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**2013-2014**

# HIRAM COLLEGE SOCCER

# Handbook

*“LIVE AND PLAY WITH  
PURPOSE...”*

*...LIVE AND PLAY TO A  
HIGHER STANDARD”*

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# HIRAM COLLEGE

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## SOCCER

### **Mission**

*“Our mission is to develop young women into winners... outstanding, courageous, and serving leaders who strive for excellence in the classroom, on the playing field, and within the communities of the College and society as a whole.”*

### **Core Values**

Our Core Values will be evident to others in everything we say and do on- and off-the-field, as well as in the classroom and community. We will continually review these for the purpose of constantly ‘raising the bar...raising the standard’ of expectations for ourselves and our role inside and outside of the Hiram College community.

- **The team comes first. We will work to eliminate selfishness, ego, and envy.**
- **We mean no offense and take no offense with each other.**
- **Do the right thing, for the right reason, all the time...especially when no one is looking.**
- **We make the choice to be positive.**
- **Our spirit is defined by sacrificing personal interests for the greater glory and welfare of all.**
- **We take complete control and responsibility for our physical preparation to play.**
- **We work hard and refuse to accept the norm around us.**
- **We dare greatly and know that winning & losing are byproducts of success.**
- **We finish strong and work for the final goal in every match.**
- **We want our four-year experience to have “an indescribable impact” on our lives and the lives of those we touch.**

### **Core Behaviors**

Our values and beliefs are worth nothing on paper unless they are secured with the collateral of behaviors that match them. Our team has invested a great deal of time and energy into defining behaviors that match our values. This visual and tangible description of who we are and what we do is dynamic...but unswerving.

These characteristics and behaviors are more than expectations, “rules,” team guidelines, etc. They are **Our Covenant**...our solemn and spiritual commitment to each other as teammates and coaches...our family! These building blocks will now have your stamp on them and will help us to be complete.

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## **Work**

### **Strength & Determination:**

- Don't give up when it gets hard
- Lifting/running more than you believe you can
- Finishing workouts and training completely no matter how hard
- Channeling positive energy when times get rough
- Mental toughness – NO softness or lapses

### **Sacrifice:**

- 6:45 AM workouts are a reality...team first
- Making soccer and your HCWS family a priority over everything (boys, partying, etc.)
- Doing extra workouts (running/ with the ball) when you don't have to
- Putting others above yourself

### **Focus/ Composure:**

- Have a goal of what you want to accomplish whether it be at a training or a match
- Keeping your head in the match/training for the entire time
- When something doesn't go the way you want it...keep calm and carry on
- No matter how bad your day went, when you step on the field you give 100%
- When at soccer only think about soccer
- No distractions! (phones off and away)
- When the schedule changes...just go with it and adapt
- Even when the weather or field is bad you still work hard

### **Competitive / Aggressive/ Hardworking:**

- No fear of knocking someone down during training and not getting mad at a person when it happens to you...mean no offense and take no offense
- Putting in the hard work for classes and going to class
- Work to climb to the top of the "Victory Chart" points system
- Always training like you are in a match
- Going the extra mile ( choose extra workouts and skill work)
- Always playing with a winning mentality
- Holding everyone equally accountable

## **Connect**

### **Family:**

- Everybody matters
- Being together as a personal choice not because we have to
- "Team Outings" treated as mandatory...not to be missed
- Growing together
- Adapt to differences brought to the team
- Walking across the field together
- Locker room is OUR sanctuary
- Eating dinner/meals together
- Always having each other's backs through anything
- Reserve matches are invaluable family functions

### **Loving:**

- Helping teammates up when you knock them down...mean no offense & take no offense
- Go out of your way to check up on teammates
- Be motivational in your words...make deposits
- Calling teammates out when needed while balancing being personable and stern/direct...mean no offense & take no offense
- Going to teammates for advice
- Being there for each other during tough life times
- Understanding when personal family conflicts arise
- Always greeting people with a smile & going out of your way to "see" teammates

### **Humor:**

- Personalities are allowed to come out...they are good attributes to the team
- Sharing funny stories with each other
- Inside jokes
- Locker room music and singing before matches. (while we still get pumped and focused)
- When things are down we find a way to cheer each other up
- We can make fun of each other without hurting one another...mean no offense & take no offense

### **Supportive:**

- Sticking up for each other on and off the field
- Compliments on the field and off...make deposits
- Staying at the line until everyone finishes their sprints
- Helping a teammate with homework or answering questions
- Finish with a teammate who is not finished yet
- "Positives" at the end of training & matches
- Recognizing our teammate's appearance & building our esteem
- Supporting each other in school/academic events & functions

## **Believe**

### **Faith/ Trust:**

- We know that trust has to be earned
- There are NO small lies...ALL truth is huge
- Everyone will put in the work in the off season and over the summer
- The looks we give each other during hard times communicate trust, belief, and faith
- The "Irish Blessing" follows positives
- Confidence in self and others
- Believe in "The Family"

### **Forgiving/Grace:**

- Forgiving your teammates when they make a mistake
- Be understanding of coaches for pushing us beyond our own limits
- Accept constructive criticism
- No holding grudges...give grace
- Respecting as teammates on and off the field
- Do not permit off-field experiences to impact the family or our play

### **Pride:**

- Wear your HC gear outside training & matches and in the public eye
- "Dress for Success" every Wednesday
- Our locker room is HOME...ALL keep it clean
- Keeping your head up...even after a loss
- Supporting each other on & off the field & talking highly of one another
- Give credit where it is due...make deposits
- Having confidence in the program and displaying pride with what we have going on here
- Know that we are always recruiting new family members & actively help to recruit

### **Optimistic:**

- Leave a negative attitude behind
- Clear your mind when you step on the field
- Our family is working to win
- Believe in teammates & continue to improve
- Be upbeat even through fitness
- Giving and receiving "Positives"...make deposits
- Negative experiences = learning experiences
- Have a short term memory when it comes to negatives & losses
- Eliminate any negative thoughts and language
- Cheer and generate spirit on the touchline & stay involved at all times

### **Confident:**

- Not just necessarily in yourself, but in your teammates & coaches as well
- Carry some SWAAAAG
- THE "Walk" to the field

- Believe in our program and our system of doing things
- "Buying" into the way we do things and knowing hard work will pay off
- Communicate our positive attitude with words and body language
- Confidence that both our coaches AND teammates have our best interest in mind

### **Compassion/ Heart:**

- Selflessness!
- Giving 100% EVERY SINGLE DAY no matter what is going on off the field
- Remind teammates: it is OK to make mistakes
- Always try to improve yourself & your teammates
- Our first priority outside of academics is THIS family & soccer
- Care about how our sisters are feeling

## **Think**

### **Accountable/Responsible:**

- Staying on top of homework and academics
- Going to study tables, academic assistance, and staff meetings without fail
- Showing up for training on time means be early!
- Doing every single rep when lifting & running
- Maturity
- "Dress for Success" no matter how much you want to wear sweat pants to that 8:30 AM class
- Doing things without being asked
- Hold yourself and your teammates to higher standards

### **Creative:**

- Creativity in our play...no "robotic" players
- Stop over-analyzing...act and force a reaction!
- Risk new things and take chances on the field
- Be fearless about making mistakes on the field
- Our family leadership keeps our warm ups both productive and fun
- We will come up with fun team & family activities
- Maintain and build traditions – Halloween costume training, match day meals and dress, post-season awards, etc.

### **Purposeful:**

- We have a schedule & process to use
- Read your email at least three (3) times a day
- Talk and/or call instead of texting
- Eat & drink to succeed and act on winning food choices
- Communicate with your professors & coaches with any questions
- Stay organized and clean in your life away from the field
- Plan ahead as much as you can

# Hiram College Women's Soccer

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## 2013 Goals

- A winning season
- Make history for Hiram and continue to raise the standard we set in the off season
- Achieve a place in the NCAC tournament and achieve the best NCAC finish in program history
- Win the 1st half of each match
- Be mentally, physically, and spiritually stronger in the 2nd half than our opponents
- Outscore our opponents in the 2nd half
- Score the last goal of every match
- Challenge & win every 50/50 battle
- Make sure service into both penalty areas is won by us before it hits the ground
- Create more corners than we surrender
- Make a statement challenge and set the tone of every match first
- Finish everything...the session, the match, the season...NEVER quit!!!

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## Our Positive Playing Habits

- ***Everything*** about your play is urgent and fast...***maximum speed of play*** everywhere and all the time
- When you lose the ball, ***immediately work hard to win it back. DO NOT put your head down for even a second.***
- ***Get back in position*** first before you rest when we lose possession or a ball goes out.
- When the ball goes out, ***it is our throw in no matter who played it out.***
- ***Quick throws and restarts.***
- Pass the ball and move...***never stand still!!! Make the next thing happen.***
- Move to create good & simple angles for passes...***don't hide behind players.***
- ***Know your options*** before you get the ball.
- ***Give useful information*** after every ball you play.
- ***Call out names*** on all passes.
- Forwards...***constantly move and look to put yourself "on" ...and ALWAYS look to turn and get in with the ball.***
- ***Shoot early and often.***

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# Hiram College Women's Soccer

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## Concept of Ultimate Responsibility

As a player and member of the Hiram College Women's Soccer family, you are held accountable for what you do.

Ultimately you are responsible for:

1. *Your condition*
2. *Your improvement*
3. *Your academics*
4. *Your performance*

Everyone involved with our team will understand the concept of ultimate responsibility.

Administration  
Coaching Staff  
Players

There are three (3) types of people and players:

1. Those that make things happen
2. Those that watch things happen
3. Those who say, "What the heck just happened?"

We are training, educating, coaching, playing with and recruiting

TYPE 1

People and Players  
for Our Family!!!

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# Hiram College Women's Soccer

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## **Our Attitude of Gratitude – Our Internal & External Grace**

"If you see no reason for giving thanks, the fault lies within yourself."

*Tecumseh*

Although it may seem strange that a DIII soccer coach would be writing about gratitude, it is not a mistake. Gratitude is a sign of maturity and helps athletes mentally perform better. Developing an attitude of gratitude is a mental skill I teach athletes in order to improve mental performance. You might be wondering what gratitude has to do with increasing focus or performing under pressure, but it has a large connection to performance on the field at every level of play.

### **Separates Who You Are from What You Do**

One of the most common mental challenges that athletes face is pressure to perform. Pressure can either improve performance or hinder it. Many times, however, pressure inhibits performance. Part of the reason for the pressure is that athletes base their self-worth on their athletic performance. When athletes are grateful and train their minds to concentrate on all of the good in their life, however, they see a difference between who they are and what they do. Athletics are something we do, not who we are. When we see athletics as who we are, there is tremendous negative mental and emotional pressure. This type of pressure ultimately hurts performance. Building an attitude of gratitude, however, helps athletes see that they are much more than their win-loss records and this reduces pressure and enhances performance.

### **Perspective Decreases Pressure**

Gratitude allows us to see how fortunate we are in life. The act of making a gratitude list on paper or in our minds helps us to see the good in our lives, even though it may not be as much as another teammate or competitor. The fact that we can even play sports is something for which to be grateful. There are individuals who have lost the ability or never had the ability to compete because of physical limitations. There are also individuals who lack family or financial resources. Again, an attitude of gratitude provides perspective and makes us realize that each and every training and match is a gift. More perspective, less pressure, better performance.

### **Gratitude Brings Clarity**

Gratitude also increases focus. When we have athletics in perspective, we concentrate more clearly in training and competition. We do not get overwhelmed with thoughts of performance destroying our self-worth. Gratitude has a way of taking the edge off and quieting our minds. I am not suggesting to not take sports seriously or to not strive to be the best and win, but I am suggesting keeping it in perspective. When we keep perspective, we are more relaxed, and when we are more relaxed, our level focus is raised. And we all know that when our focus is higher, our performance is greater.

The concept of gratitude as a mental skill may seem a bit odd and unusual, but I have found that it is a common theme in my work with successful athletes over the past 30+ years. Athletes who are more grateful tend to perform better with all other things being equal. It is not the one and only thing required for great performance, but it is a key that can increase consistent performance. Compete as hard as you possibly can and be grateful as hard as you possibly can as well!

S O C C E R



# Hiram College Women's Soccer

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## An introduction to our Family Guidelines

These pages of our Handbook are devoted to policies, procedures and guidelines for our Family. These pages spell out a code of conduct for you both as a player and a member of this women's soccer team. If we are to be successful, you must do more than adhere to this code of conduct...you must view this as an extension of our Core Values.

Actually, all of the specifics and details could be covered by two simple words: "COMMON SENSE".

You are expected to conduct yourselves as fine young women with class at all times. Your proper conduct will reflect credit upon you, your family, your teammates and your school. By the same token, improper conduct will reflect unfavorably upon you, your family, your teammates and your school.

Study these policies, rules, regulations and guidelines...be familiar with them...live up to them...and remember what they really are...COMMON SENSE!

**100%**

***Honesty***

**100%**

***Accuracy***

**0%**

***Surprises***

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## **Personal Conduct Guidelines**

### ***“You Are Always in Uniform”***

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- Because you are an athlete, you are monitored by many people, particularly faculty, the media, and youth; **justify the pedestal upon which they place you.**
- You must have **PRIDE** in yourself. Be selective where you go, what you do and what you say. Put yourself in situations that compliment you, others and the program. Don't put yourself in a compromising situation.
- **Be polite and courteous** to all persons who are trying to help you and support our program, especially those persons working in the dining hall, registrar's office, maintenance, etc. In return you will receive the same treatment. Your conduct on and off campus is well observed as you are a Women's Soccer player. Project the image of CLASS.
- **Obey all college and residence hall rules.** Obey resident directors and resident assistants.
- **Be honest.** The truth, the whole truth and nothing but the truth!!!
- Show a great deal of **respect** toward your faculty, they deserve it!
- You are expected to be **well groomed, neat and clean.** This applies on and off campus. **WEDNESDAYS WILL BE “DRESS FOR SUCCESS” DAYS THROUGHOUT THE YEAR**
- The use of profanity and swearing is the effort of a weak person to express themselves forcibly.
- **Social Networking Policy:** Facebook, Twitter, and other social networking web-based communications tools are fantastic and extremely useful. They also come with responsibilities and potential pitfalls when they are misused. With this in mind, we require the following of our players:
  - Email and text messaging will be the “official” electronic communications methods for not only the team, but also the Athletic Department and College
  - All social networking site profiles must be set to their highest “privacy” settings that the site is capable of...in other words, no “public” profiles
  - Members of the Women's Soccer Program will advise the coaching staff when they have “friended” or allowed access to their personal social networking sites by recruited student-athletes
  - Members of the coaching staff and the Athletic Department reserve the right to ask, if there is just cause, any and all Women's Soccer players to jointly review their social networking sites on request
- **Feet are always to have footwear.** At no time is a player to have bare feet, anywhere on- or off-campus, on trips, hotels, etc. The only place to not have footwear on is in the pool or shower and we highly suggest the use of shower shoes or sandals. Bare feet violations will be subject to disciplinary action.

- We want all of our family members to be as healthy as possible at all times. **All injuries must be reported to the coaching staff and trainer.** Failure to report an injury may make things worse and may also result in suspension and disciplinary actions. If you are injured, you are expected to attend all team functions. During rehab time, treatments and alternative workouts will be arranged while you will also have the responsibility to stay abreast with what is developing with the team. If you are sick and not feeling well, please let the coaching and training staff know, prior to training or matches, when you arrive. This will give an opportunity to assess your ability to participate and train. Do not call and leave a message that you are sick and will not be attending, or send a message with another player or student.
- **Campus Conduct & Conduct Unbecoming of a Women's Soccer Player:** You are expected to adhere to the policies outlined in the Student-Athlete Policy Manual as well as the Hiram College Student Handbook. If you violate any policy from either publication, you will be subject to appropriate disciplinary action imposed by the Department of Athletics, Citizenship Education or the respective campus department. Failure to comply with these policies could result in suspension from practice/competition and/or dismissal from the team. This is the department of athletics policy and your consequence related to our team could be more extensive than those of the department noted above.
- **Fund raising:** All members of the Women's Soccer Team will be expected to fully participate in the following Women's Soccer Fund Raising programs throughout the calendar year:
  - "Goal Club" Individual Pledge Program (seniors are exempt)
  - Assist with Traditional Season concessions
  - Recruit Player ID Clinic management
  - Periodic soccer gear sales
  - Soccer-specific items sales (scarves, tshirts, bumper magnets, etc.)
  - Futsal Tournament management
  - Spring Club "Play Date" management and concessions
  - Summer Camp management and staffing
  - Other fund raising programs to be determined by the staff

## **Alcohol, Tobacco, and Other Drug Use Policies & Expectations**

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Our Family has committed to educating it's members above and beyond the social norm of knowledge for college students. Along with that commitment come a higher level of expectation regarding tobacco, alcohol use and other drugs.

Some of our current and returning players have completed a course regarding the low-risk guidelines for the use of alcohol and all of our first-year and transfer players will receive the same programming throughout the course of the academic year.

Our expectations are as follows:

- ALL players, including those 21 and older, shall follow the best low-risk guidelines as outlined and presented in our Personal Prevention Program. Some, but not all, of these low-risk guidelines are outlined in the information below. Violations of these expectations, the guidelines and regulations in the Hiram College Student Handbook, and violations of the law according to the Ohio Revised Code will be addressed individually according to the 2013-2014 Student-Athlete Policy Manual, the 2013-2014 Hiram College Athletics Participation Agreement, and could result in immediate suspension from trainings, matches, and/or dismissal from the program for a specified or indefinite period of time.
- The overall expectation is to avoid the use of alcohol. If you are below the age of 21 – do not buy or consume alcohol. IT IS AGAINST THE LAW and violating the law is ALWAYS a high-risk choice.
- If you are of age, a clear understanding of the process to make the BEST low-risk choice according to the guidelines outlined in our team's personal prevention program should ALWAYS be adhered to. Remember, abstinence is ALWAYS a low-risk choice that needs to be considered.
  - Scientifically-researched general low-risk guidelines for alcohol use are as follows (these include elements of our Team Personal Prevention Program but are not all inclusive of that program):
    - Elements of performance, rational decision-making, strength, and speed/quickness, as well as muscle recovery have been shown through research to be impacted by the use of alcohol (five or more drinks in one occasion of drinking) for up to 96 hours after drinking
    - 1-2 drinks less than daily
    - Never drinking to intoxication
    - Never drinking on an empty stomach

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- Never drinking while taking any type of medicine
- Never daily drinking
- Never drinking to cope with stress
- Never providing to minors...especially other athletes or students

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- Hiram College Student-Athletes should never be in a vehicle in which the driver has consumed ANY alcohol nor should they permit anyone to drive a vehicle after the consumption of alcohol and/or other drugs...STEP UP AND STEP IN!!! Do the right, good, and healthy thing.
- Hiram College Student-Athletes are prohibited from providing alcohol or the opportunity to consume alcohol on or off campus to any recruited student-athlete at any time. Failure to comply or violations could result in suspension from practice/competition and/or dismissal from the team. This is the department of athletics policy and your consequence related to our team could be more extensive than those of the department noted above.
- The possession, use of, or distribution of illegal drugs, recreational drugs, performance-enhancing substances, dietary supplements or drugs listed on the NCAA "banned substances" list, and prescription drugs not being used by the person they are prescribed to and/or in the manner in which they have been prescribed by the prescribing physician IS STRICTLY PROHIBITED!!! Failure to comply or violations could result in suspension from practice/competition and/or dismissal from the team. This is the department of athletics policy and your consequence related to our team could be more extensive than those of the department noted above.
- The use of tobacco products or any kind, and/or the act of smoking tobacco IS STRICTLY PROHIBITED!!! Failure to comply or violations could result in suspension from practice/competition and/or dismissal from the team. This is the department of athletics policy and your consequence related to our team could be more extensive than those of the department noted above.

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# Hiram College Women's Soccer

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## Our Family is Expected to Make an Impact

During your time on campus, you are going to come into contact with many people. Some will be influential in your life for years to come.

The problem is this...You do not know who they are and when you might need their help. That person or professor you "made fun of" in the dining hall or the dorms may someday be the president of a great company or connect you with the best job opportunity you could imagine.

### Impact Campus Actions:

- Get to know as many people on campus as possible.
- Get to understand people who have different interests than you do.
- Be open-minded to information and subjects you are not familiar with.
- Show respect to people who have earned titles by using these titles:
  - President or Vice President
  - Dr.
  - Professor
  - Director
  - Coach
- Act to make each instructor or professor feel you have an interest in their subject material.
- Treat the opposite sex with respect, patience, and understanding...and expect the same in return – nothing less!!!
- Dress as neatly and appropriately as possible. No hoodies over heads or inappropriate dress
- Act as if you are a part of the university community – not someone who is entitled to special treatment because you are an athlete.

### Pre-Training Impact Actions:

- Pre-Training begins when you step into the locker room and then onto the training ground
- Create a mental and emotional map of where you want the training session, workout, or match to take you and visualize yourself getting there before the session
- Immediately engage in activities that will improve upon your skill as a women's soccer player. Specific activities may be assigned by the coaching staff and are expected to be adhered to with enthusiasm and intensity.
- Sitting, standing or shooting the breeze stops your growth and limits your impact...our Family needs to be social when being social is the expectation
- The coaching staff may not be available to participate in pre-training due to setting up the training ground, but we will be available to help you.
- **TAKE ADVANTAGE OF YOUR PRE-TRAINING TO BECOME A BETTER WOMEN'S SOCCER PLAYER**

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### **Individual Workout/Training Actions:**

- We strongly encourage you to find time to get onto the training ground, the fitness center, the gyms/field houses, and the track and go through some individual workouts and self-train technically. You need to continue to work on footwork, first-touch, shooting, control, turns, agility and fitness. Find a teammate, hold each other accountable and push yourselves.
- Ask for more...the Staff will always provide you with ideas and options for individual sessions
- Take 15-20 on either end...whether before or after a training session, identify for yourself or with the help of the Staff, a part of your play that you want to attack and have an impact on and self-train for 15-20 on either end of EVERY session.
- Push beyond your limits

### **Locker Room Impact Actions:**

- Our locker room is, to put it simply, AWESOME!!! Own it every time you walk into it and every time you are about to leave it!!!
- Use the locks on your locker every, single time you bring your stuff to the locker room
- Respect the belongings of one another...if you see that a teammate forgets to lock up their valuables, send someone after them and take care of each other.
- The locker room must be kept neat and clean. NOTHING...no paper, socks, tape or practice gear is to be left on the floor.
- Training gear (cones, bibs, etc.) need to be brought out to the training ground every day and every session...this is everyone's responsibility
- Place your stool in or above your locker when you leave
- Put garbage and equipment where it belongs.
- Turn showers completely off before leaving. Flush toilets. Wipe the counters off.
- Make sure your locker is kept neat and clean.
- No visitors are permitted in our locker room without prior permission from the Staff.

### **Our Equipment & Gear Impact Actions:**

- Everyone is responsible for our training equipment...we all seek to serve and jump in and do what needs to be done
- Be sure your training ball is inflated every day when you come out to a training session
- Keep your boots dry and open to the air in the locker room
- You will be issued the best equipment, training gear and unis that our money can buy...honor them and keep them tidy
- The first ones in the locker room should organize the loops in the laundry bin and/or hang the loops in the appropriate lockers
- When you can't find something or you believe that something has been misplaced, you must behave maturely and with composure...your lost sock can't be treated as an emergency...solve the problem.
- Wet and/or soiled uniform and training gear should always be cared for according to the directions of the Staff and Suzanne
- Fold your gear "Dog-Side Up" and hang them "Dog-Side Out"
- Training gear, warm ups, rain jackets, and parkas are yours to be cared for. They are not to worn on campus, around town, etc. unless otherwise approved by the coaching staff and agreed upon by the team

- You are going to sign for the College-owned equipment issued to you. At the conclusion of the season, all necessary equipment and gear must be returned or the university will charge you for it on your bill or your grades will be held.

### **Weight Room & Fitness Center Impact Actions:**

- You are in the weight room & the fitness center for one purpose – to get stronger, faster, fitter, and to win!
- Spotter and collars on all free weight exercises!
- Do not stand around and socialize. Get in there, do our work and get out.
- Wear appropriate attire. This is a co-ed facility and it is open to the community.
- Encourage and PUSH one another and don't allow your teammate to coast.
- When finished with an exercise, clean the weights off the bar and place them on the rack.
- Wipe equipment down with the towels and antibacterial spray
- Take the opportunity to leave the fitness center in a better condition than you found it...let our family set the standard for getting after it and taking care of it.

***Conditioning in the weight room & fitness center will be vital to our success as a women's soccer team. It will make us stronger, increase our endurance and help prevent injuries.***

***You must push yourselves to your absolute limit. Only then can you reach your full potential. And only you can push yourself to that level of physical and mental exertion. Remember, when you think you can't go any farther, you probably can go just a little more – it is at that point when you separate yourself from the rest of the pack.***

### **Pre-Match Impact Actions:**

- Once you enter the locker room, get into your zone that helps you to get prepared to win
- Remember, you must be respectful of the reality that everyone prepares individually in a different way
- The Staff and Captains will establish timelines for our pre-match routine. You need to adhere to those and honor those
- Be completely dressed in your pre-match gear and on the field ready to warm up at the time designated for that match
- iPods/headphones should not be worn out to the training ground or match field and should be locked and secured in your personal locker
- Cell phones are not permitted in your bag or gear during a training session or match

### **Team Bench Impact Actions:**

- Concentrate 100% on the match...always ready and always willing.
- We will sit on the bench and be engaged with our voice
- When you are warming up, begin to turn it up and turn it on
- You are not to interact with our home crowd or any spectators until released at the end of the match by the Staff
- Show respect and encouragement for players on both teams and the officials.
- There are no circumstances in which you will speak to an official, an opposing staff member, or opponent unless offering a compliment, congratulations, or expressing gratitude

- Get into it for your teammates and serve your teammates on the field with encouragement, information, positive coaching, and direction
- Absolutely know the match situation and tactic and what your role is when entering the match
- When leaving the match, check in with the Staff for coaching points before you sit down

### **Team Travel Impact Actions:**

- This one is pretty simple...Hiram College Women's Soccer players will present themselves with class, style, respectfulness, honesty, and courtesy while on the road and traveling to matches to represent the College and our program.
- We have to be respectful of our family when on the bus..keep the noise on the bus to a minimum. Your thoughts should be on the match.
- We leave the bus in better shape than when we got on it and treat the driver of the bus as if he/she were a member of the family...regardless of how we are treated by the driver
- When you board the bus on the way to a match, you will turn your phone off and surrender it to the staff. You can use your phone once on the bus following the match.

***Traveling as a member of the Hiram College Women's Soccer Family is a privilege. Wherever you are, you must remember that not only do you represent yourself, but our women's soccer program and the College as well. ACT ACCORDINGLY!***

## **Hiram College Women's Soccer**

### **"The Dirty Dozen"**

This is a list of a dozen things that have previously impeded the success of women's soccer players and other student-athletes at Hiram College:

- 1. Fear of Failure and not winning**
- 2. Poor Self Image**
- 3. Laziness**
- 4. Lack of Discipline**
- 5. Undefined Goals**
- 6. Lack of Knowledge**
- 7. Poor Advice from the wrong "Advisors"**
- 8. Poor Time Management**
- 9. Poor Perception of Money**
- 10. Too Much T.V.**
- 11. Indecision**
- 12. Procrastination**



# **“The Definite Dozen”**

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## **TO STAY HERE:**

1. **BE COMMITTED TO YOUR ACADEMICS** – Know your catalog...make a daily plan, a semester plan, an annual plan and a long-term plan...get the top-quality degree you came here for. Go to class every day. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to professor when we travel or you are having a problem. Get tutors when you need them.
2. **BE COMMITTED TO HAVING CLASS** – Treat faculty, trainers, support staff, food service workers, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Everyone takes notes, everyone picks up trash and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Give people the benefit of the doubt and always remember to smile.
3. **BE COMMITTED TO DOING THE RIGHT THING** – There are family and College rules & guidelines...know them. Realize if you just try to do the right thing you will OK. Try to do the next right thing right and you are as close to perfect as any person can be.
4. **BE COMMITTED TO THE PROGRAM** – We realize that our student-athletes are in a fish bowl at Hiram. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build a positive and lasting tradition of our program and respect everyone who is trying to do the same thing in their programs.

## **TO PLAY HERE:**

5. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT** – We must all believe in our team concept. Our program needs to be built on the concept that the team/program is bigger than any one player or coach...We need unselfish players and coaches.
6. **COMMIT YOURSELF TO A WINNING ATTITUDE** – Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit. We always are looking for ways to win.
7. **BE COMMITTED TO HARD WORK** – Our program is built on the concept that EVERYONE needs to work hard and when that happens, hard work pays off. We believe that we work harder than anyone else and because of that we always deserve to win. There is a reason we are the best we can be. We work at it. Our best player must be our hardest worker. Be our hardest worker.
8. **BE COMMITTED TO BECOMING A SMART PLAYER** – We all must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. We all must be good listeners and learn by watching. We must make good decisions. We must play with poise and composure. We prepare mentally for training and matches.

## **TO WIN HERE:**

9. **SURRENDER YOURSELF TO TEAM FIRST** – Communicate with each other. Help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We are all different – be tolerant of teammates and others.
10. **BELIEVE IN OUR SYSTEM OF PLAY** – Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept your role and do it the best you can.
11. **BELIEVE IN YOURSELF** – Play with confidence...think positive. Don't get down when you play poorly...realize you were chosen to be here...be a leader...remember that your heart controls what your tongue says. Lead by example.
12. **BELIEVE IN YOUR COACHES** – Understand that your coaches are trying to help make you better people and players. Ask questions...don't whine, complain or make excuses. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.



# Hiram College Women's Soccer

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## Academic Support Program & Procedures

### CLASS ATTENDANCE POLICY:

**GO TO  
CLASS!!!**

### Failure to attend classes will result in immediate disciplinary action and loss of playing time!!!

You are expected to be in every one of your scheduled classes every day. You are expected to arrive to class on time. Do not interrupt a professor by coming in late and apologize in person immediately after class if you are late. Someone is paying for you to be in college and to get a fine education. Get your money's worth! Also, we will miss some classes periodically during our season because of road trips. The road trip misses added to the fact that you are carrying the load of a student-athlete make class attendance a must. We do not want student-athletes in our program who want to only do the minimum with the expectation of receiving the maximum in our program. We will not have student-athletes who are always underachieving or who are always on edge and stressed out because of a lack of class attendance, effort and academic discipline.

We want you to sit in the front of your classes. Those who sit in the back tend to not pay attention and cannot be trusted to get the job done academically. Listen with your eyes.

**DO NOT** talk in class unless it is to ask a question or to contribute to a class discussion.

**DO NOT** wear a hoodie or hat in a class at any time. **Remember, every Wednesday throughout the academic year is "Dress for Success" Day...your outfit should look like you are going to a job interview that day!**

For every unexcused absence from class, you will be accountable to the team with extra conditioning and fitness. You will be accountable to the coaching staff by spending time sitting next to them during the next match...your choice.

## **Academic Support Program Goals:**

- **Achieve the NSCAA Team Academic Award & add to our Academic Reputations on campus POSITIVELY!**
- **High Individual Academic Status & Maintain Eligibility**
  - G.P.A. – 3.00 +
  - Hours passed (per semester / year)
  - Progress toward a degree
  - Selection / Declaration of a major
  - Selection of an advisor
- **To Continue to Develop Study Disciplines:**
  - Academic Progress Meetings
  - Class Attendance
  - Study Group work
  - Organization / Time Mgmt.
  - Deadlines for work completion
  - Preparations for exams and presentations

## **Tools:**

- Academic Progress Meetings
- Athletic Department Study Center
- Planners & Energy Management System
- Progress Reports
- Electronic Monitoring
- Course Syllabus
- Academic Review Sessions
- Tutors
- Academic Services Office
- Writing Center

## **Women's Soccer Academic Progress Meetings:**

- 1x weekly with coaching staff
- Scheduled...missed meeting = loss of playing time
- Must be on time and prepared
- Progress report forms (2)
- Web-based electronic review
- Open, honest, direct
- Hiding from academic questions = stress & failure

## **Contact with Your Professors:**

- Coaches will make contact with your instructors from time to time to receive updates on your progress, attendance and attitude in class.

## **Academic Support Program & Procedures**

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### **What Constitutes Plagiarism?**

(This list is not exhaustive)

#### **Unauthorized assistance from persons:**

(Authorized assistance consists of the support system the College has sanctioned, including the Writing Center, Vencil-Carr and writing assistants, and peer editors; however, “assistants” and “readers” can also be accused of plagiarism if they are involved in any way in the following offenses.)

1. Using a paper written by another student
2. Asking a “friend” to write a paper for you, and using it as your own
3. Agreeing to supply other students with work not their own in either way listed above (or other ways that represent an excess of “help,” such as writing entire paragraphs for other people)
4. Allowing one person in a collaborative writing project to do all the writing, and handing it in as the result of a collaboration (all parties are guilty)
5. Turning in a paper written in another course, without telling an instructor you are doing so
6. Handing in a paper purchased off an internet site
7. Deliberately breaking the rules of fair assistance established by a professor for a particular assignment; if a professor tells you, for example, that the Writing Center may not be consulted on a take-home essay exam, it may not

#### **Unacknowledged assistance from sources:**

1. Using published material word for word, without citing it or placing it in quotation marks (or both)
2. Paraphrasing without citation
3. Paraphrasing with words too close to the original source
4. Placing the citation for a paraphrase at a place in your text that does not clearly indicate which sentences that precede it are included in the paraphrase
5. Changing words in a paraphrase, but not syntax
6. Failing to distinguish what is and is not common knowledge

### **Living Up to Code: Avoiding Plagiarism and Academic Dishonesty at Hiram College**

We are very concerned at Hiram College that you understand and adhere to the principles of academic honesty. We know that this is not the first time, nor the first place, that this subject has been introduced to you. We know that you understand the absolute importance of attributing others’ ideas and words to them—not pretending that they are your own. We take these things as givens, and welcome you into the community of scholars because you believe them too.

Those of us who have struggled with the demands and joys of scholarship understand what hard work it is, and by understanding that, we understand that those who have engaged in thought and writing before us must, meticulously, be given credit for what they have done. Your relationship as a writer and researcher to other writers and researchers who have come before you is one of respect and acknowledgment. Who among us does not hope that our own work will one day be appreciated and recognized by others?

You need to understand, even this early in your career at Hiram College, that the consequences of not crediting and acknowledging your sources are severe. The Student Handbook very clearly articulates the procedure that will be followed in cases of plagiarism, as well as other forms of academic dishonesty. But you will not have to worry about this if you work and live in the spirit of true scholarship.

The faculty at Hiram College believes that few students deliberately plagiarize. We live and work, together, in the spirit of mutual trust—not suspicion. However, we also know that careless habits and an unclear notion of college expectations for research writing sometimes put students at risk.

So I would ask you to think about some of the suggestions below as you work hard on your Colloquium and First Year Seminar papers this year, and on comparable assignments during your remaining years at Hiram:

- Even when you paraphrase, you must include a parenthetical citation so we know whose idea you are including, and what page it occurs on.
- Did you know that when you paraphrase you are responsible for doing far more than just plugging in a few synonyms? If you use the exact word order of the original line, this is also a form of plagiarism, even though all the main words have been changed.
- You should always use a signal phrase (Hacker's term) or some sort of attribution when you introduce a quotation. For example, you might say any of the following: As Hacker writes, According to Hacker, As Hacker has said. You should always name your sources, not try to meld yourself with them.
- Have you ever placed a parenthetical citation (or footnote, if you used the footnote system in your high school) at the end of a long paragraph--a paragraph completely paraphrased, consisting of multiple sentences? How are we to know, without a signal phrase, where the paraphrase begins? Which lines are yours and which your authority's?
- Do you understand your source well enough to paraphrase it? Sometimes an authority writes in such a complicated way, or deals with such complex ideas that you might be tempted to paraphrase very awkwardly or to include more words from the original source than you really need because



you don't understand the concept being discussed in your source. You cannot successfully paraphrase until you do!!

- One way to avoid losing your focus is to make sure that topic sentences very seldom contain quotations. You should use those sentences (and many more) to advance the main lines of your argument or the particular synthesis of information that you are trying to convey. If your only job is to scissor and paste the views of others together, you will not necessarily be guilty of academic dishonesty (though the risks are higher that errors like those above might occur). However, your work will nonetheless lack the intellectual ambition we expect it to exhibit.

Research papers and essays promote learning and growth. They are integral to your experience at Hiram College. As we write them, we realize—and acknowledge—our debt to others, as well as our own distinct contribution to knowledge. We are a part of a community of learners. One day, many of you reading this newsletter will write something so good, so wise, and so important that others in your field will want to refer to what you have said. You will have deserved a nod of recognition—you will have earned it. You, in turn, must tip your hat to others now.

## **Statement on Academic Honesty**

Hiram College believes that the development of intellectual honesty is at the heart of a college education. The process of education is severely compromised if we cannot depend on the academic integrity of each member of the community. Moreover, the principles of academic honesty are aligned closely with the principles of good scholarship and research, principles of critical thinking and reasoning, and the standards of professional ethics. Thus, students who fail to training academic honesty not only risk losing the trust of the academic community, they also fail to develop the most essential skills and abilities that characterize a college graduate.

Any student who violates the integrity of the academic process will be subject to punishment, including possible dismissal from the College. There are many forms of academic dishonesty including the giving or receiving of help in any form on an examination, the sale or purchase of papers and test materials, the abuse of computer privileges and regulations, the misuse or abuse of library resources, and any other action which debases the soundness of the educational process. Faculty members and librarians are expected to report all instances of academic dishonesty to the Associate Dean of the College who will provide advice on an appropriate action.

## ***Plagiarism***

The most common form of academic dishonesty is plagiarism. An essay or term paper is designed to develop a student's own ability to think clearly and critically about a subject and to express ideas fluently. Similarly, a laboratory report is designed to develop a student's capacity to record observed phenomena and to interpret them correctly. A creative work in the arts is intended to demonstrate the student's own creative abilities. If a student corrupts these purposes by receiving unauthorized assistance from another person or unacknowledged assistance from a written source, he or she is guilty of plagiarism. [The faculty member would determine the conditions in which assistance from other persons is unauthorized.] To avoid



any suspicion of plagiarism, students should acknowledge any work not their own, in other words, any language, illustration, information, or diagram which is not original must be documented. Students are urged to visit the Writing Center for help in understanding these guidelines.

Hiram College expects students to develop a thorough understanding of what constitutes plagiarism, and to avoid it in all forms of campus communication. When plagiarism occurs in work submitted for a grade in a course, it is particularly serious and becomes a reportable offense. There are two categories of such offenses. Category I include instances of plagiarism in which there is clear intent to falsify, mislead, or misrepresent another's work as one's own. An obvious example would be an attempt to hide the source of plagiarized material by not even including it in the paper's bibliography. Category H includes instances of plagiarism in which there is not clear intent.

Instead there is evidence that the student made a simple mistake in citation, or did not fully understand what constitutes plagiarism.

The process for dealing with cases of plagiarism is intended to facilitate the development of the student as a scholar who trainings academic honesty. First offenses usually involve some penalty, depending on severity. Students are expected to learn from these mistakes and, therefore, there is less tolerance for subsequent offenses.

Cases of plagiarism are handled in the following way:

- The course instructor judges whether the offense is Category I or II. The instructor is encouraged to consult with the Associate Dean of the College, WEC Dean, and/or Writing Director for assistance in making this judgment.
- All cases of Plagiarism are reported to the Associate Dean who will maintain a database of plagiarism cases. (This facilitates "institutional memory")
- For a first-offense, Category II case involving an underclass (not a senior) student, the course instructor has the option of allowing a makeup of the paper or assignment, or a penalty. These cases do not require a conference with the Associate Dean and the student. All other cases require a penalty and a conference with the Associate Dean.
- Category I cases, even if first offense, may result in an F in the course.
- A pattern of Category II offenses, or any second-offense case that is Category I will usually result in suspension from the College.
- For a senior, a Category I offense, even if a first offense, will usually result in suspension from the College.
- Records of plagiarism cases are kept by the Associate Dean. The student's advisor (for traditional students) or the WEC Dean (for WEC students) are informed of the results of plagiarism cases. (The advisor or WEC is urged to follow up with the student and reinforce the importance of academic honesty.)
- Appeals of plagiarism case decisions may be made to the Dean of the College.

### ***SPECIAL NOTE on COLLABORATIVE WORK***

Students must assume that collaboration in completion of assignments is prohibited unless explicitly specified by the instructor. Students must acknowledge any collaboration and its extent in all submitted work. This applies to collaboration on editing as well as collaboration on substance. [This statement is not intended, however, to discourage students from forming study groups.]



## Players' Roles and Responsibilities in Our 4-3-3 (Part I)

### Introduction:

First things first...we are going to give you an outline and a "big picture" view of the roles and responsibilities of our players in OUR 4-3-3 system we will be playing this year. One again, before we look at anything...a reminder to keep these bottom-line fundamentals in mind:

- **Get after it and just play!!! Don't think too much...know the plan before you play but go after it, ACT, and play!!! Make things happen!**
- **Defend like your life depends on it!**
- **Attack as if you must score and/or create a chance from every possession**
- **Have fun making everybody else fear you!**

Each of you are going to be held accountable for understanding and knowing multiple roles and responsibilities. All backs need to know the "R&Rs" for each position in the back. All the central midfield players need to know all the roles...the same for the front runners. And, you will also have to know the R&Rs for other roles. The point is this...learn, absorb, and understand.

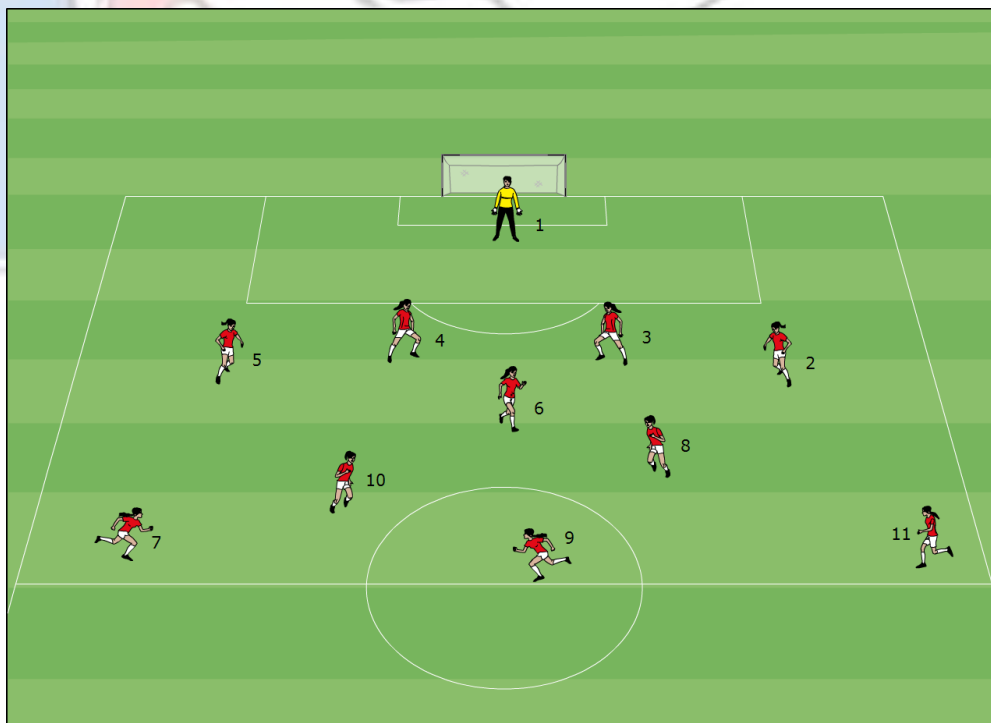
We will refer to the roles by number as the teaching goes on:

- **1 = GK**
- **2 & 5 = Outside Defenders**
- **3 & 4 = Center Backs**
- **6 = Holding Midfielder**
- **8 = Balancing Midfielder**
- **10 = Attacking Midfielder**
- **7 & 11 = Wing Forwards**
- **9 = Center Forward**

Again, study it and learn it all so that you know and can ACT...not react.

**Finally...you ALL need to understand something...this is not a standard 4-3-3 system that you have played somewhere else in club, high school, etc. This is OUR system that is built and designed specifically for OUR**

**FAMILY!!! Everything that you will see and do has been designed around our family values, your personalities, your great intellect and ability to learn, your commitment to each other, and our commitment to engage as many effective players into the team in every match. It will be different, challenging, demanding, and above all, it will be ridiculously fun to play and difficult to defend against!!!**



## Center Forward (#9)

### **Personality & Character Implications:**

- Our center forward must have a “killer” and “assassin” mentality and approach
- And...she must also be selfless in her approach to her teammates and be willing to risk everything in the attack for her team as well as being the most tenacious defender for her team
- This requires discipline and responsibility because she must cover so much ground and change the way we play in moments in the attack and when defending
- It goes even further because not only must she be a selfish assassin, she must also be equal parts of complimentary giver in serving up her teammates with lay-offs and combinations

### **Attacking:**

- The foundation of our center forward...and all our players while in the front third...is simple: 100% risk!!! Take your chances, make a run, make something happen, and get a chance for us!!!
- This player needs to be able to play with her back to the goal and hold and distribute the ball under tremendous pressure AND be quick/ elusive player in this position who must not only deal with the physical demands of playing against opposing center backs and win balls in the air, but also play in quick combinations by laying it off and getting it back in a position to get into goals.
- Our center forward does not have to be a physically-imposing, strong player. She needs to be one who can turn and finish in the box and get on the end of crosses and set-pieces. She needs to be good in the air and courageous in trying to get to the aerial service.
- Our center forward needs to be committed to be super mobile and super active...she can't expect the ball to be played to her. She needs to be working to create space by checking to, away, and finding the seams in their backline
- Ideally, this player is also very ambitious, looking to get in behind the defense but also cycling back into the midfield on occasion to help imbalance the defense and build possession.
- Our best center forwards need to have an uncanny ability to find the ball in tight spaces.
- Our center forward must be committed to out-working all of the backs they play against.
- Our center forward is critical in attacking transition for the team in our system, knocking down long passes from the back line, and frequently being the target player in counter-attacking movements.

### **Defending:**

- Our center forward must be committed to always being a tenacious...she must be a gracious and constant pest to the first pass out of the back by the opponent. It is not about being an acerbic personality. It is about having so much creating a first and early problem for our opponents.
- Our center forward must be mobile enough to press both opposing center backs, either channeling the attack or providing enough pressure to force mistakes.
- And, our center forward will be called on to check back into the midfield to provide defensive cover for an attacking midfielder or to help break up an opponent's possession.
- Our center forward needs to be an organizer with her voice as well as her actions as she is the earliest “ambassador” for our program by sending and delivering the first message to the opponent.
- Finally, our center forward must be focused on winning balls played forward by her teammates, often challenging in the air to control flighted balls in particular.

## Wing Forwards (#7 & #11)

### **Personality & Character Implications:**

- Our wing forwards must have a “killer” and “assassin” mentality and approach
- The discipline and responsibility needed comes from the reality that these players have an extra moment to seek out the dangerous areas, the seams, the space, and the combinations...they MUST ALWAYS be seeking out where to strike and when!
- The selflessness from our wing forwards will come from their willingness to slot and serve dangerous balls
- A greater selflessness...and much more vital contribution that our wing forwards are committed to...is the immediate need to defend and prevent the opponent from looking forward.

### **Attacking:**

- Again, the foundation is simple: 100% risk!!! Take your chances, make a run, make something happen, and get a chance for us!!!
- Our wing forwards in our system will need to be speedy, hard-running and determined attackers who are constantly looking to get in behind the opposing back line as well as through the seams in their line as well.
- Our players need to look forward to and thrive in 1v1 attacking situations and our team will try to build its attacking around isolating these players against single defenders on the flanks.
- While they are isolating defender and making things happen against them, our other players will be working to combine, exploit seams, and run off the ball endlessly.
- Our wing forwards must use a change of speed, have very good endurance, at least one or two reliable attacking moves, and the ability to get end-line and force defenders to concede crosses and corners.
- Our wing forwards must constantly look to combine with the center forward, near-side outside back and the central midfielders to unlock and unbalance the defense and its shape.
- Our wing forwards must be able to serve a variety of crosses with either foot and they need to be able to get on the end of crosses and finish under pressure.
- Our wing forwards must be able to win balls played forward, often with defenders pressing up against them as they receive, and also check into the midfield to help build possession.
- Our wing forwards often act as either the early target to start a counter-attack or the runner who is targeted to get in behind and finish counter-attacking moves.
- Finally, our wing forwards must possess the tactical understanding to make adjustments (i.e. swapping sides of the field if they are not receiving service or if they cannot break down their defender) to impact the game, AS WELL AS the courage and creativity to absolutely try to punish the opponents in and with every possession.

### **Defending:**

- Our wing forwards are “in your face” and must apply immediate and relentless pressure to, and track, opposing outside backs when the opponents are in possession. There is no hesitation...press it and win it back immediately!!! Our opponents NEVER get a good look forward from their backs
- Our wing forwards need to learn to instinctively understand how and when to press the ball outside or inside, depending on the tactical match situation and where their cover and help is. The space immediately behind the wing forwards in our 4-3-3 is the most difficult to defend (as there are no wing midfielders) and teams will look to play into that space to release pressure and build their attacks.
- So, our wing forwards need to Read and ACT when defending to be tactically sound:
  - Read the degree and direction needs of their pressing of the opposition backline and DO IT!!!
  - Reading when to “pinch in” and drop when the ball is opposite of them to cover the midfield space
  - Reading when to close on a central or wide midfielder
  - Reading when to close back on near side midfielder or forward & press or double



# HIRAM COLLEGE

## SOCCER

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### Players' Roles and Responsibilities in Our 4-3-3 (Part II)

#### Introduction:

First things first...this is the "big picture" view of the roles and responsibilities of our players in OUR 4-3-3 system we will be playing this year. One again...a reminder to keep these bottom-line fundamentals in mind:

- **Get after it and just play!!! Don't think too much...know the plan before you play but go after it, ACT, and play!!! Make things happen!**
- **Defend like your life depends on it!**
- **Attack as if you must score and/or create a chance from every possession**
- **Have fun making everybody else fear you!**

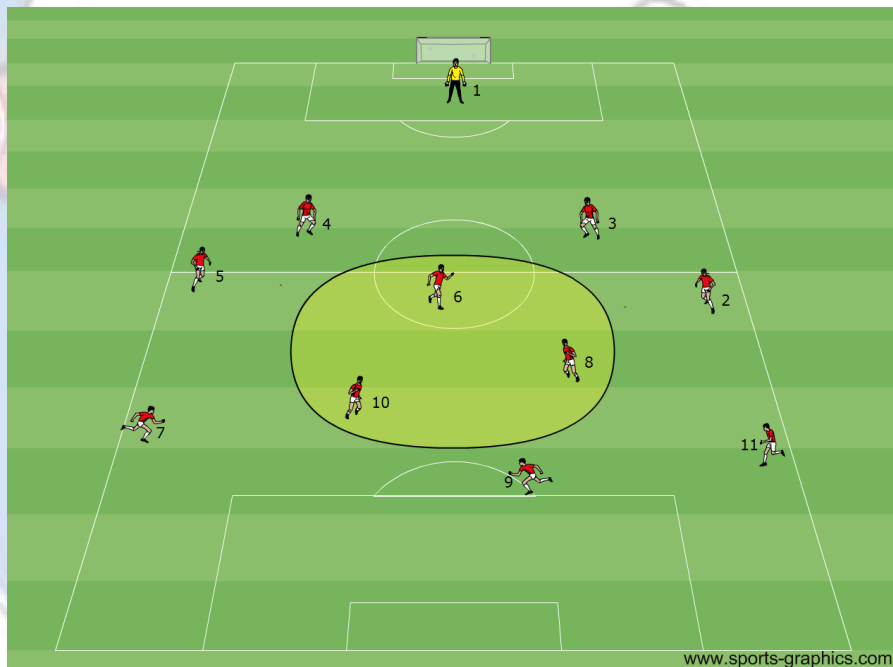
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We will refer to the roles by number as the teaching goes on:

- 1 = GK
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- 3 & 4 = Center Backs
- 6 = Holding Midfielder
- 8 = Balancing Midfielder
- 10 = Attacking Midfielder
- 7 & 11 = Wing Forwards
- 9 = Center Forward

Again, study it and learn it all so that you know and can ACT...not react.

**This is OUR system that is built and designed specifically for OUR FAMILY!!! Everything that you will see and do has been designed around our family values, your personalities, your great intellect and ability to learn, your commitment to each other, and our commitment to engage as many effective players into the team in every match. It will be different, challenging, demanding, and above all, it will be ridiculously fun to play and difficult to defend against!!!**



#### Balancing & Attacking Midfielders (#8 & #10)

##### Personality & Character Implications

- They will be committed to having the highest work rate of any player on the field that allows them to work "box to box" unlike any other
- Our attacking & balancing central mids must be committed to being the type of players that not only enjoy "slicing and dicing" up their opponents, but also serving the forwards and backs
- They must be obsessive about defending the opposing midfielders and locking them out
- They must be courageous ball winners
- They must be vocal leaders

- The constant thought in their mind and the vision in their “mind’s eye” is to get deeper and deeper into the attack and shut down everything else in the middle

### **Attacking**

- Our attacking midfielders must be mobile, technically-sharp players who see the field very well and creatively drive the team’s attacking and connect with both the back line & the holding midfielder to provide service and support to the front line attackers.
- Our attacking mids must make consistently good tactical decisions under pressure and be able to read play to redirect the attack.
- The attacking midfielders want to run at opposing back lines and get wide to support and combine with the wing forwards to open up space on the flanks.
- These players also look to penetrate off of the ball if the opposing back line is stretch...get into the “seams.”
- Finally, attacking midfielders also look to get in and finish crosses.

### **Defending**

- The midfield triangle in our 4-3-3 have considerable defensive work to do, especially since the shape is always different when they attack and in the moment of transition to defending when our team has lost the ball.
- Our attacking & balancing mids must work very hard to:
  - Not let the opposing central mids behind them
  - Press the ball when it is lost in the middle third
  - Close up an opponent’s options and space while looking to win back possession for their team.
- Finally, the attacking midfielders must work with flank players (forwards and backs) to close down runners and space on the flanks in the midfield, the space most often exploited by teams attacking a 4-3-3.
- Channel the play, force the opponent to one side and eliminate the other side as an option.

### **Holding Midfielder (#6) “The Deep Six”**

#### **Personality & Character Implications**

- Our “Deep Six” needs to be committed to having the same “box to box” work rate as the attacking & balancing mids AND to “holding the fort” and being the constant link between defending and attacking.
- Our 6 will be hard, assertive, and active
- Our 6 will step on the field knowing they have the “backs” of the entire team on the field

#### **Attacking:**

- The holding mid is a supporting & linking player who facilitates transition between the back line and the midfield.
  - She is a pivot point for the back line to change the point of attack.
  - She sees the shape and reads our back line in possession
  - She reads pressure and controls the space in front of the backs.
- Our 6 will often receive the ball facing her own goal and under pressure, so she must be technically proficient and also strong on the ball.
- Our 6 provides close support for the attacking midfielders.
  - She must get underneath the attacking midfielders when they receive the ball under pressure and redirect the attack.
  - She sees and keeps the switches as an option
- Finally, our 6 is the starting point and/or the point of release for quick counters for the team.
  - As a ball-winner, she often has the opportunity to release a forward or attacking midfielder on a quick counter...look forward first

#### **Defending:**

- Our 6 does not get beat in 1v1s...no one gets behind her with the ball.
- Slows the attack, gives her teammates time to cover any runners.
- She must be strong in the air, as she must be in the area to win balls served from punts or goal kicks, and she tracks back to clean up crosses in her team’s back third.
- Our 6 is tactically responsible for screening in front of the back line.
  - She reads the opponent’s ideas and sort out threats in the middle of the field in the run of play.
  - This helps to maintain the back line and its integrity under pressure.

# HIRAM COLLEGE

## SOCCER

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### Players' Roles and Responsibilities in Our 4-3-3 (Part III)

#### Introduction:

First things first...again, this is the "big picture" view of the roles and responsibilities of our players in OUR 4-3-3 system we will be playing this year. One again...a reminder to keep these bottom-line fundamentals in mind:

- ***Get after it and just play!!! Don't think too much...know the plan before you play but go after it, ACT, and play!!! Make things happen!***
- ***Defend like your life depends on it!***
- ***Attack as if you must score and/or create a chance from every possession***
- ***Have fun making everybody else fear you!***

Each of you are going to be held accountable for understanding and knowing multiple roles and responsibilities. All backs need to know the "R&Rs" for each position in the back. All the central midfield players need to know all the roles...the same for the front runners. And, you will also have to know the R&Rs for other roles. The point is this...learn, absorb, and understand.

We will refer to the roles by number as the teaching goes on:

- **1 = GK**
- **2 & 5 = Outside Defenders**
- **3 & 4 = Center Backs**
- **6 = Holding Midfielder**
- **8 = Balancing Midfielder**
- **10 = Attacking Midfielder**
- **7 & 11 = Wing Forwards**
- **9 = Center Forward**

Again, study it and learn it all so that you know and can ACT...not react.

**This is OUR system that is built and designed specifically for OUR FAMILY!!! Everything that you will see and do has been designed around our family values, your personalities, your great intellect and ability to learn, your commitment to each other, and our commitment to engage as many effective players into the team in every match. It will be different, challenging, demanding, and above all, it will be ridiculously fun to play and difficult to defend against!!!**



#### **Outside Backs (#2 & #5)**

##### **Personality & Character Implications**

- They will be disciplined and responsible as both initiators of pressure and initiators of the attack
- Confident to play the first pass forward without risks and to take the responsibility off the center backs
- Willing to work for their team as all out defenders and risk-taking flank attackers

##### **Attacking:**

- The outside backs in our 4-3-3 need to be forward-thinking, creative, and risk-taking players, as they use space in front of them to organize possession and flank attacks.
- Our 2 & 5 must be technically sound to inter-pass with the goalkeeper, our center backs and defensive midfielder to release pressure and organize possession.

- They must be very good at playing and receiving the ball over distance, to change fields or receive balls in the switch
- Our outside backs need to combine with the midfield triangle and the front line to create attacking opportunities on the flank, especially for a quick counter attack.
- They must be so committed to being fit as it is nothing but up to press, back in shape, out to the flanks, in for the cross, etc.
- Finally, our outside backs need to be able to serve balls off of the back line and when deep from crossing situations.

### **Defending:**

- Our outside backs need to be quick to close the big spaces and the players who show in those spaces, especially on the flanks.
- Our 2 & 5 must be outstanding 1v1 defenders who NEVER dive in and allow a player with the ball in behind them.
- Our outside backs must commit to challenge in the air to win balls played into their areas, including crosses and balls served from the opposing back line or goalkeeper.
- They must be coach out loud and know the 2nd defender (cover) and 3rd defender (balance) roles in the back line.

## **Center Backs (#3 & #4)**

### **Personality & Character Implications**

- Our center backs need to have a “killer” mentality and attitude
- Vocal conductors and leaders who are constantly organizing and holding themselves responsible for team shape
- Confident to play the first pass forward without risks and to take the responsibility off the outside backs
- Willing and ready to be engaged to receive the ball and get forward out of the back

### **Attacking:**

- Our 3 & 4 need to play physical, tough, dominate in the air to start things, and get underneath the outside backs and mids
- Our center backs must look to serve balls with either foot to our front runners first
- Our center backs are connected with the goalkeeper to play back-passes to release pressure.
- They are ALWAYS engaged with possession and the attack

### **Defending:**

- Our centers WILL conduct, lead, and organize the team shape and run the show when we are out of possession
- They will need to assess the risk factor presented and give appropriate instructions.
- Our 3 & 4 look to step and press the players in the gap in front of them and not allow turns and runs with the ball
- These players must cover one-another and their near-side outside back AND must dominate in the air.
- The center backs must help the goalkeeper control the area at set-pieces and on crosses.

## **Goalkeeper (#1)**

### **Personality & Character Implications**

- Our #1 is constantly leading, conducting, and “outside of themselves,” ...ever the servant
- Our #1 must be consistent in mood, attitude, and in delivery of the final product...the save
- The decisions of our #1 demonstrate stability and the avoidance of risks

### **Attacking:**

- Our keeper's distribution is the starting point of our attack. She must be able to play goal kicks and punts over distance (and throw at the higher levels as well) and with accuracy. In our 4-3-3, she will often have to distribute early and long to forwards & mids.
- She must be able to play confidently with her feet off of the backpass.
- Our keeper has the best view of the game and coaches to help organize possession and attacking through constant communication with the team.

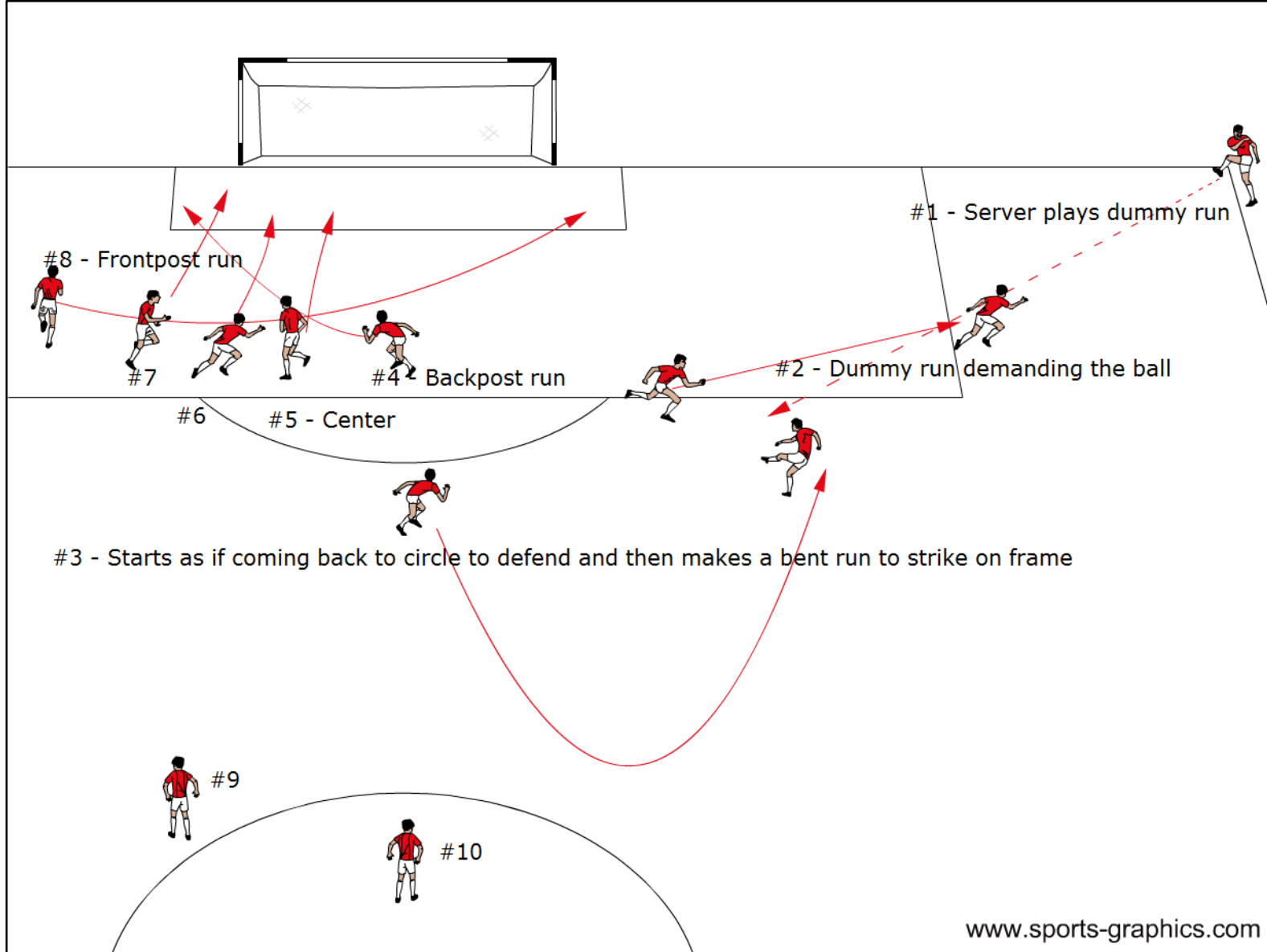
### **Defending:**

- Our keeper has the best view of the game and MUST organize and positively coach the team's defending in the run of play and when defending set-pieces.
- Our #1 will command out to the penalty spot for sure and be consistent and technically-correct in handling (catching, tipping, punching), particularly under pressure.
- Her agility and quick footwork make her powerful when she needs to extend and dive and her angle play is solid.
- Our goalkeeper must be one of the best tactical players on the field, reading play and problem solving throughout the game.



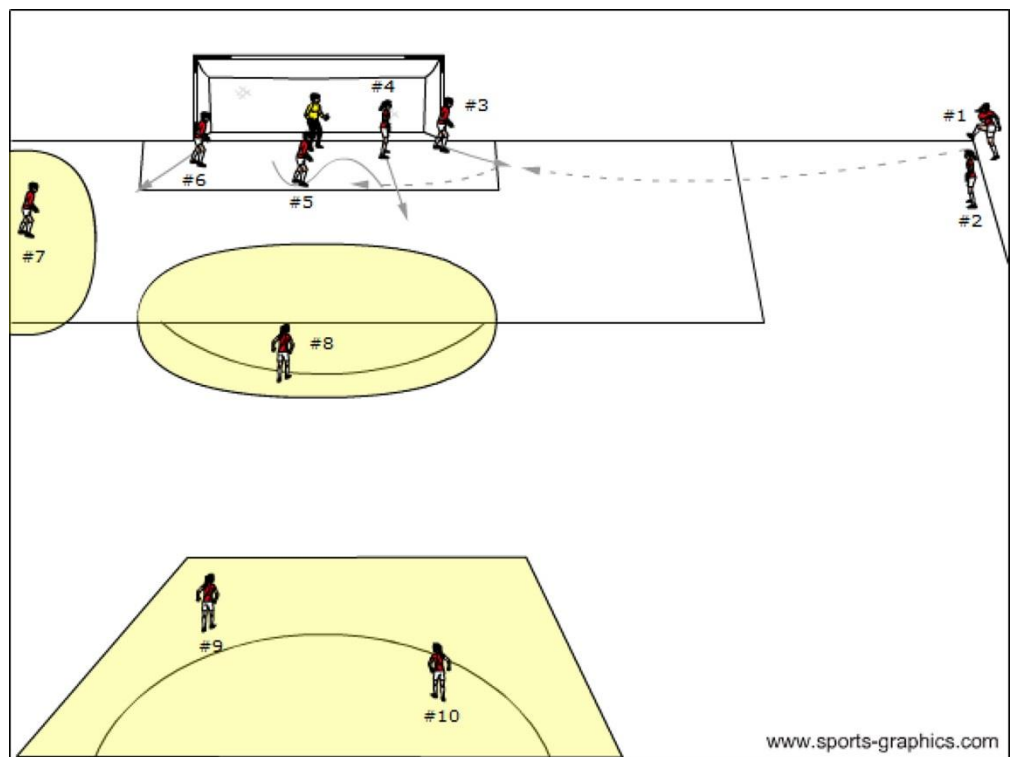
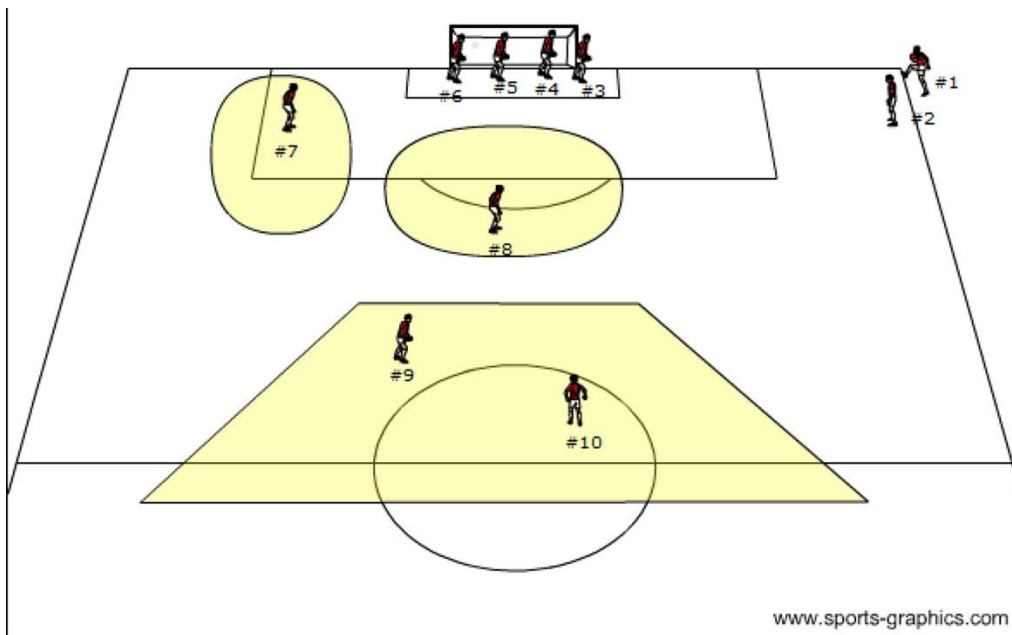
- In our 4-3-3, the back line is often stretched because of the smaller numbers in midfield and thus the goalkeeper must be very mobile and able to balance the need to actively clean up behind the backline with the danger of middle-distance shots from in front of the backline.





### Dummy Run CK

- #1 is the server playing a driven ball to #2 who starts at the arc and the 18 and shows dramatically for the ball
- #8 bends a run to the near post when #2 dramatically shows
- #2 dummies the served ball
- #3 is just outside the arc and appears to be called back to defend as walking away from the area...then bends a run to strike the ball on frame after it is dummied
- All runs are held: #4 to the back post - #5 to the center run - #6 & #7 frame the back post area
- #9 & #10 are withdrawn to cut off the counter



### **Indiana Corner Kick...Starting places and Runs:**

- #1 is looking to take an in-swinging corner served head-high or below at the targeted run of player #3
- #2 creeps and shows for a short ball if the defending team is "sleeping"; if the defending team is not organized, #1 plays to #2 who runs with the ball at the goal and then serves
- Target is #3 who is showing to a spot halfway between the endline and the corner of the 6 yd. box
- Ball must be driven in low and hard to the near post
- #3 either dummies the ball or flicks it on with their head
- #4 shows to the front of the 6 yd. box and comes back in
- #5 is trying to keep the attention of the GK without fouling
- #6 shows to the back corner of the 6 yd. box and comes back
- #7 covers the 2nd post to send balls back into the mix
- #8 covers the depth of the penalty spot and sends balls back into the mix
- #9 and #10 are released to stop counters...they may need to pull #7 and/or #8 back to maintain a "numbers up" posture