

## About Coach Banda

Coach Banda is one of the few coaches to be included in the University of Massachusetts Athletic hall of Fame. The effectiveness of his unique soccer training program shows in his success. Banda &ldquo;BOLA&rdquo;, as it&rsquo;s called, helps thousands of players develop strength, power, quickness, coordination and spatial awareness with a highly effective technique called &ldquo;Dancing With the Ball.&rdquo;

As a technical introduction to the skills needed to compete at any level, Banda &ldquo;BOLA&rdquo; is effective for both amateurs and professionals. In music-filled fields, Coach Banda&rsquo;s players practice rhythmical movements, forward, backward, side-to-side and diagonally. With continued practice, Banda &ldquo;BOLA&rdquo; becomes a well-choreographed team movement. Although it&rsquo;s hard work, participants are engaged by the unique program and have fun while developing necessary skills. But, Coach Banda believes physical ability is only part of being a successful soccer player. Banda &ldquo;BOLA&rdquo; also teaches the passion behind the plays and engrains the values, personal responsibility and higher understanding necessary to play a truly fulfilling game. With Coach Banda&rsquo;s program, students, learn both the physical and mental skills needed to be successful in both the world of soccer and the world itself. The discipline, teamwork, loyalty, sacrifice, passion, pride and ambassadorship Banda &ldquo;BOLA&rdquo; develops helps future adults find confidence, self-worth and virtue.

### Career Highlights:

- Hall of Fame Member, University of Massachusetts,
- Two-time NSCAA National Coach of the Year
- Three-time NCAA Regional Soccer Coach of the Year
- New England Intercollegiate Soccer League Coach of the Year
- New England Women's Intercollegiate Soccer Association Coach of the Year
- 1987 NCAA Championship runners-up
- Five NCAA Final Four Appearances
- Eight NCAA Championship Appearances
- 10 post-season appearances
- 25 All-American selections
- One National team player
- Former Coach, University at Albany Women's Soccer
- Former Coach, University of Wisconsin Men's Soccer
- Former Coach, Amherst College Men's Soccer & Men's and Women's Track and Field
- Former Coach, University of Massachusetts Women's Soccer and Track & Field.
- Founder/Director of Banda "Bola" Soccer