



New England Skills Challenge

DAY 3 – Massachusetts (MA)

**Goal: Get 2,000 touches each day to have
12,000 touches this week.**

100 Push-Pulls Inside Right – 2 sets

100 Push-Pulls Inside Left – 2 sets

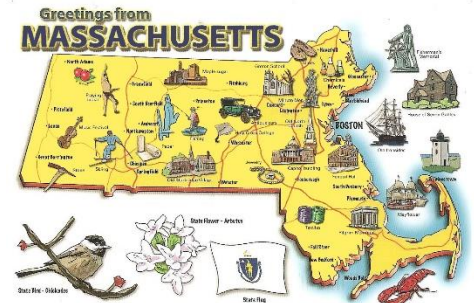
100 Push-Pulls Little Toe Right – 2 sets

100 Push-Pulls Little Toe Left – 2 sets

100 Push-Pulls Inside Laces Right – 2 sets

100 Push-Pulls Inside Laces Left – 2 sets

100 Push-Pulls Laces Alternate – 2 sets



Massachusetts Skills Challenge

Far Post Connections to Massachusetts:

- Far Post has been attending the Needham Invitational Soccer Tourney since our first year as a club 24 years ago.
- Far Post has had players go on to play college soccer at the following programs: Boston University, Boston College, University of Massachusetts, Williams College, Tufts University, College of Holy Cross, Northeastern University, Assumption College, Brandeis University, Clark University, Endicott College, Smith College, Lasselle College, Merrimack College, Stonehill College, Wheaton College, Springfield College and formerly Mount Ida College.
- Former Far Post coach, Kyle Dezotell is the new men's head coach at Tufts University. Former Far Post coach Adam Batista is the men's first assistant at Brandeis University. Former Far Post coach, Jodi Kenyon is the women's head coach at Endicott College. Far Post has a special connection with the new men's head coach at Harvard University, Josh Shapiro.
- A couple of our coaches were born in MA. Coach Kelsey Detwiler grew up living by the ocean in Scituate and played for South Shore Select for 10 years. Coach Emily Jones was born in Salem, MA.
- Coach Huntyr Poulin currently attends Merrimack College.

Interesting Facts About Massachusetts:

- Boston Common was the first public park in America.
- Whirlwind I, the world's first computer that operated in real-time, was invented at MIT in Cambridge, MA. Another invention from MA: Ruth Graves Wakefield of Whitman invented the chocolate chip cookie in 1938. The owner of the Toll House Inn (get it?), she apparently ran out of baking chocolate while making a batch of cookies. She decided to bake the cookies with chocolate pieces, expecting them to melt and create chocolate cookies. Instead, America's favorite cookie was born.
- Dr. James Naismith invented basketball in Springfield in 1891 and William Morgan invented volleyball in Holyoke in 1895
- The Islands of Nantucket and Martha's Vineyard actually started out as glaciers and were formed into islands during the ice age.