



## Reserve Player

"It is the possibility that keeps me going, not the guarantee."

This season, you may not play in any matches. With that said, you need to embrace the idea that the following outcomes are the only experience you may get out of varsity soccer. These experiences are valuable! They will make you a better man and person. You can always choose to look for another extra-curricular activity that can offer you more personal success or fame. You know the deal. Once you sign this document, you are saying: this is all there is. Anything else you get out of soccer is a bonus and is not guaranteed.

### **Playing Experience**

As a reserve player you have no expectation to play in the match today/tonight. You are not one of the best 11 players who is fit enough to play. You are a valuable part of the side but are not expected to play today/tonight.

### **Role**

- Be properly kitted out. Have your warm up on with a "pinnie" on over it.
- Keep the bench area neat and organized.
- Do not talk to fans behind the bench. No cell phone. Focus on the match.
- At the 20 minute mark of each half carry out brief warm up.
  - Light jogging with a partner
  - Ballistic stretching
- Help scout our opponent. Be prepared to talk to the coach before halftime speech to share your observations. What shape are they in? Who is their best player? What team tactics are they using?
- Fill water bottles for starters.
- Keep statistics on bench: possession, shots and passing rates.
- Be a good teammate:
  - Cheer for our team and be happy for the men in the match. They represent us.
  - Help injured players.
  - Meet with coach at halftime
  - End of match share stats
  - Shake hand with players as they come off the pitch
- We win, lose or tie together as an 18 man roster. There is no "I didn't play today." There is only "we won tonight."
- I am committed to be a good shepherd of my teammates.
- I believe in my team and myself.
- I am judged first and foremost on how I treat others and not on the results on the pitch. My legacy is how others see me serve the team and my teammates.