

Recruiting for Sophomore and Junior Year Best Practices

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SUMMER Soccer

- Do your fitness work over the summer
- Find time to work on your foundation (technical skills- first touch, passing, striking the ball)
- Recharge with time off at some pt! Burn out is real! Take 3 weeks off and start back.
- Ask your club coach for advice on what to work on/set calendar of activities

College Soccer- Where to start?

- Start Exploring
- What level appeals to you? Big school? Small school? Urban? Country? Southern? Within Virginia? What level could you play at?
- Have an honest conversation with your current and former coaches about where they see you playing.
- Watch local college teams play! George Mason/Georgetown, Marymount/Catholic/Mary Washington/Johns Hopkins/Maryland/Shenandoah
- While watching the games, try to see more of the campus than the athletic facilities.
- Here is your slogan for the rest of high school: **FIT is more important than BRAND.**

College Showcases

- Coaches will not magically find you unless you are the Alex Morgan!
- <http://www.socceramerica.com/article/44495/part-2-becoming-alex-morgan-rising-star-reflects.html>
- Emailing coaches is a great place to start!
- First, create a **NEW** and **NORMAL** email! Only use if for the college recruiting process. This will also help you keep organized. Your full legal name and perhaps some numbers. SeanPBurke22032 is appropriate.
- Create a signature line that includes your full name, cell/home phone number, name of your team, your number and links to any relevant web sites.
- At least a month prior to your showcase event, email coaches of the schools you are interested in. Include high quality video highlight link if you can.
- Every week you can email the coaching staff with any changes to the schedule or updates from your soccer life. Think of it as an advertising technique. Help set you apart.
- Be sure you spend some time learning about the soccer program: How have they done in recent years? How are they doing now? Any local players on their current roster? How long has the coaching staff been in place? What is their background? Is the roster heavy with seniors/juniors?
- Content of your email should include:
 - Polite and mature introduction
 - Name of your team (link if possible) and mention of CCL, your number, position you play, your coach/coaches name(s) and contact information, link and list of your games for the tournament (field location/time/opponent), and links for any other information you want the coaches to know (highlight video/articles/etc)
 - Add something personal: Why do you like this school, congratulate the coaches on a big win, great season, team or individual award, etc.
 - End email with Sincerely and your name, and signature

College Show Case Advice

- Be rested and eat well
- Coaches are always watching. Be focused and professional in all you do.

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- How you talk to your teammates/coach/parents matters. How you warm up is important! Scholarships have been offered based on highlight video and watching warm up (player had an ACL injury and was only cleared for warm up)!
- You will make mistakes during the game. How you respond is one of the most important factors in how you show.
- Your manager will collect the names of the colleges that came to watch your team play. Don't panic if your college did not make the game or if they did come but they do not reach out to you immediately.
- College is a long way off so continue to focus on development and becoming the best player you can be.
- If a school you had emailed watches a game, send a thank you email and do not be afraid to ask for feedback.

College ID Camps

- Day/multiple day events
- College coaches actually run sessions and evaluate players
- Great opportunity to interact and get a sense of coaches style/personality/coaching philosophy
- Usually between 60-80 players and coaches from 5-10 schools
- Apply same mental approach to this as to the college showcase events
- How to successfully do College Visits? (Seems early but start EXPLORING now!)
 - Unlimited unofficial visits regardless of age/grade
 - Arrange visit through coaching staff. Coaches appreciate players who call to make arrangements- this is not typical. Set yourself apart. Parents calling a deal breaker
 - Seniors are allowed 5 formal visits to Division 1 schools. Div 3 is unlimited.
 - You must visit when school is in session and during the college season if possible (soccer is only a part of your college experience)
 - If you are not scheduled to meet any current players, could be a red flag.
 - Stay overnight in a dorm, if possible (see school holidays/teacher workshop days when possible)
 - Eat in a dining hall and sit in on a class (pre-arrange this with coaching staff)
 - Try to watch a training session and take the tour of the campus
 - Watch them play (how does the coach manage the game? Players? Make substitutions? What is the attitude of the players on the bench? What is said at half time? End of the game? How is it said? What formation(s) do they play? What is the emphasis (possession/direct/etc)?
 - Take pictures, journal, record observations (Both Parents and Students)
- Talking to college coaches
 - Bring a list of questions to ask (in case you freeze or get nervous)!
 - Be prepared to talk about your strength and weaknesses. Honesty! If you need help, talk with your current coaches
 - You are the one talking to the coaches, NOT your parents!
 - Do not be afraid to ask questions!
 - Ask the coach where they see you fitting in to their program.
 - Ask the coach what the needs for your recruiting class are.
 - Ask the coach what a typical week of training during the season would look like.
 - Ask the coach what the off season schedule is would look like.
 - Ask the coach about the summer packet/expectation/preseason expectations
 - Thank the coach/coaches for their time. Firm handshake and follow up thank you email.