

Bowie FC Bulletin



Fall Developmental Season

Registration for the Fall Developmental season has been extended. There is now a \$25 late fee charged. **The absolute last day to register for the season is August 11 by 11:59pm.** Our developmental program (formerly Intramural) is for players of all abilities and experience levels, from ages U4–U10. The goals of the program are to teach players age-appropriate soccer skills and concepts, encourage and grow their interest in soccer, and build teamwork skills. The program is open to all players and no try-outs are necessary. Players register and are assigned to co-ed teams by US Club Soccer age groupings (calendar year). The Developmental program fee is now \$125 (with late fee) per player per season and includes one Bowie FC game jersey.

Coach's Corner

As we approach the fall soccer season, now is a great time to begin conditioning the body for weekly practices and matches. Below are exercises that each player can do to shake off the summer rust and prepare for our upcoming season. Take your time and focus on performing the exercise correctly. Focus on the form and technique over speed.

Plyometrics: Broad jumps – With feet square with shoulders, bend knees and jump forward off of the ball of the feet continuously until you reach 15 yards. Repeat this a exercise a total of three times to help improve leg strength.

Footwork: Shuttle around cones— Using a cone or any small stationary object, shuffle around the object for 30 seconds and then take a 30-second break. Repeat this exercise three additional times making sure you go around the object twice from the left and twice from the right. High knees – Stand to the side of your cone or object and perform high knees over the object for 30 seconds and then take a 30-second break. Repeat the exercise three additional times making sure to complete two repetitions starting on the left and two repetitions starting on the right.

Ball Handling: Throw-ins – Throw the ball into open space while keeping both feet on the ground. Make sure that the ball is brought behind the head and is thrown forward with both hands. Repeat the exercise until the ball is thrown-in three times consecutively with both feet remaining on the ground.

Dribbling – Using the outside of the foot push the ball forward 10 yards with the right foot and bring the ball back to its original location using the left foot. Complete three 30-second repetitions and try to look forward.

August 2024

CALENDAR

August 11, 2024

Developmental Program
Registration Closes

Week of August 26, 2024

Developmental Program
Practices Begin

OUR SPONSORS

Interested in sponsoring?

Email

communications@bowiesoccer.com

Send photos with information to [Bowie FC Communications](#). Be sure to let us know what team/player(s) the photo captures. Submission of photos indicates authorization to use for print and electronic communication.

