



Prepared by: Jason Sisneros, Rising Star Academy Director

Prepared for: Rivka Page, 2020 Graduate, Highline Premier FC

Session Notes

September 23, 2018

We trained for 2 hours in West Seattle with a group of five 2020 graduates from HPFC. The aim of the session was to complete some technical tests that would allow for objective data within the session, as well as create a chance for Jason to give his own subjective feedback based on what each player displayed during the session.

**The session included:**

Warm Up (Gate dribbling exercise)

Figure 8 practice and figure 8 competitive heats (2 total, freestyle dribble and turning – 10 yards)

Long service (5 right and 5 left), scored based on distance and accuracy over a 28-yard distance.

Long reception (20 total chances), scored on a 3-point scale (3 being perfect reception/total control – 2 being solid reception – 1 being at least it was received and 0 being no reception even through you had a chance) Players are not penalized for reception when the service is not playable.

McBride Drill, Finishing from the top of the 18-yard box in 2-touches

3-tired finishing, Long driven strike, inside of foot finish in the box and a header/volley opportunity out of the air

Rivka Page | Technical Testing Results

EXERCISE	Heat 1	Heat 2	Elite Youth	NCAA	Top NCAA
<b>Figure 8's</b>	48.25	48.75	Sub 43.0	Sub 42.0	Sub 38.0
6 laps / 10 yards					
	Right	Left	Elite Youth	NCAA	Top NCAA
<b>Long Service</b>	na	na	12	13	15
15 Points Possible					
	Overall		Elite Youth	NCAA	Top NCAA
<b>Long Reception</b>	na		26+	27+	30
30 Points Possible					
	Score	Rank	Elite Youth	NCAA	Top NCAA
<b>McBride Drill</b>	4/10	2nd	6	7	8+
10 Points Possible					
Ranked out of 5					

## Jason's Notes

In our training session Rivka showed strong athleticism and consistency hitting the target on our finishing exercises. Unfortunately, she was not feeling well for part of the session and was not able to participate in the long service/long reception portion. Though, this adversity displayed her level of courage and desire to play, as she bounced back from not feeling well to participating at what seemed full strength and she did not make excuses or need extra encouragement to jump in. That shows me that Rivka is someone that has grit and strong internal motivation to overcome obstacles and handle adversity in a productive manner.

Area's of focus for the short-term: I'd suggest working on figure 8's until you are consistently beating 45 seconds and then set a new goal to beat 43 seconds.

The key to working on parts of your game will be that you don't have much un-scheduled time or "free time" in which to spend, so you will want to be aware of what you are actively trying to improve so that you can have a focused or deep practice when you are training with your high school team or playing in a game. This will help you maximize the time you already have on the soccer field between now and the end of high school season.

The other tip would be to show up early to training or stay late (and not super early or super late – just get an extra 10 minutes each day to work on something you are focused on improving). Remember, find your "windows of opportunity" and make the most of them!

In my initial impression is that Rivka is a positive person with potential to expand her abilities with focused training. The thing about Rivka that I gather from this short session is that she is someone that would make strides to work and improve in areas given that she was given the proper feedback. This quality is outstanding! I would recommend that she continue to pursue college soccer as part of her college planning should she feel it is something she envisions doing. The competitive level of play that may be a best fit in my limited time with her would be NCAA DIII or certain NAIA schools.

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Thanks again for coming out to the talk and training! I look forward to our consulting session!

Sincerely,

Jason Sisneros



919-812-8322