

BRYAN HIGH SCHOOL SOCCER
Do's - and - Don't

Do's

1. People will know and judge your school by your actions on and off the field. Be a credit to yourself, your family, your team, and your school.
2. Set your goals high - strive to be the best on and off the field.
3. Anything worth doing is worth doing well - work hard.
4. Be able to live with your conscience.
5. Always be aggressive
6. Be a better performer when you walk off the field each day.
7. Teamwork is the key to success in soccer and in life - be a part of the team
8. Be a good student
9. As a member of the team, do things together both on and off the field.
10. Be proud of your desire to succeed and to win.
11. Keep your clothes on before, during, and after the game.

Don'ts

1. Don't be a member of a small faction or clique within the team
2. Don't show signs of lack of control or discipline.
3. Don't gripe - bring complaints directly to the coach.
4. Don't alibi or loaf - in practice or games
5. Don't talk back - to anyone
6. Don't ever get discouraged
7. Don't let anything keep you down - a true champion comes up off the ground to win.
8. Don't let those who lack the desire belittle you.
9. Don't let your individual or team size worry you - it's the size of the heart that matters most.
10. Don't be a spectator - ever
11. Don't ever rip off an article of clothing when celebrating a win

What Does It Take To Be An Athlete?

Being an athlete does not merely imply wearing a uniform and being a member of a squad. There are many more important phases to think about if you want to be a winner not only in soccer, but in life. The importance of the following qualities are absolutely necessary for every good athlete and is what the coaches are looking for during the selection process.

1. Are you coachable? Can you take coaching? Can you take criticism without looking for an alibi?
2. Are you possessed with the spirit of competition which fires an intense desire to win? Do you want to win with a passion, never taking no for an answer?
3. Are you willing to practice? Not just reporting and putting in the necessary time, but working everyday with the same zeal, speed, and determination you use during a game?
4. Are you willing to make sacrifices? Conditioning to play is not fun. It is not easy. It is not punishment. Training is exacting. It is rough and includes personal denials in order to remain in top conditioning, but there are rewards. The only way for you to remain in good shape is never get out of it.
5. Do you have an ardent desire to improve? Are you willing to practice the things you cannot do three times longer than the things you can do? Are you eager to work so hard on the skills you lack that they eventually become your best assets?
6. Do you have the ability to think under fire? Can you concentrate on the work to be accomplished at that moment?
7. Are you willing to be impersonal towards your opponents? Can you shut out all personal feelings about your opponents except to beat them in accordance of the rules?
8. Do you believe in your school, your team, your coach? Are you willing to work toward that spirit of oneness so that everyone possesses the feeling of belonging through their contributions? Will you keep uppermost in mind that criticism is only designed to improve the team?
9. Are you willing to study just as hard as possible to be an asset to your team rather than a liability? If you must eliminate something from your schedule it must not be study time. First things come first, and your studies are most important...soccer second...personal pleasure last.
10. Will you strive daily to improve your soccer ability? Soccer demands your best. Only through hard work can improvements be realized. Your sport requires sacrifices and you must make them.

ARE YOU AN ATHLETE?

If you are willing to comply to the best of your ability with the above 10 requisites, then,
WE WANT YOU IN OUR PROGRAM!

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The Bench...A Reserve and Her Role

One of the real problem areas a coach must come to grips with is her bench and its role. The problem is obvious. Soccer is a game played by eleven girls at a time. Most schools carry anywhere from 18 to 22 student-athletes on their roster. In most cases if the student did not want to play or didn't think she was good enough to play, she would not have made the effort necessary to make the squad. Herein lies the problem - 18 to 22 girls all wanting to play; all believing themselves good enough to play. The problem requires a philosophical approach and its consistent implementation. Obviously, the philosophy is easier than implemented.

We feel the greatest care must be exercised in selecting the starting unit. Once those girls have earned that position (keep in mind that a multitude of factors go into that selection process) they must be given the opportunity to jell as a unit. Barring injury, three factors can unseat a starter. The first is if she gives up on herself, her teammates, or her coach. The second is if, after a fair manner in which a starting unit has played together, one starter is not jelling with the other members or working as hard, a starter may be unseated. The third reason a starter may be unseated is if a reserve shows in practice and when coming off the bench in several games that she can contribute more to the team than the starter.

This commitment to stability, to the student-athlete who have earned starting spots, creates a difficult situation for the reserve.

The three factors discussed previously which would allow a reserve to crack the starting line-up obviously creates a difficult situation for the substitute. Nevertheless, the reserve plays a vital role.

First, the reserve must provide competition in practices so that all players are challenged. If the starting unit is not made to work in preparing for a game, there is no way anyone can be ready for a successful game. Secondly, the reserve must be prepared to enter a game at any moment. This mean she must know every phase of the game. Thirdly, the reserve must constantly work to improve individually as a player. The student-athlete who fails to work hard and, therefore to improve, relegates herself to the bench. Finally, the reserve has an obligation to contribute to team unity. While she is not expected to be overjoyed with her seat on the bench, she is expected to refrain from criticizing teammates and coaches. She is expected to participate in the game in any positive manner possible. We win as a team and we lose as a team, and everyone is important to the process.

Being a reserve is difficult, indeed in certain respects more difficult that being a starter. The reserve, whether she sees a minute of actual game action or not, however, is essential to the success of any team. It takes someone of real character to be a reserve. There is no such thing as a successful team without substitutes.

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Characteristics of Player Development

1. Drive:
 - Strong desire to improve
 - Strong desire to compete
 - Strong desire to win
 - Burning desire to be the best

2. Aggressiveness:
 - Willingness to make things happen
 - Willingness to take charge
 - Desire to force the action
 - Confidence to produce results
 - Willingness to assert yourself
 - Make your presence felt
 - Thrive on competition

3. Determination:
 - Settle for nothing less than success
 - Refuse to quit or accept defeat
 - Persistence
 - Relentless effort to improve and to win

4. Responsibility:
 - Accept total responsibility for your actions
 - Recognize your own mistakes and the need for change.

5. Leadership:
 - Winners enjoy the role of leader
 - Step forward and take charge
 - Strong desire to control pressure situations

6. Self-confidence:
 - Act decisively
 - Successfully meet challenges
 - Never doubt yourself

7. Emotional Control:
 - Handle the pressure of competitive sports
 - Adjust quickly
 - Deliver top performance regardless of circumstances

8. Mental Toughness:
 - Ability to take criticism
 - Rigorous training

9. Coachability:
 - Respect coaching process
 - Recognize its importance to your progress

10. Conscientiousness:
 - Build high student character
 - Develop a deep sense of obligation
 - Discipline is the key to success

11. Trust:
 - Winners are believers
 - Trust yourself, your teammates, and your coaches