

# Staples Girls Soccer 2017 Tryout Information

## FITNESS DAYS

MONDAY 21<sup>st</sup> & TUESDAY 22<sup>nd</sup>  
AUGUST

Staples HS football field

Time: 9am



## TECHNICAL SESSIONS

THURSDAY 24<sup>th</sup> – SUNDAY 27<sup>th</sup> AUGUST

Wakeman Fields

Time 10am – 12pm & 5pm – 7pm

**MONDAY 21<sup>st</sup> 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 22<sup>nd</sup> 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 NOT RECEIVE THEIR UNIFORM UNTILL THEY PASS THE TESTS AT PRACTICE. SAME RULES APPLY IF YOU HAPPEN TO MISS THE FITNESS DAYS.**

**TECHNICAL DAYS: THURSDAY 24<sup>th</sup> 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

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## FITNESS DAYS

MONDAY 21<sup>st</sup> & 22<sup>nd</sup> AUGUST

Staples HS football field

Time TBC



## TECHNICAL SESSIONS

THURSDAY 24<sup>th</sup> – SUNDAY 27<sup>th</sup> AUGUST

Wakeman Fields

Time 10am – 12pm & 5pm – 7pm

## **TECHNICAL DAY 2: FRIDAY 25<sup>th</sup> 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 3: SATURDAY 26<sup>th</sup> 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.

## **TRYOUT DAY 4: SUNDAY 27<sup>th</sup> 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.

***Please note: Cuts do happen and are not easy for anyone, information on how the cutting process will work will come soon.***

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## ***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. For Registration please visit <http://www.gpsconnecticut.com/campsandclinics>

Body Blast is our fitness related program: [www.bodyblasted.com](http://www.bodyblasted.com) or email G at [bodyblastg@gmail.com](mailto:bodyblastg@gmail.com)

You can find information for our preseason camp by visiting . The camp runs from August 14th to August 18th (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.**