

# Salk Boys' Soccer Tryouts Outline

Based on NSCAA guidelines (2017)

Coach N. Andreacci

**I. Tryouts (minimum 3 days of 2-hour sessions per group)** Each session is preceded by an appropriate warm-up routine. Drills are verbally explained and physically demonstrated.

## A. First Day-

1. Meeting with potential players - Players fill out an index card listing their name, homeroom, previous competitive soccer experience, and desired position(s). Each player is assigned a tryout number. He will wear that number throughout tryouts. Questions are answered and team policies and expectations explained. The tryout schedule is also explained. Physical exams are checked for medical authorization.
2. Distance Run- (6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade combined) Players run a 1-mile course in order to demonstrate running endurance. Placement determines points added to the tryout score:
  - Finishing in the first five runners earns 7 points
  - Finishing in the second five runners earns 6 points
  - Finishing in the third five runners earns 5 points
  - Finishing in the fourth five runners earns 4 points
  - Finishing in the fifth five runners earns 3 points
  - Finishing in the sixth five runners earns 2 points
  - Finishing in the seventh five runners earns 1 point
  - Finishing after 35<sup>th</sup> place earns 0 points

## B. Second Day- (Grade levels separated)

1. Cones Dribble- Players have two chances (best time kept) to navigate a timed, 15-yard course of cones. If a cone is knocked down, the player must restart the course. Times are recorded and relative placement within grade level determines points added to the tryout score:
  - Finishing within the first two players earns 4 points
  - Finishing within the second two players earns 3 points
  - Finishing within the third two players earns 2 points
  - Finishing within the fourth two players earns 1 point
  - Finishing after 8<sup>th</sup> place earns 0 points
2. Skills Assessment. Players are given a score of 3 (mastery), 2 (familiar), or 1 (novice) based on skill level demonstrated for each of the following skills:
  - Heading
  - "Ready" position
  - Trap and Pass
  - Pass on the Run

- Throw-In
  - Chest Trap
  - Goal scoring (challenged and unchallenged drills)
  - Playing passes to feet
  - Crossing
  - Fifty-fifty ball drill (optional)
3. Scrimmage- If time allows, players are organized into fair scrimmage teams. Players are awarded points (2 or 1) during the scrimmage for demonstrating the following:
- Aggressive pursuit of a fifty-fifty ball
  - Successful challenge of ball possession
  - Successful and appropriate use of a tackle
  - Successful playing the ball to feet
  - Appropriate, positive verbal communication to teammate
  - Appropriate use of passing

C. Third Day- (Grade levels separated)

1. Double-field Dribble- Players are asked to dribble the ball (less than 4 steps between touches) the length of the soccer field and back. Penalty of one second added is assessed to players who do not dribble properly for each occurrence. Times are recorded and relative placement within grade level determines points added to the tryout score:
- Finishing within the first two players earns 5 points
  - Finishing within the second two players earns 4 points
  - Finishing within the third two players earns 3 points
  - Finishing within the fourth two players earns 2 points
  - Finishing within the fifth two players earns 1 point
  - Finishing after 10<sup>th</sup> place earns 0 points
2. Scrimmage- Players are organized into fair scrimmage teams. Players are awarded points (2 or 1) during the scrimmage for demonstrating the following:
- Aggressive pursuit of a fifty-fifty ball
  - Successful challenge of ball possession
  - Successful and appropriate use of a tackle
  - Successful playing the ball to feet
  - Appropriate, positive verbal communication to teammate
  - Appropriate use of passing

Alternate Activity: 1 vs. 1 Drill- Possession then attack.