



Burlington Boys Soccer 2018
Fall Candidate Packet

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Asst Coach: Karl Liljegren

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"The strength of the team is each individual member. The strength of each member is the team." --*Phil Jackson*

Fall Soccer Candidate: Thank you for showing interest in trying out for the 2018 Boys Soccer Team. In order for you to be eligible to tryout for the Freshmen, JV, or Varsity teams, you will need to complete the following:

1. **COMPLETE YOUR FAMILY ID prior to August 15th in order to ensure you are cleared to participate in high school athletics**
 - <https://www.familyid.com/burlington-high-school-athletics>
 - make sure you scroll all the way to the bottom and press submit when you have completed the form
 - you will receive a confirmation email
2. Submit a physical examination to the athletic office that is current for 2017-18 school year
3. NFHS Concussion course online
 - ***the NFHS concussion course is separate from the optional ImPact testing
 - ***if you opt to take the imPact testing then you MUST be tested or else you will not be allowed to tryout

CONTACT THE HS ATHLETIC OFFICE WITH ANY QUESTIONS

- Athletic Office contact: Susan Turnquist
- (781) 273-7077 or email turnquist@bpsk12.org

2018 BHS BOYS SOCCER SCHEDULE

*****The schedule lists game dates and initial practice times. These are subject to change.**

Freshmen Schedule is TBA***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug.				23 Varsity Candidates 9-11:30am MSMS ALL Candidates 1-3:30pm MSMS	24 Varsity Candidates 7:30-9:30am MSMS ALL Candidates 11-1pm	25 Scrimmage @ Bedford Vs Rockport Vs Bedford Time: TBD
26 OFF	27 V/JV/F Prac MSMS 2:30-4:30pm Practice	28 V/JV/F Prac MSMS 2:30-4:30pm Practice	29 Scrimmage @ W Roxbury vs: Billerica Dracut Boston Latin	30 V/JV/F Prac MSMS 2:30-4:30pm Practice	31 V/JV/F Prac MSMS 7:30-9:30am	Sept. 1 OFF
2 OFF	3 LABOR DAY Varsity Only Playdate @ Bedford	4 STUDENT'S FIRST DAY OF SCHOOL V/JV/F Prac MSMS 4:00-6:00pm	5 1st Game of the Season Burlington @ Belmont	6 V/JV/F Prac MSMS 4:00-6:00pm	7 Burlington vs Woburn	8 OFF

***To try out for the Varsity team, all practices on 8/23 and 8/24 are mandatory. If you are trying out for the Fr/JV teams, you need to only attend the "ALL Candidates" practices on those dates. V/JV/F practices are all mandatory from that point forward.**

2018 camps, clinics and programs over the summer

Middlesex Soccer Academy:

I strongly urge players to take advantage of this opportunity to train with other high school players to prepare for the season. The Middlesex Soccer Academy offers high level coaching and competition, based on skill development, physical conditioning, and open play opportunities. Grades included are grade 6-12.

Please visit the website for more information: www.middlesexsocceracademy.com

6/12 - 7/26: Tuesday and Thursday Clinics. Each session is 3 hours long (5-8pm) and takes place @ Bedford High School

7/31 - 8/16: Tuesday, Wednesday, and Thursday Clinics. Each session is 3 hour long (5-8pm) and takes place @ Bedford High School.

Registration includes access to all sessions from 6/12 - 8/16.

Athletic Evolution Strength and Conditioning Camp:

- a. BHS is partnering with Athletic Evolution in Woburn to offer BHS student-athletes the opportunity to train over the summer every morning
- b. Please contact the BHS athletic office for more information about this

Program Philosophy:

The following points are the basis of our program. Understand that as a coaching staff, we value these points highly, and look to find players who can best exemplify them.

- Come ready to work. Once your gear is on, from the moment you cross the lines onto the field, you have one goal: GET BETTER. We firmly believe if you are not getting better, you are reinforcing bad habits, which means you are getting worse. Choose which side you are on, and commit to it.
- Be Accountable. Take responsibility over your play and the play of the team - understand that owning your performance (the positives and the negatives) go a long way in developing a team first mentality. The best players are the players who not only hold themselves accountable for individual performance, they hold themselves accountable for team performance. When the team struggles, they look at themselves and ask "What can I do better to make sure that does not happen again?'. Own your play.
- Be Coachable. Being coachable is a skill just as important as passing or striking a ball. Keep an open mind, listen to the coaching staff, and most importantly - do what is being asked of you. Saying "Yes, Coach" does not make you coachable, actually being able to execute what we ask you to do is.
- Be respectful. Respect your coaches, your teammates, your opponents, fans, referees, etc. If you disagree with something or feel disrespected, turn that into your motivation to outplay them. We play hard, we play aggressive, we play physical - but we do all that respecting the nature of competition and all that comes with it. Players who do not adhere to this point will not be allowed to represent themselves, their team, the coaching staff, the program, and most importantly, the school, on the playing field.
- Buy In. Don't make excuses, don't be afraid to fully commit. Our success has stemmed from players who fully invest in the team's success not just through their play and physical commitment, but in also their ability to support their teammates, their view that being a teammate is just not someone that is on the same team as you are, and that the coaches are only looking to get the best possible effort and performance out of them. We will only get to where we want to go **together.**

Exercises on the Ball

With the ball: dedicate at LEAST 10 minutes a day with the ball. Here are some ideas:

By yourself: Juggling the ball helps to improve your touch (work up to touching the ball 50 times without letting the ball drop touch the floor); using a kick back (wall) for one-touch passing using all sides of the foot and both feet are good way to improve your first touch. Also work on receiving by throwing the ball in the air to yourself and controlling the ball with all surfaces of your body.

With a friend: one touch passing; work in tight and open spaces, soccer tennis, long balls and shooting.

With a group: PLAY. Short sided 2 v. 2 all the way up to 11 v. 11 are great for playing under pressure and movement off the ball. To avoid potential injuries, make sure you are ALWAYS warmed up before getting into match play and allow enough time to cool down as well.

Dribbling Suicides

- Set out 6 cones, each 5 yds apart in a straight line
- Start at 1st cone with the ball, sprint dribble to 2nd cone and back to first cone, then dribble from 1st cone to 3rd cone and back to 1st, etc. to last cone and back. (1 suicide = all 6 cones completed)
- Do a total of 7 in under a minute
- Rest for a minute between each suicide: rest 2 minutes after only #4

Ball Control and Agility

- 1 minute – Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.
- 1 minute – Head juggling
- 1 minute – throw ball high in the air, jump and while you are in the air trap the ball with you head, settle the ball to your feet, and move quickly – repeat.
- 1 minute – thigh juggling
- 1 minute - throw ball high in the air, jump and while you are in the air trap the ball with you chest, settle the ball to your feet, and move quickly – repeat.
- 1 minute – foot juggling with no spin on the ball
- 2 minutes – starting in a sitting position, throw the ball up, get up and stop the ball before it hits the ground, settle to your feet, and move off quickly – repeat using head, chest, each thigh, each foot in that order to trap the ball.

Technical Speed and Endurance

- Dribble in a figure “8”; use just the inside of your feet for 6 figure “8’s”, then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.



Athletic Evolution



Athletics

Burlington Red Devil Athletics again has partnered with Athletic Evolution to put together 2 comprehensive workout packages engineered to put our athletes in top physical condition. This training program is lead by AE includes both a movement and resistance training component. The movement includes mobility, warm up, footwork, agility, linear speed, plyometrics/power, reaction, and conditioning. The lift includes Olympic Variations, explosive exercises, complex movements (squats, deadlifts), functional movements, core training, and injury prevention. All of our athletes are supervised by our highly skilled, well-trained, and certified coaches who emphasize proper form and technique throughout the workout.

This program is a great opportunity for BHS Athletics, we will need 100 athletes minimum to run this program.

****If we do not reach the minimum number we will not run the training.**

2 AE Summer Training Programs for Burlington High School Athletes

Option 1 Focused on a **Strength** Component along with Speed, Flexibility, and Cardio

- June 11 - June 28 at Burlington High School 2:45pm- 4:20pm
 - Phase 1 is a concentration on Strength Training
 - Monday - Thursday
- July 2 - August 16 at AE
- 6:15am - 8:15am is Group 1 and 6:30am - 8:30am is group 2
- Week of July 2nd we will be closed on Wednesday, July 4th but will make up that Wed session on Friday, July 5
- Friday's during this phase can be a make-up day or a day to come in and get extra work in free or charge during the hours of 6 am - 12 pm
- Total cost is \$400 per athlete

Option 2- Focused on Speed, Tone, Flexibility, and Cardio

- July 2 - August 16 at BHS
- Monday - Thursday
- closed on Wednesday, July 4th but will make up that Wed session on Friday, July 5
- 6:30am - 8:30am
- Total Cost \$350 per athlete

All registrations must be returned to the athletic office no later than June 8th

Name _____ Grade in Fall 2018 _____

(Select option with check mark)

Option 1 _____ Option 2 _____

Phone/ Cell Number _____

Parent/ Guardian Name _____

Emergency Contact Name _____

Emergency Contact Phone Number _____

All check payable to BHS ATHLETICS