

**PORTAGE NORTHERN SOCCER
PLAYER/PARENT HANDOUT**

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“The success of our program depends on the time and effort put in, along with the competition that our athletes play with, and against, all year.”

Team Website: <http://pnhsoccer.org>

PRIORITY LIST

1. FAMILY
2. SCHOOL
3. SOCCER

TEAM RULES

1. HAVE FUN
2. No excuses
3. No regrets
4. Play your hardest at all times
5. Put the team before yourself

TEAM GOALS

1. Division Champs
2. League Tournament Champs
3. District Champs
4. Regional Champs
5. STATE CHAMPS!

Daily Skill & Strength Work (Sunday OFF)	Tryout Fitness Skill Expectations
100 Push ups	2 Mile Run in 12 minutes (13:30 for goalkeepers)
On back, legs extended at 6 inches for 2 minutes	50 consecutive pushups
20 minutes of juggling	100 consecutive juggles (feet only)
Dribbling, shooting, passing work on own or in groups	20 minutes of interval runs (10 minutes for GK's)

Club Soccer League Opportunities

1. [US Soccer Development Academy Program](#)
2. [Midwest Regional League \(MRL\)](#)
3. [Super Y](#)
4. [Michigan Premier Soccer Program \(MSPSP\)](#)
5. [Grand Valley Soccer Association \(GVSA\)](#)
6. [West Michigan Youth Soccer Association \(WMYSA\)](#)
7. [American Youth Soccer Organization \(AYSO\)](#)

Off Season Training and Playing

Above are the expectations and options for club soccer. Players are responsible for following the daily workouts and getting themselves into their top fitness and skill levels. By playing for the best coaches, and competing with and against the best competition, we can all be prepared to achieve our 5 team goals. Hold yourself accountable for getting better and being prepared for the challenges and competition that the high school soccer season will pose.

Optional Workouts

There will be training sessions in the winter and summer. These sessions should be used to supplement the games and training that you are currently involved in. During the summer months players need to look for teams to play on so that their game is sharp and improving as we reach August, and the fall season. Please remember that participation in optional workouts and soccer teams in the winter, spring, and summer does not guarantee a place on the JV or Varsity roster.