

BENJAMIN LeDUC



A.K.A.: Coach Ben

Age: 20 (DOB: July 6, 1998)

Hometown: Montclair, Va.

Title(s): U9 & U10 Program Coordinator

Started at FFC: 2017

College: Attending the University of Mary Washington, Class of 2020, majoring in Geography

Coaching credentials: USSF Grassroots License, working on USSF D License

Are you living in the Fredericksburg area now?

Yes.

How did you hear about the club?

Grover Gibson [Played for FFC's Executive Director in 2012]

What is your coaching experience?

I have worked with the FFC U5-8 Pre-Academy and Academy as a coach since joining the club.

What is your playing experience?

Former DC United Academy Youth Player; Former PWSI Youth Player; Former Virginia State ODP Youth Player

What made you first get involved in soccer?

I started when I was younger, had a passion for soccer when I was young. I tried travel and I went from there. It grew and grew on me, loved it ever since and always will.

What made you want to start coaching?

I knew I wasn't going to make it as a player, but I wanted to stay involved in soccer, so I started coaching and loved it.

What would you say was the biggest thing that helped you during your playing career?

Great coaches. They influenced so many things in my life and I still look back and think about what they have told me today.

Who has been your biggest influence in your playing career?

Aaron Brunner helped me become the player and coach I am today.



Who is your biggest influence in your coaching career?

Ken Krieger.

What do you enjoy most about working for FFC?

The environment is so fantastic, coaching staff is one of the best in Virginia and it is a blast coaching for them.

What's your favorite drill and why?

Defending drills because it is such an art to defend properly and effectively.

What is your best memory from your playing days?

State Cup quarterfinals and semifinals. Remember every minute of it.

What is your best memory from coaching?

Winning a game in the last minute of the game because one of the children listened to my instructions. Yes. . . I am taking full credit for that goal.



Who's your favorite professional player (past and/or present) and why?

[Harry Kane](#), the way he attacks the net is superb. Best striker in the world.

Who's your favorite professional soccer team and why?

Tottenham Hotspur. I love Mauricio Pochettino [manager] and I love the style of play.

What's your favorite food?

Steak.

What's your favorite movie?

Side Effects.

What's your favorite kind of music?

Dance Music.

What do you like to do other than soccer?

NCAA, NBA.

If you got shipwrecked on a deserted island, what 3 things would you want with you?

Food, water and a soccer ball.

If they did a movie about your life, what actor would play you and why?

Seth Rogen. I feel like his humor would represent mine very well.

