



FC BOULDER Monthly

Girls Competitive – October 2018

Director: Bonnie Young

Age Group Coordinators: Kellen Shepherd & Eric Schmidt

We've now settled into our fall season schedule with training sessions during the week and games taking place nearly every weekend. Thank you all for your work in getting your daughters to games and trainings!

In this issue of our FC Boulder Newsletter, we invite you to take a few minutes to browse a program update from director of coaching - Bonnie Young, learn a bit more about our soccer programming, and get to know 2002-2000 Age Group Coordinator and Coach, Kellen Shepherd.

Girls Program Updates

State Cup and Presidents Cup have finished up -- Congratulations to all of our State Cup and Presidents Cup participants!

2000G Elite finished as State Cup finalists, losing a hard fought final match in penalty kicks. Congratulations to the girls and Coach Fields Brown.

2005G Elite finished as State Cup semi finalists after going undefeated in group play. Congratulations to the girls and Coach Kelly Labor.

2001G Elite finished as Presidents Cup semi-finalists. Congratulations to the girls and Coach Bonnie Young.

2006G Elite team finished as Presidents Cup quarter finalists. Congratulations to the girls and Coach Eric Schmidt.

Throughout the course of the season, Bonnie Young, Eric Schmidt and Kellen Shepherd, provide direction to our coaches re: areas that we can improve on during upcoming training sessions and games. Please see the information below from Coach Bonnie on areas of focus from early in the season and topics that we will continue to work on in the coming weeks.

Improvements have been made in the following areas:

1. Overall game/match fitness
2. Teamwork - adapting to new teammates and coaches
3. Competitive spirit in both training and matches.
4. Understanding of roles of particular positions on the field
5. Team defending and organization

Forward-looking areas of focus:

1. Improving speed of decision making - before they receive the ball
2. 1v1 defending and attacking
3. Moving the ball towards opponents goal more quickly or "breaking lines" (dribbling, passing and shooting) and creating numbers up situations
4. Ability to defend goal on restarts (corners, freekicks, goal kicks, throw ins)
5. Team/Individual transition

Kellen Shepherd

2000-2002 Age Group Coordinator and Coach

Coach Kellen is a very recognizable face in our girls' program currently serving as the 2000-2002 Age Group Coordinator and head coach for the 2008 Elite, 2006 Premier and 2002 Premier girls teams. Kellen shares his time between the older girls and younger girls to help ensure that sound training habits are established at our younger ages and maintained through the older ages. As Age Group Coordinator, he works with coaches to implement the program periodization each week, to help with roster management, and to track player development.

"For the last 10 years, I have invested a lot of time in both the girls and boys programs at FC Boulder. I recognized an opportunity to make an impact in the training and consistency in the girls program by accepting a larger role this year. It's been an enjoyable experience to continue to work with the older girls and also take on the youngest competitive elite team. We're establishing good training habits and raising the standards across the program."

Outside of his work at FC Boulder, Coach Kellen spends his time supporting Arsenal FC, watching CU football, and snowboarding.

Kellen is currently taking his NSCAA Advanced National Diploma.

Girls DOC content corner - <https://sites.google.com/a/fcboulder.com/girls-doc-content-corner/home>