

FITNESS DAYS  
SESSIONS

TECHNICAL

MONDAY 23rd & TUESDAY 24<sup>th</sup> \_\_\_\_\_ THURSDAY 26th – SUNDAY 29TH AUGUST  
Staples HS football field Wakeman Fields  
Time: TBC Time: 10-12 & 5-7 Saturday & Sunday

**MONDAY 23rd AUGUST FITNESS TEST 1 – MAN UNITED TEST** – Varsity team pass level is level 18. JV team pass level is 16 and Freshman team 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.

If you miss the line you will be given 1 warning. If you miss the line the second time you are eliminated.

**YOU MUST COMPLETE THE LEVEL TO GAIN THAT SCORE.** If eliminated on level 17 your score is level 16 as that is what level you have completed.

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
<b>15</b>	<b>20 seconds</b>	<b>40 seconds</b>
<b>16</b>	<b>19 seconds</b>	<b>41 seconds</b>
17	18 seconds	42 seconds
<b>18</b>	<b>17 seconds</b>	<b>43 seconds</b>
19	16 seconds	44 seconds
20	15 seconds	45 seconds

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**TUESDAY 24TH AUGUST FITNESS TEST 2 – 300 YARD SHUTTLE X2 –**

- 1. Varsity pass level (round 1) 58 seconds or below. (Round 2) 60 and below for round 2.**
- 2. JV pass level is 59 round 1 and 61 round 2 and below.**
- 3. freshman level 60 round 1 and 62 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.

**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 FITNESS TESTS. MAKE UP TESTS WILL BE ORGANIZED FOR SUNDAY 29th AUGUST.**

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**DAY 1 SESSION 1: THURSDAY 26TH AUGUST 10AM – 12PM**

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 With ROSS (GK Coach) for gk specific session

**TECHNICAL session PART 2: Thursday 26TH AUGUST – TEAM STATIONS**

Players will be divided into groups by the position they will tryout in and will be judged next to others in their position. Stations will be set up to test ability within a team.

1. Possession squares and possession to targets (Central Midfield players)
2. Heading, Defending, Long passing (All Defenders)
3. Crossing and Finishing (GKs, Wide midfielders & Forwards)

Midway through, Central midfielders will move on to finishing. Wide Midfielders & forwards will play against the defenders in crossing and finishing. Defenders will defend attackers attack.

### **SESSION 2 DAY 1 2: THURSDAY 26TH AUGUST, 5PM – 7PM**

#### **CONDITIONED GAMES**

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.

### **DAY 2 SESSION 1: FRIDAY 27<sup>TH</sup> AUGUST, 10AM-12PM,**

8v8/9v9 games

All players will be divided into teams of 8 or 9 and will play within a team shape. Games will last for 20 minutes each. Aiming to play 4/5 games with their team. Coaches will choose the teams. Players may be moved from one team to another during the session.

### **DAY 2 SESSION 2: FRIDAY 27<sup>TH</sup> AUGUST, 5PM – 7PM,**

#### **11v11 Games**

These 11 v 11 games will be divided equally to give all players the chance to show their ability in the real game setting with return varsity players.

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**DAY 3 SESSION 1 & 2: SATURDAY 28<sup>TH</sup> AUGUST, 10AM – 12PM & 5PM -7PM  
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. A list will be posted online of which players are to return between 1-2pm.**

Afternoon session Returning players for further 11v11 games for final team placement evaluations.

**TRYOUT DAY 4: SUNDAY 29<sup>TH</sup> AUGUST \*10AM -12PM SESSION ONLY\*– 11 V 11  
GAMES: THIS WILL ONLY BE USED IF WE FEEL IT IS NECESSARY!**

***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 10 HOURS OF SOCCER SESSIONS TO IMPRESS THE COACHES.

\*RETURNING PLAYERS WILL BE POSTED ON THE WEBSITE BETWEEN THE HOURS OF 1PM-2PM (SATURDAY AUGUST 28<sup>th</sup>). IF YOUR DAUGHTERS NAME IS NOT ON THE LIST, SHE WILL NOT RETURN FOR THE EVENING SESSION.

\*IF YOU DIDN'T MAKE THE CUT & YOU WANT FEEDBACK - YOU WILL RECEIVE FEEDBACK AFTER WE CONCLUDE TRYOUTS – MONDAY 30<sup>ST</sup> AUGUST VIA EMAIL.

***Summer recommended programs:***

High School Preseason Camp will be run by First Touch Conditioning LLC. Information on the registration details to come.

The camp runs from Monday August 16<sup>th</sup> to Friday August 20<sup>ST</sup> (9am – 12pm)  
@ Wakeman Fields.

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)

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/>

**REGISTRATION FOR PRESEASON & BODY BLAST COMING SOON!!!**