

HCA Boys Soccer

Head Coach: Matt Carrao

Assistant Coach: Frank Zayas

Preparation for the Season:

- All players need to have a proper pair of cleats and shin guards. (No High Tops)
- All players are expected to come into tryouts in-shape. This means that a student must be able to run 4 laps around the field in less than 6 minutes. The more time we have to spend getting in-shape, the less time we have learning the essential skills of soccer.
- The best thing that you can do is to get your friends together and play soccer. If you can't get others to join you, spend as much time with the ball as you can. Above all, realize that it is not up to your coach or your parents to make you a better player. You have to claim responsibility for your own development.

Needs:

- We need parents to help run concessions at Home games. (Contact our athletic director, Mike Drummond, mdrummond@hernandochristian.org, to volunteer)

We would ask that you keep these needs in your prayers. Should you feel led to give monetarily; all donations can be sent to the HCA business office, c/o of the Boys Soccer team.

Coaching Philosophy:

My priority as a coach is developing a God-centered, student athlete that understands his role not only on the soccer field but in life as well. I believe that as Christians we must daily submit to Jesus Christ and His will for our lives. Furthermore, we must submit to those whom God has placed in authority over us. Players will have the opportunity to grow spiritually, physically, mentally, and relationally through out the season. The success of a season is not based on the final record; rather it is measured by the growth and maturity of each and every member of the team.

Over the years, each team I have coached has been unique and has required specific adjustments and tailoring of training techniques. At the MS level we will focus on basic techniques and game condition experience. Every attempt will be made to play All MS players during MS games. At the varsity level, coaches will make specific decisions on what they discern gives the team the best opportunity to win. Most of the time substitutions are kept to a minimum. We will make real-time decisions to ensure the highest level of competition.

Techniques emphasized at the Varsity level:

- Attack roles, Crossing Angle, Near and Far Post Runs, Team Offense, Team Defense, First Touch Awareness, Overall Field Presence (Shape), Priority Based Marking, etc...

Player Expectations:

- Players are expected to come prepared for practice and on the soccer field by 3:15 pm.
- Players must have cleats and shin guards
- Players must have a coach-able attitude. Players are never allowed to argue with a coach or dissent in attitude or action. (There is a proper time and place to discuss things with a coach.) Players are encouraged to talk to team captains about specific concerns. I am convinced that a player's humble and coach-able attitude, not necessarily their amount of soccer skill, will play the biggest role in the success of a player.
- Players must maintain and wash their soccer uniforms. (They will be returned at the end of the season)
- Players are expected to stay focused and do all things for the glory of God. Thus they must push themselves to learn and grow even beyond the soccer field.
- Players are expected to make mistakes. ☺ But, they are also expected to learn from these mistakes and strive to not make the same mistake again.

Parent Expectations:

- The role that parents play has a tremendous impact on their child's experience
- Let coaches coach: It can be very confusing for a child when they are receiving game time instructions from too many sources. Please encourage your child to look to coaches for motivation, critiquing, setting goals, and requiring addition training, etc... You have entrusted the care of your player to the coaches. Please support the coaches' decisions.
 - Support the Program: Get involved. Volunteer. But, most importantly come watch your player play. ☺
 - Stay Positive: Players often reflect the attitudes of those around them. If you are excited with your player's growth, chances are that they will be as well. Please remind your player that a "loss" can be a very rewarding time of learning. The focus must be on the "process", not the "results". Encourage them to passionately work through adversity.
 - Encourage your child to talk with coaches: If a player has specific needs or concerns, encourage him to talk with the coaches before or after practice.
 - Please be committed to getting your player to practice and games on time.
 - Help your child keep his priorities straight: As parents, please monitor the balance of priorities with your player. Soccer is just one part of the student's life. Please help them to put their relationship with God, their relationship with their family, and their academic achievement before soccer.

Communication:

Communication is one of the most important elements of a healthy team. I will post the current game schedule on the HCA web site. (www.hernandochristian.org) You will

also find maps to our away games. Furthermore, I will post announcements concerning practice or game changes.

If you have questions, the best way to communicate with the coaches is by email: mcarrao@hernandochristian.org

If the concern is urgent, you may reach me by phone at HCA. (X165)

I count it a great privilege to be coaching your player and look forward to a wonderful season.

Team Verse:

1 Timothy 4:9-12

This is a trustworthy saying that deserves full acceptance (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe. Command and teach these things. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity.