

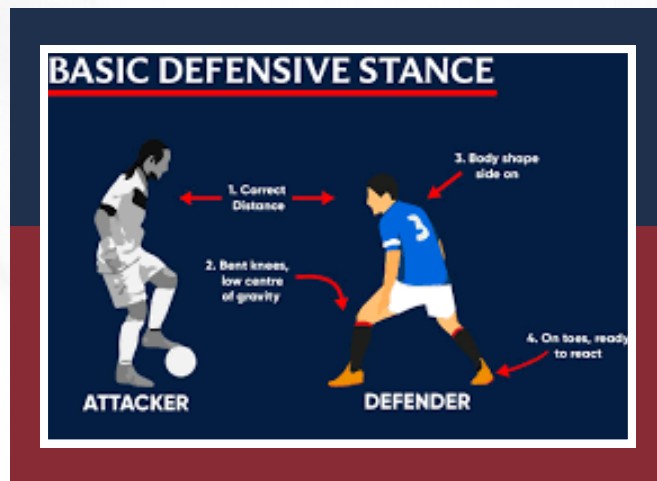


MISSION STATEMENT

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.

DEFENSIVE RESPONSIBILITIES

Defending is one of the major keys to a team's success. Like most sports you can mark opponents player to player or take away space. In tight spaces such as throw ins or corners, players want to find themselves tight to a mark and disrupt that player from receiving the ball. This is done by giving the player no space to accept a pass or turn once they have made their first touch. In the scope of the whole field, we use a pressure cover balance system to mark space instead of players. The initial defender closes down space as the pressure, the next defenders position themselves close together in order to prevent a pass from being played into the space between them. These defenders become the cover and the balance. Defending the space keeps the attacking team away from the goal.



COACH SPEAK

Pressure

When a player hears the coach call for pressure, the coach wants the closest defending player to close down the space between themselves and the attacking player with the ball. Stay low and on your toes to slow down the attacker and prevent the advance of the ball.



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LOGAN WITH THE WINGSPAN

Logan is a player that has grown up through the program at Peoria FC United. He began his career playing in the rec program when it was FC Peoria in 2009. He officially joined the travel side of our club in 2012. As he grew, and we do mean grew to a towering height, he showed a great aptitude and ability for being a goalkeeper. Over his decade long stretch at the club several coaches and families have witnessed his ability to command the backline and make heroic saves at full stretch. With the boys High School program he is a lock in the position and has a mountain of experience to pass down to the younger players. His favorite team in soccer in Manchest City. We are sure he is hoping they will finish the race to the top on top.

During his time at the club, Logan says his favorite memory is the 2018 Midstate tournament. During this event he received two MVP cards from two different games for his performance in goal. This is not an easy feat and shows to his abilities as a player. We at PFCU hope that Logan has a fantastic season and can rise to the occasion. With him in the goal, the High School boys are in good shape to face the Spring season.



SET THE TONE AND YOUR HIPS

When your team is not in possession of the ball, everyone becomes a defender. Keys to success are in how you approach the game with a defensive mindset. Work just as hard on the defensive side of the game as you would scoring a goal, outscoring an opponent is harder than setting up a strong defense. Close down your opponent and force them into the pressure of your teammates. Turn your hips to angle your opponent away from the goal or into those traps with your fellow defenders. Set the tone when you take the field.



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AT HOME TRAINING TIPS

The weather has started to turn early for us. Take advantage of this opportunity to work on your first touch before the Spring season:

- As you receive a pass be on your toes ready to move
- Don't stop the momentum of the ball, take a soft first touch into space
- Always take your first touch away from pressure and look to move or pass away from where the pass you received came from
- Your first touch can set you up for a pass, dribbling into space or to shoot on goal

Developing a clean first touch sets you up for success all over the field

FEBRUARY WEEKENDS

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

High School League: Louisville Slugger

3v3 league continues through the month of February

Good luck to the teams headed to Burlington!

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

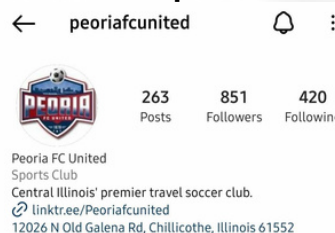
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SOCIAL MEDIA

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



www.facebook.com/peoriafcunitedofficial



www.instagram.com/peoriafcunited

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