

Bowie FC Bulletin



Spring Season— Register Today!

[Registration for the spring season is now open!](#) The registration link is on the homepage of our website— bowiesoccer.com. **Registration for Academy County program closes February 9 and Developmental program closes February 23.**

All players born between December 2015—April 2022 are accepted into the Developmental program. The Developmental Spring season begins in March. Most teams practice twice a week and play games on Saturdays. Players are randomly assigned to teams and we try to accommodate special requests for parent scheduling (submitted during registration), but cannot guarantee them.

Players registering for our Academy County program will have tryouts in late February. The specific schedule with dates, times, and locations will be posted on the website by the first week of February. All players must attend tryouts, even if they are currently on an Academy County team. You must register to tryout and there is no cost to tryout.

Coach's Corner

The winter months can create challenges when trying to maintain your soccer endurance and skills developed during the spring, summer, and fall. However, a bit of determination and creativity can go a long way to ensure players do not regress from all of the hard work put in throughout the year. Below are exercises players can perform in a small space indoors to improve footwork, ball handling, and confidence on the pitch. Perform each of these exercises three times a day for a total of 15 minutes taking a 30 second break between each repetition. Focus on form and technique over speed.

Footwork

Shuffle around cones- Using a cone or any small stationary object, shuffle around the object for 30 seconds while pumping your arms and keeping your heels off the ground. Perform this exercise three times, making sure you go around the object twice from the left and once from the right.

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January 2025

CALENDAR

January 2, 2025

Spring Registration Opens

February 9, 2025

County Spring Registration Closes

February 23, 2025

Developmental Spring Registration Closes

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.



Coach's Corner Continued...

Footwork

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

Toe taps – With the ball in front tap the top of the ball alternating feet with each touch. Ensure only the toes are contacting the top of the ball. Perform three sets for 30 seconds each, taking a 30 second break between repetitions.

Foundations – Standing over the ball between the feet, tap the ball from one foot to the other while attempting to keep the ball in a straight line. Ensure the inside of each foot is making contact with the ball. Additionally, make certain to maintain control of the ball in your designated space. Perform three sets for 30 seconds each, taking a 30 second break between repetitions.

Dribbling – Place two cone or objects on the floor 10 feet apart. Starting at the right side of the first cone/object dribble with your right foot towards the left side of the second cone/object using the outside of the same foot to dribble around the second cone/object. Then switch to the left foot while at the second cone/object and dribble to the right side of the first cone/object using the outside of the left foot to go around the cone. You should notice that you are performing figure eights around the cones as you continue the exercise. Perform each repetition for 30 seconds taking a 30 second break between sets.

