

LAKE HILLS SOCCER CLUB

STEPHAN GRAY

G07 RISING

Coach Stephan, a Lake Hills alumni, is in his 5th season coaching with the program and second season coaching at the Select level. He has two daughters that play and he coaches his eldest daughters team.

His philosophy for youth development is first and foremost, creativity. The game rarely presents the exact same scenario twice, it requires you to be fluid and make split-second decisions, so experimentation and self discovery are absolutely encouraged. Second, is ball mastery. He believes that if a player is able to master the ball, and the ball is not mastering them, it frees their eyes and minds to see the bigger parts of the game. Lastly...a possession-based style of play. Being able to methodically control the ball and attack when the opportunity arises is some of the most exciting soccer to watch!

Practices tend to be intense, with a fair amount of analysis and discussion for the game ahead. In between practices the girls are encouraged to engage in a strength & conditioning regimen. “Classroom” days are also spread out over the year to watch game film and talk more in-depth about tactics and other elements that might otherwise eat up too much practice time. Games are little-to-no instruction. The game plan has already been discussed during the week, and the girls are encouraged to flip their “practice brain” off and just go play. If they make mistakes, that’s ok, that’s why we practice.

Another key element to Coach Stephan’s philosophy is how this all translates to life beyond athletics. Instilling qualities like responsibility, accountability, and self discipline are key to creating young leaders in our community. And that’s what Coach Stephan wants most out of his players, for them to be leaders in their own schools, groups of friends, and communities.

Coach Stephan has a U.S. Soccer D-license. He is preparing to have his C-license in 2020.

