



# John Jay Modified Girls Soccer



I hope you all have a great summer break! I know many of you are busy with club teams, but playing on the JJMS Modified Soccer is a great way to enhance your Middle School experience, build your soccer skills, have fun, and create lasting friendships. Here are some things I will be looking for in the fall:

## Skills

- Ability to dribble well, including changing direction quickly, while keeping the ball close to your feet and your head up
- Ability to receive and distribute the ball with poise, accuracy, and at speed
- Ability to dispossess an opponent while defending
- Ability to shield from opponents while maintaining possession
- Ability to control a ball out of the air with feet, thighs, chest and head
- Power and accuracy of shot
- Proficiency with non-dominant foot
- High level of physical fitness
- Knowledge of the game and rules
- Ability to focus, anticipate, adjust to each game situation appropriately

## Attitude

- Positive attitude and “coach-ability” – ability to listen and apply learning in game situations
- Ability to be a good teammate and to put the team before one’s self
- Positive sportsmanship and respectful behavior to opponents, teammates, coaches, parents, referees, etc.
- The ability to win and lose with “class”
- Ability to listen to and benefit from constructive criticism
- Willingness to learn
- Effort, confidence, and humility shown on the field
- Strong leadership skills
- Adherence to the belief that “practice is a privilege”

## Ways to prepare

- Play soccer! Work that non-dominant foot! Try to get some ball touches in every day for at least 5 minutes. It takes 1500 reps to develop a new skill (muscle memory) – that can translate to developing a new skill in one week with 200 reps per day.
- Juggle, dribble, pass with a partner or a wall, practice shooting at a target.
- Run on your own. Alternate between sprinting and longer-distance (3 miles) to increase your speed and endurance.
  - Only 8- to-10 30-yard sprints a few times a week can help you significantly improve your speed
- Work out suggestion: ½ mile warm-up jog; dynamic stretching; 2 x ¼ mile, 75% speed, 4 min. rest in between; 4 x 1/8<sup>th</sup> mile sprints (220 yards), 2 min. rest in between; 4 x 100 yard sprints, 1 min. rest in between. To improve speed, try 8-12 30 yard sprints. Make sure to stretch and warm up properly; don’t forget to cool down and stretch at the end of workout.
- Mental imagery – take five minutes at bedtime and imagine yourself in realistic situations: receiving the ball skillfully, passing to teammates; tackling effectively; shooting powerfully; managing upsetting situations effectively, etc.

On-line registration for fall sports can be found through Family ID. More information will be send home via e-mail this summer and information can be found on the Athletic web page. There will be a pre-season meeting for students who have registered for fall sports on **September 5<sup>th</sup>** and the first day of tryouts is **September 10<sup>th</sup>**. Practices will be held M-F from about 3:00-5:00. **Practice time and field have not been finalized yet.**

For a successful season, start preparing well before the first day of tryouts. What you do before a season starts will make a huge difference in the way you perform. Again, I look forward to meeting all of you! I don’t always check my email in the off-season; if you have an important question, you can leave a message for me at the Athletic Director’s office at 763-7254.

Coach Halsey  
[shalsey@klschools.org](mailto:shalsey@klschools.org)

