



## PASCO Soccer Club

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## COLLEGE PROCESS TIMELINE

- Physical Evaluation

- Freshman Year - The sole purpose of this year is to teach players the technique of improving their fitness. From proper weight lifting methods to correct balance and movement during sprints, players will learn how to do things correctly. With improved technique, players will develop necessary skills to taking their workouts to the next level. Preparation is the theme for this year! As technique improves and is applied, players will be ready to for the challenges ahead.
- Sophomore Year – Let’s produce some results! This is the year players will make huge strides with their overall ability. Dealing with the endurance demands of high level soccer. Experts have shown the best way to improve endurance is the 70-30 method. During this time frame, players will push to their max 70% of the time and keep a steady heart rate for 30% of the time. Going on longer distance runs will also be sprinkled in. It is important during this time that players develop the ability to recover to a good heart rate while still performing certain actions. Included in this will be weight training focused on using self-resistance rather than heavy lifting.
- Junior Year – We’ve seen good results and now we want consistency! We want our players to understand the benefits of not settling for one good showing. Now it’s time to do it again! And again! Balancing out last year’s endurance demands with more focus on weight training specifics. Players will now look to improve strength through lifting weights and plyometrics. With these additions, players will also improve their speed/agility as their strength continues to grow.
- Senior Year – The groundwork has been laid and the good habits have been created. Time to see what the next level looks like! The focus will be on developing the player’s strength and endurance training to advanced levels. Another important lesson learned in this time frame is how players handle their own diets and what their habits are during the down time. Learning how to properly warm up and cool down based on the player’s own needs will help them out when they are on their own at college. This should also be the time that players will have an idea of what specific college coaches are looking for.

- **Application and College Search Guideline**

- Freshman Year – an honest discussion is had with the player to gauge interest in playing college soccer. If a player expresses interests, he/she will sit down with the coach to set short term and long-term goals for their four years. The coach will provide a short survey of questions that will help players begin to think about what type of college is for them.
- Sophomore Year – players should now be thinking of taking prep courses for SAT/ACT tests. During this time period, players should start narrowing down schools based on size and location. Coaches will also guide players on which schools are possible to play at.
- Junior Year – players should be planning to visit schools throughout the year. During this time frame, players should also be reaching out to college coaches about the showcases they will be attending. Players will get a lesson on how to email college coaches in a professional manner. Players should also be taking SAT/ACT tests for the first time.
- Senior Year – players should be organizing and sending out applications to schools they liked based of their visits and opportunities to play soccer. Retaking SAT/ACT tests for better scores is also important. Players should have an understanding of when deadlines need to be met for applications, financial aid, scholarships, etc. When players have narrowed down their decision, it should be discussed with family.