

# SHOW YOUR SOCCER SKILLS

## HOW TO SEND A VIDEO TO A COLLEGE COACH

Your video does not need to be a polished and professionally done highlight reel. Most coaches prefer a skills section and some game footage. Keep your tape under ten minutes of highlights and skills footage, and include one half of a game, unedited.

### Introduction

Introduce yourself – include your name, high school graduation year, high school attended, club team name, jersey number, and position played. This section should not take longer than 30 seconds.

### Game Footage

1. Film from a high perspective (at least several feet from the ground).
2. Imagine the field separated into thirds (offensive, middle and defensive). When the ball is in the offensive or defensive third of the field, film the entire 18-yard box and beyond. When the ball is in the middle of the field, film the entire middle third. Show enough of the field so that we are able to see the player's vision, runs with and without the ball, use of space, combinations with teammates, ect.
3. When editing clips of different games, please show the development of the play as well as the end result.
4. Tape games against your best competition (Club Games, ODP Games, or competitive HS Teams).
5. If video software is available, during editing, pause clip, highlight player and then turn off highlight and resume footage. It is possible to use an arrow to show player location.



### What coaches look for in game footage

- Physical Dimensions – speed, quickness, agility, strength, power
- Technical Abilities – dribbling, passing, receiving, heading, shooting, defending (and if this can be done well under pressure from an opponent)
- Tactical Awareness – decision making with the ball, finding options, runs without the ball
- Psychological Dimensions – work ethic, reactions to loss of possession (immediate chase)

### Additional Video

Show, from ground level, the following: technical skills such as dribbling or juggling on the foot, thigh and head. Also show running such as the 40 yards dash and 20 yard shuttle.