

Franco J. Lamesta

Objective

To provide players with the best soccer experience possible by creating a competitive yet fun player centered environment which has a positive impact on the four components of long-term player development – technical, tactical, psycho-social and physical.

Qualifications

- ❖ **US Soccer Federation:** C-License (2018), D-License (2016), E-License & F-License (2015)
- ❖ **United Soccer Coaches:** Goalkeeper Level 1 (2020), Key Moments (2020), Futsal Level 1 (2017)

Skills & Abilities

- **Leadership:** Developing and implementing leadership characteristics in all aspects of coaching and personal development in order to develop the team and players.
- **Coaching Games:** Coaching the team during soccer games focused on achieving predefined objectives.
- **Coaching Training Sessions:** Preparing the team systematically during training.
- **Leading the Team:** Leading a team of players in order to drive and improve team development.
- **Leading the Player:** Leading and guiding individual players.
- **Managing the Environment:** Creating and developing a performance environment.

Experience

- **Philadelphia Union Youth Programs - 2020-Present**
 - 2020 - Staff Coach
- **Unity FC - 2020-Present**
 - 2020/21 - Head Coach - U16/2005 Girls
- **Eastern PA Youth Soccer - Olympic Development Program (ODP) - 2019-Present**
 - 2019/20 - Staff Coach - U14 Girls
- **Chester Springs United - 2016-2020**
 - 2019/20 - Head Coach - U15/2005 Girls
 - 2018/19 - Head Coach - U14/2005 Girls
 - 2017/18 - Head Coach - U13/2005 Girls, U12/2006 Boys
 - 2016/17 - Head Coach - U11/2006 Boys
- **360 Soccer - Summer Select & Futsal Academy - 2016-2019**
 - 2019 - Head Coach - U14/2005 Girls
 - 2018 - Head Coach - U13/2005 Girls
 - 2017 - Head Coach - U14/2003 Girls, U12/2005 Girls
 - 2016 - Head Coach - U11/2005 Girls
- **Upper Merion Area Middle School - 2015-2016**
 - 2015-2016 - Head Coach - Varsity - Girls
- **King of Prussia Soccer Club - 2011-2017**
 - Director of Player Development, Girls (2013-2017)
 - 2016/17 - Assistant Coach - U12/2005 Girls
 - 2015/16 - Head Coach - U13/2003 Girls
 - 2014/15 - Head Coach - U12/2003 Girls
 - 2013/14 - Head Coach - U11/2003 Girls
 - 2012/13 - Head Coach - U10/2003 Girls
 - 2011/12 - Head Coach - U19/2003 Girls

Playing Experience

- ★ College – Penn State University – Ogontz Campus
- ★ High School – Upper Merion Area HS
 - All-Suburban One League Honors
- ★ Travel Club – King of Prussia SC