



# How to be A Student of the Game





I would like to suggest that you add something special to your game

- It will raise your level of performance
- It's fun, easy and unique
- Makes a positive impact on your personal development as an elite soccer player



What is it?.. Just wait....



Carolina Courage's Carla Overbeck



# Do you want to play for the U.S. Women's National Team or a WUSA Pro Team?

- Be as fit as you can be
- Develop your skills
- Play in the most competitive environment
- Watch girl's and women older than you



# What else can you do?



Tiffany Roberts, Catherine Reddick and Heather O'Reilly



National Team players Brandi Chastain and Ali Wagner have done it for years





# U19 National Team player Lindsay Tarpley does it regularly





It shows in all of their performances at the international level.





What is it?



U.S. National Team players watch as much soccer in person and on television as they can





I recommend that you do the same. You will improve significantly by watching and learning from the best female players in the world.



April Heinrichs, US Women's National Team Head Coach speaking with Cindy Parlow at a recent camp



# How to be a student of the game

- Observe the players who play your position
- Focus on the skills that make them successful
- Study the decisions they make with and without the ball
- Observe how much time and space they have or don't have



# How to be a student of the game

- Notice their first touch, does it solve pressure or create pressure?
- Examine their fitness level.
- How fast, strong, and agile are these players?
- What kind of emotional intensity do they bring to the game?



These are all critical components of your development as a player. If you want to be great, you should watch great players play!





Observe what they are doing and how they do it.





Take this information to your backyard  
and add it to your game





# Attend a U.S. Women's National Team or WUSA game!



2002 NIKE Cup Champions



There is nothing like absorbing the exciting atmosphere experienced in person at the highest level. You will see the best players in the world playing for their countries and for the top women's soccer league on the globe





# Another avenue to watch high level soccer is NCAA College Soccer



2001 NCAA National Champions and US Women's  
Team player's Danielle Slaton and Aly Wagner  
present President Bush a jersey



If you cannot attend a game, watch it on television. You can enjoy watching these great players and teams from your own home.

- Check the web for these schedules:
- U.S. Women's National Team schedule at [www.ussoccer.com](http://www.ussoccer.com)
- WUSA schedule at [www.wusa.com](http://www.wusa.com)
- College soccer at [www.ncaa.com](http://www.ncaa.com)



If there isn't a women's game on TV, watch a men's game!





Join Brandi, Cindy, Mia, Lil', Mac, Aly, myself and the US Women's National Team players by becoming fans and students of the game.





**Watch the best female soccer players live or on TV!**

Keep Kicking!

April Heinrichs  
Technical Director  
&  
Head Coach  
US Women's National  
Teams Program



2002 Youth World Champions