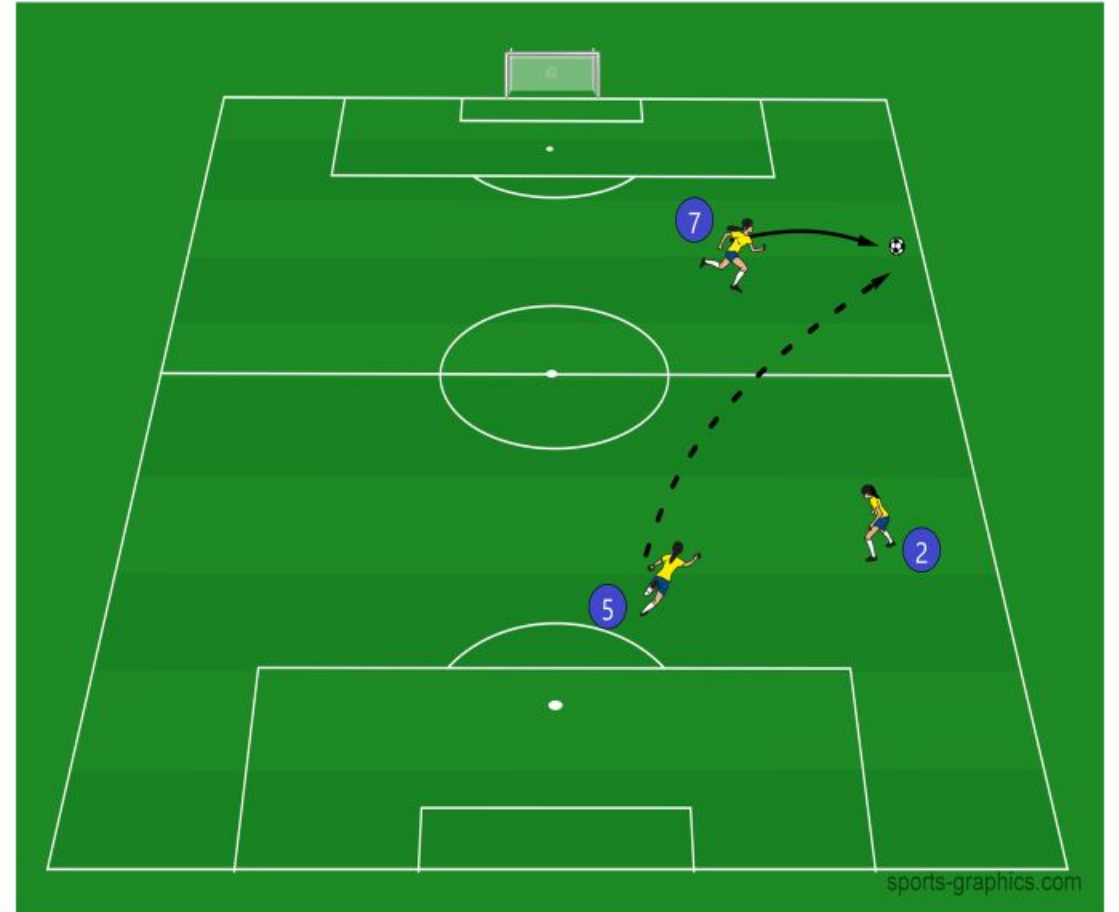


# Group Relationships





# A Couple of Tips





# How to Build Perception

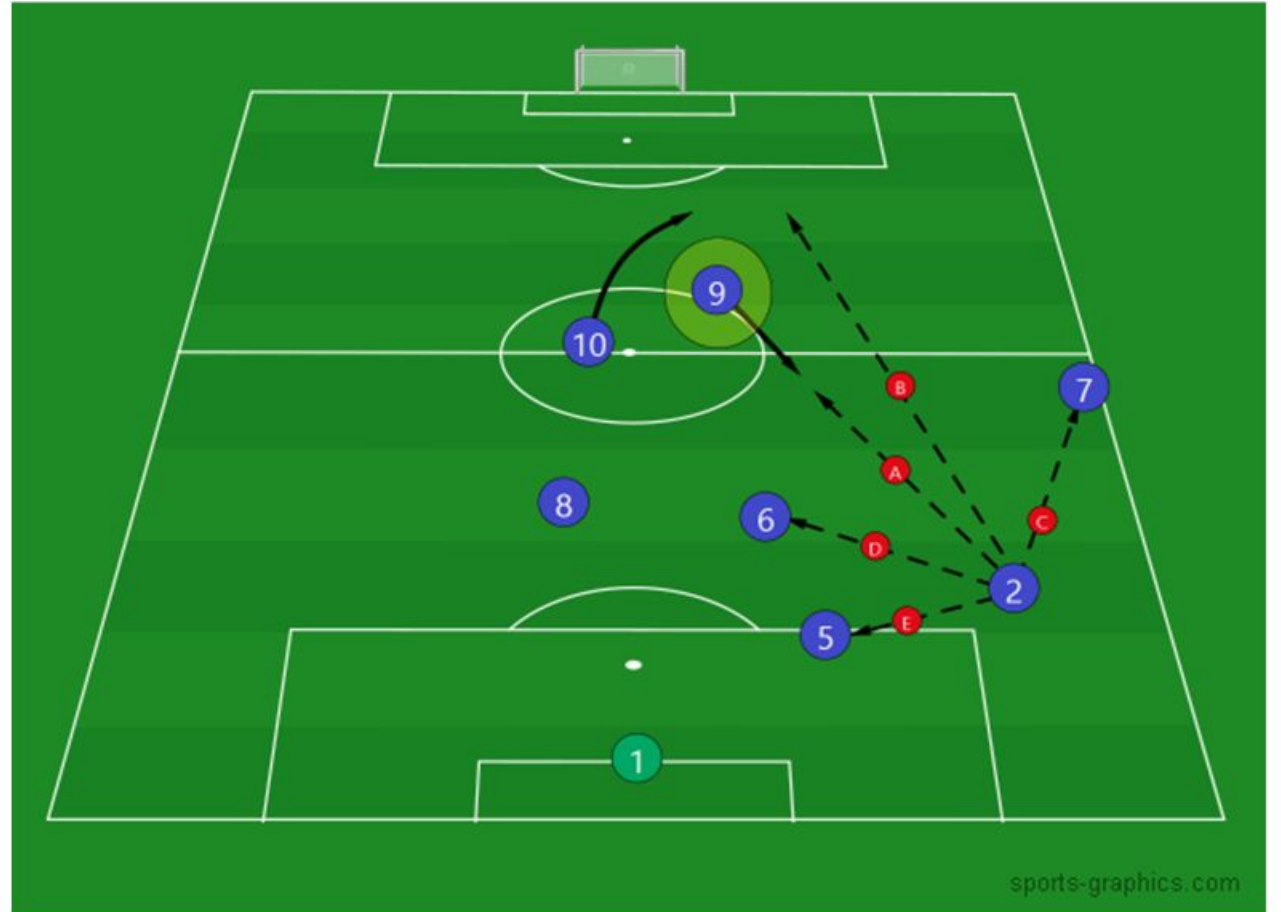
**Key question to consider:**

Did the player choose the wrong option?

Or

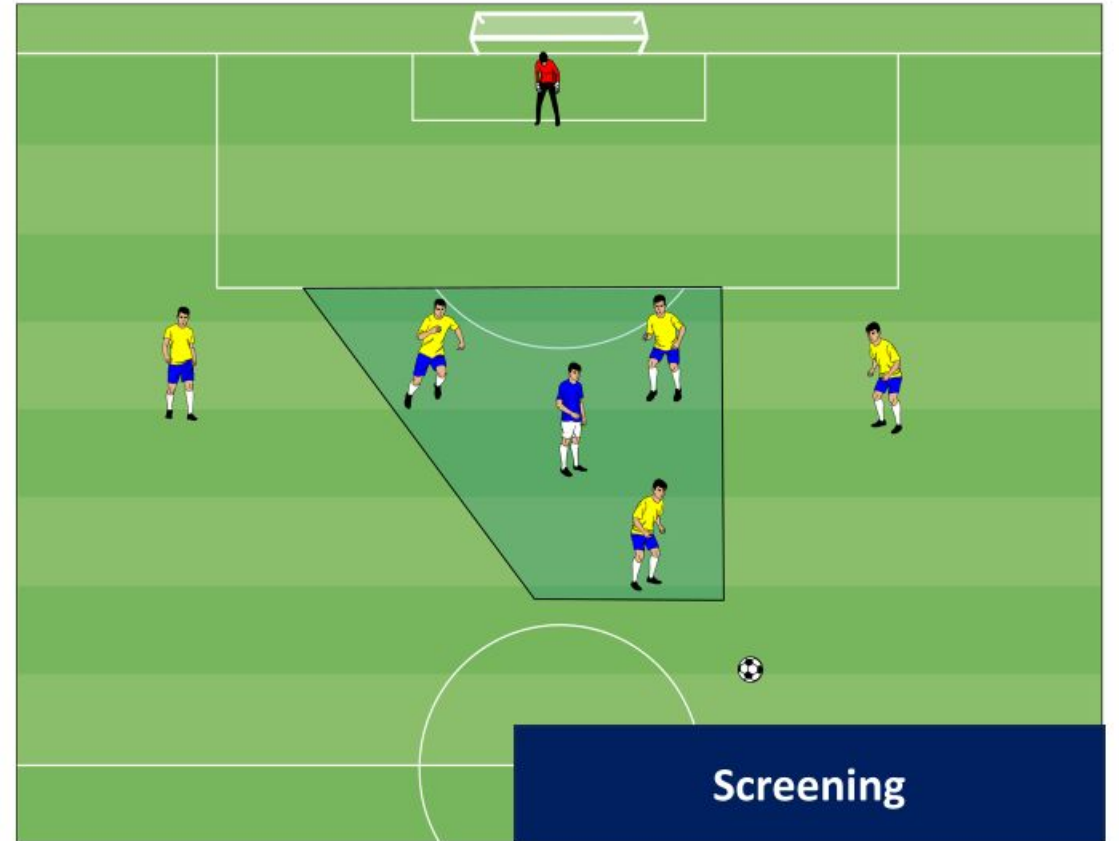
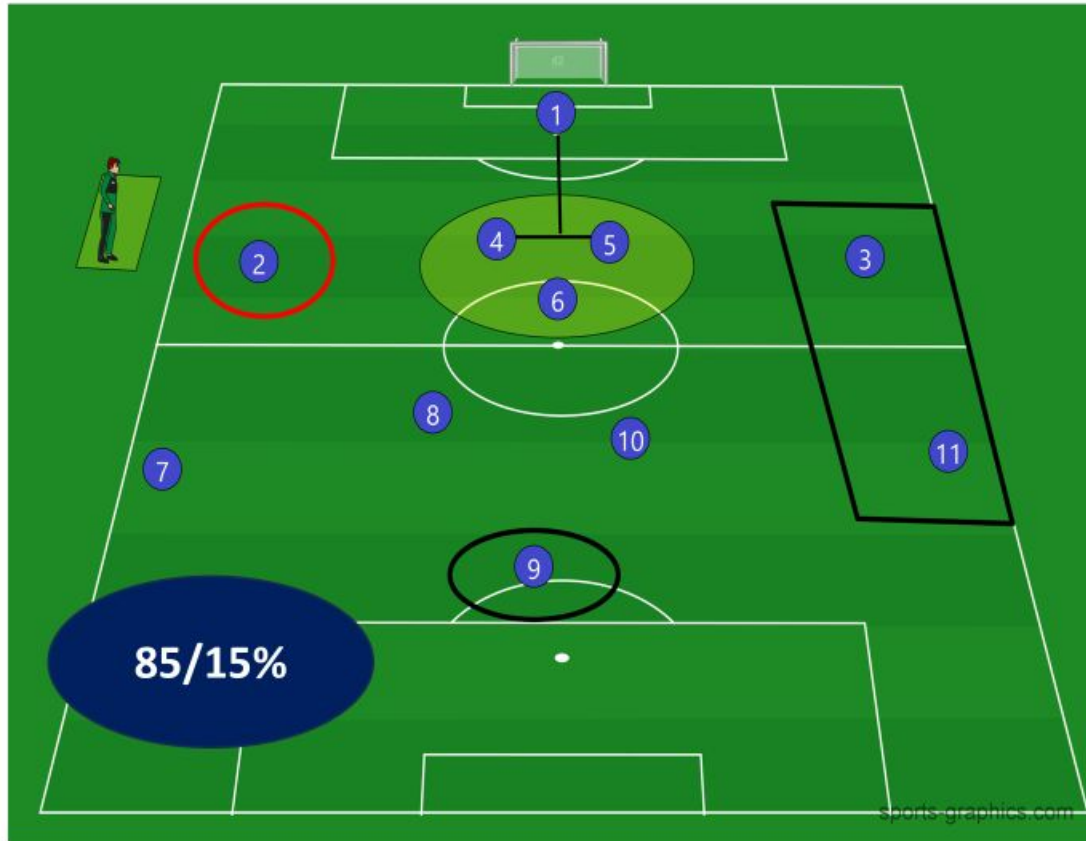
Did the player not know what options existed?

*Cruyff advice- Look for the deepest option and then scan what's underneath*





# Key Spots to Observe





# Barry Gorman





# Teamwork



A vertical rectangular image of a starry night sky. The background is a deep, dark blue, densely populated with numerous small, bright white stars of varying sizes. A prominent, horizontal band of glowing blue and white nebulae stretches across the middle of the frame, creating a sense of depth and light. The overall atmosphere is serene and cosmic.

*Enjoy the Journey*

**Thank You**



*Developing lifelong soccer players among Lexington youth*