



Here are the Top 10 Tips you can be doing right now.

1. Update Player Profile

College Coaches look at your profile to ensure you have a professional online Player Profile with a current picture, highlighting your athletic and academic achievements. It should also include your highlight video, contact information and your references.

2. Social Media - Make sure it is clean and this is a huge opportunity to market yourself.

Believe it or not, college coaches will search you out on social media to get more insight on you as a player and as a person. Some schools have people designated to do this for the coaches, that is how important it is to them. They want to make sure they are bringing good people into their program! If they see any red flags on your social media, they will move on or take you off their list. Now is the time to make sure you represent yourself in the best light! No drinking, No partying, No foul language and No obscene memes. Don't post anything that you think will jeopardize your acceptance or admission into the school of your dreams!

Actually, do the opposite. Start posting positive quotes, inspirational & motivational videos or memes, athletic posts, training posts, posts of other successful pro athletes. Be positive, be inspirational, be a leader. Coaches are looking for these types of people to add to their program.

3. Create a Highlight Video

Put together your best game clips from recent matches. You should start with a short BIO page including a picture of you, club team, age group, graduation year and jersey number. Each clip should identify you with a circle, arrow or spotlight so college coaches know who to watch. Make sure you highlight your strengths and keep the video short, 3-5 minutes max. If you don't have game film, create an individual training highlight video for now and add game footage as you get it.

Highlight videos are key especially right now. What makes you stand out. Coaches need to be able to put a name with a face and see you as a player. Some context in your highlights, how you receive the ball etc.... Start with your best and keep it going. Make sure the video is clear and with no distracting sounds. Aerial views are good, close ups are also good but they need to see where you are on the field. You need to get their attention as soon as possible. This is an area that will need to be used more and more with limited travel on coaches and events. So start getting comfortable with this process as much as possible. Practice being in front of the camera showcasing your skills. Even right now in quarantine,



individual training touches on the ball, skills, shooting on goal, GKing passing and receiving with a wall, speed agility, strength training. If you can make it cool, even better. Apps, to make it easy. Kids and players are actually really good at this.

4. Research schools and make a list of Top 15 schools

Do you research to figure out what kind of school you want to attend. Would you prefer a Public or Private school, big or small school, DI, DII, DIII, NAIA or JC, location, weather, social setting, academic standards, major of interest and cost. There are a lot of different resources to use like: College Fit Finder, Top Drawer Soccer, NCAA Sports Map and plenty more.

5. Get an assessment of what level you should play.

The best way to get this information is from coaches that know you, respect you and will be honest with you. This is very important and this will help you narrow down the schools so you can target those schools specifically. Most players will shoot for schools that are out of their range and then miss out on opportunities. If you identify the right level for you, you will be one step ahead of the game. There is a place for everyone, you just need to find the right fit. DI, DII, DIII, NAIA or Junior College. Every level of soccer has great, good and not so good programs - you just need to find what is best for you and them.

6. Attend ID Camps

At these camps you are able to scrimmage and play games in the camp environment, which is a great experience for you as a player to keep your level high and fitness up. You will also interact with other players with similar goals and interests. You will also have the chance to work with and meet college coaches. These college coaches might not be at your favorite schools but they can give you good advice, maybe make a connection for you and be a future reference. You will also gain experience attending and standing out in camps, so you are prepared when you attend camps with your favorite schools.

7. Draft and send emails to college coaches to express interest in their program

Now, you are ready to send emails to introduce yourself to the coaching staff and express your interest in their school and program. The subject should include your Name, Graduation Year and maybe something catchy. Anything specific to their school will assure your genuine interest. College coaches don't like mass emails, they want you to show specific interest. Brief intro about you, your interest in their school, url link to your Player Profile, schedule of upcoming events and identify any Reference. I recommend adding a signature with a picture of you, grad year, GPA, Position, club name/team, email and phone info.



8. Go to their Athletic Websites and fill out Student-Athlete Questionnaires

Schools want to know that you are interested in them from the beginning. If you take the time to fill out the Questionnaire, it will show them you are serious. As a result, you will also get up to date information about the school and program. You will most likely get info on upcoming camps, clinics, games, schedules etc...Most of them will be mass emails, but sometimes, college coaches will use this as a way to communicate to you specifically. So look closely at the email to see if it is specific or general. If you are not sure, as you coach or director.

9. Get started with an Individual Training Program to maintain/improve fitness, strength, technical and tactical skills (watching video or games) aspects of your game.

Physical fitness and technical ability is key when it comes down to what college coaches are looking for in players. You have to stay in the best shape possible. If you are fit and in shape, you have less risk of getting injured. If you are injured or not able to play, you CANNOT be recruited. When you do play, you have to be able to last as long as possible with bursts of intensity, movements, sprints, tackles and runs. You also have to be able to control the ball and when you get tired that becomes more difficult and that is when you will really be tested or assessed technically.

10. Educate yourself on the rules and regulations of NCAA and NAIA.

What college coaches can and cannot do and what you can or cannot do. For example, there is no limit on how many times you can contact college coaches. But there are rules on when college coaches can contact players. On June 15 after sophomore year, college coaches can call, email, text, direct message and correspond with athletes in any form of private communication. The more you know, the better!!