



MISSION STATEMENT

The mission of Peoria FC United is to support each player to reach their highest level of potential and achievement within the sport of soccer while providing the best possible experience.

KEEPING YOUR COOL

Soccer is a sport that requires much more than just the physical and technical abilities to play the game. One of the most important traits of a strong soccer player is Composure. Most of the game is played under high pressure, there are no timeouts and only one halftime to adapt your strategy as a team. This requires players that can think, communicate effectively and step into leadership on the field.

When the game starts to slip away from you as a player, this is where you prove your mental strength. channel your frustrations into what you can control. The ball may bounce funny, players may chirp and calls may not be seen to be called, but the one thing you have control of is yourself.

3V3 LEAGUE

The 3v3 league is a great opportunity for players to work on their field awareness, especially compared to their teammates' positions. Use this as a chance to work on defensive back filling for players that carry the ball out of the back, as well as movement off the ball to create scoring opportunities.



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BRING YOUR PASSION

Players come to the sport of Soccer for many different reasons, most commonly is the love of the game! Our coaches have a passion for the game of soccer, whether it is watching premier League soccer, coaching games or for some of us, still playing when we can. This passion is what we as coaches at PFCU want to instill in our players. Bring your passion to every single practice. Work hard and grow as a player so that your team becomes stronger as well. If you are becoming a better player and your team is becoming stronger as well, then games will be more fun and you can express that passion in the most competitive of situations. Bring your Passion to the game and help your teammates share in it!



WELL, THIS SHOULD SPRING US FORWARD

The pump house is almost complete thanks to Pat Paschon, Larry Carter and Mike Morgan for their work on this project. The final stages will be completed by Matt Ciciarelli and Pipco Construction. We should be flowing water on our fields this spring. The access to watering the fields will allow us to maintain better grass fields and present a greater image for teams visiting our tournaments.





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AT HOME TRAINING TIPS

We are in the coldest months of the year; this makes finding places and time to practice much harder. This is your opportunity to work on the other components of the game.

- Use this time to work on your reaction time, test you ability to react to colors or numbers to train your brain to think faster.
- Study the game, watch more soccer and follow the players that play your position. see what those players do during the game and how the teams play.
- Look for other training opportunities, private trainings, foot skills, speed and agility programs.

Come back stronger to elevate your team!

JANUARY WEEKENDS

In January we will have teams and players at the following events:

High School League: Louisville Slugger

3v3 league begins the weekend of January 27th

Be sure to support our teams as we travel this month.

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SOCIAL MEDIA

For more information, you may visit our social media platforms;



www.instagram.com/peoriafcunited
You may also visit us at **12026 N Old Galena Rd, Chillicothe, IL** or contact:
(309) 579-3535