

Staples Girls Soccer 2018 Tryout Information

FITNESS DAYS

MONDAY 20th & 21st AUGUST

Staples HS football field

Time: 9 – 10am



TECHNICAL SESSIONS

THURSDAY 23rd – SUNDAY 26th AUGUST

Wakeman Fields

Time 10am – 12pm & 5pm – 7pm

MONDAY 20TH AUGUST FITNESS TEST 1 – MAN UNITED TEST – Varsity pass level is level 17. JV and Freshman pass level is level 15. This entire test lasts for 20 minutes. It is a 100yard run, players sprint 100yrds then recover on the way back. The levels are counted by the amount of minutes you are running e.g. 1 run is one minute; 10 runs are 10 minutes.

Level/Minutes	Sprint time	Recovery time
1-10	25 seconds	35 seconds
11	24 seconds	36 seconds
12	23 seconds	37 seconds
13	22 seconds	38 seconds
14	21 seconds	39 seconds
15	20 seconds	40 seconds
16	19 seconds	41 seconds
17	18 seconds	42 seconds
18	17 seconds	43 seconds
19	16 seconds	44 seconds
20	15 seconds	45 seconds

TUESDAY 21ST AUGUST FITNESS TEST 2 – 300 YARD SHUTTLE – Varsity pass level is 60 seconds or below, JV and freshman level is 65 seconds and below. This entire test is 300 yards. Players start on the end line, sprint to the 50 yard line and back three times. This must be done at 100% intensity for the whole test. THIS TEST WILL BE DONE ONCE ON THIS DAY.

PLEASE NOTE THAT IF PLAYERS FAIL THE FITNESS TESTS AND THEIR SOCCER ABILITY SHOWS ENOUGH TO GET THEM ONTO ONE OF THE THREE TEAMS, THEY WILL BE PLACED IN THE DUTY CLUB FOR THE DURATION OF THE SEASON. SAME RULES APPLY IF YOU HAPPEN TO MISS THE FITNESS DAYS.

TECHNICAL DAYS: THURSDAY 23RD AUGUST – Individual Technical stations

Players will be divided into groups by position and will move through the stations 20 minutes on each. Stations will be set up to test individual ability in the fundamental skills of the game.

1. Passing and first touch (short and long passing)
2. Dribbling (speed and tight area)
3. Heading (attacking and defending)
4. Shooting and finishing (power and finesse)
5. 1v1s (attacking and defending)
6. GKS will be with Dave Sharpe (GK Coach) for gk specific session

Staples Girls Soccer 2018 Tryout Information

FITNESS DAYS

MONDAY 22ND & 23RD AUGUST

Staples HS football field

Time TBC



TECHNICAL SESSIONS

THURSDAY 25TH – SUNDAY 28TH AUGUST

Wakeman Fields

Time 10am – 12pm & 5pm – 7pm

TECHNICAL session 2: Thursday 23RD AUGUST – TEAM STATIONS

Players will be divided into groups by position and will move through the stations 20 minutes on each. Stations will be set up to test ability within a team.

1. Possession squares and possession to targets
2. 2v2 ladders
3. Crossing and Finishing
4. 2v2 first touch and passing
5. Gks with Dave for GK specific session

TRYOUT DAY 2: Friday 24th August– CONDITIONED GAMES

For the morning sessions players will be split into teams of 5 and will play small sided games. Every game will have a different condition added to it to test player's ability in different ways.

For example:

1. Every player must touch ball before a team scores.
2. Three passes before going to goal.
3. One touch finishes only.

The evening session will be 8v8/9v9 games. All players will be divided into teams of 8 or 9 and will play within a team shape (decided by the players). Games will last for 20 minutes each. Aiming to play 4 games with their team.

SATURDAY 25TH AUGUST - 11v11 Games

This day is divided into two sessions. Morning Session is 2 hours of 11v11 games where every player will have plenty of opportunity to impress the coaches one final time prior to final decisions. ***after the morning session coaches make final decisions on cuts.**

Afternoon session all players who made it will return for further 11v11 games for final team placement evaluations.

TRYOUT DAY 4: SUNDAY 26TH AUGUST *10AM -12PM SESSION ONLY*– 11 V 11 GAMES

Teams will be divided up into teams of 11 and will be playing 3x25 minute games. With this being our final session of the tryout, players will be deciding on their own team shape and will be scrimmaging for the entire session.

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Please note: Cuts do happen and are not easy for anyone, information on how the cutting process will work IS AS FOLLOWS:

*CUTS TAKE PLACE AFTER THE SATURDAY MORNING SESSION – THAT GIVES EVERY PLAYER 2 FITNESS SESSIONS PLUS 5 SOCCER SESSIONS TO IMPRESS THE COACHES. IF YOUR PLAYER DOES NOT MAKE THE TEAM FOR WHATEVER REASON YOU WILL RECEIVE AN EMAIL BETWEEN THE HOURS OF 1PM-2PM (SATURDAY AUGUST 25TH). IF YOU RECEIVE AN EMAIL YOUR PLAYER WILL NOT RETURN FOR THE EVENING SESSION. IF YOU WANT TO DISCUSS REASONS WHY YOUR PLAYER DIDN'T MAKE IT, I WILL BE AVAILABLE TO TALK AFTER WE CONCLUDE TRYOUTS – MONDAY 27TH AUGUST.

Summer recommended programs:

High School Preseason Camp will be run by Global Premier Soccer. They are the official North American Partners of German professional Club Bayern Munich. REGISTRATION INFORMATION TO COME SOON.

Body Blast is our fitness related program: www.bodyblasted.com or email G at bodyblastg@gmail.com

You can find information for our preseason camp by visiting . The camp runs from August 13th to August 17th (9am – 12pm).

Tryout registration is now open!! Please visit the staples High School website and click on athletics. You will find the girls soccer registration page. Fill out and submit all required information. You cannot tryout until all information is submitted.

<http://shs.westport.k12.ct.us/>

Please be sure to register for both. These weeks leading up to preseason and tryouts are as important as the season. Make sure you are prepared! All the information is here.