

Samohi Fitness and Skills Requirement - Tryouts May 21st-25th 2018

To make the most out of the Spring off-season, the coaching staff has decided to conduct returner tryouts for all players wishing to continue with the soccer program for the 2018-2019 school year. ***Please note that these tryouts are only for a spot in the program and NOT for a spot on a specific team (FS, JV,VAR).*** Specific spots on a team will be determined when school resumes in the fall.

The May 21st-25th week of tryouts is critically important as there will only be limited/ optional summer workouts this year (July 9th-25th every Monday and Wed from 2-4pm, location is TBD). Players currently enrolled in the soccer program will be tested during class time that week and will need to stay until 4pm each day to complete entire tryout, please plan accordingly. ***Players not currently enrolled in the soccer class and/or in a Spring sport (track, softball, lacrosse, etc) will have to report immediately after school (3:16) and stay until 4:30 on three different days the week of tryouts...or until they complete tryouts. Please meet with coach Chapman prior to tryouts to get detailed description of tests and inform him which three days work best asap.***

Any player (both enrolled in the class or not) who is unavailable or unable to complete the tryout any time that week, will not be placed in the program and will need to tryout with incoming freshmen June 19th, 20th, and 21st from 2-4pm at Samo and attend summer practices to be able to be considered for the program. The scores of returners attending in June will be measured against the scores of the other returners tested in May and not the incoming 9th graders. If they do not attend or unable to complete tryout by the end of the June tryout, they will automatically be cut from the program.

It should be ***every*** player's goal to play at the Varsity level....next season. That is the lens by which the coaching staff will evaluate them. In the Spring, there is only one team and players all work together. Everyone starts on an even playing field regardless of grade or what they did last season. This is the beginning of next season and much more will be expected of the returning players. It is our firm belief that there should not be promotion without growth. No one should be complacent. The coaches have meticulously written down all players scores from last year and know where players need to be in order for them to be successful and eligible to advance to the next level/ team. Much of this is being shared with players in exit interview.

Starting April 9th, our practices will be centered around preparing the players for the May tryouts. For all players, there will be a need to train outside of the limited class time, to ensure the best possible scores. When coaches decide placement in the program for the fall, they will look at: 1) May 21-25 tryout scores 2) Team, eval, and performance last season 3) Level/scores from this past fall, in similar areas, to measure growth 4) Coachability and commitment will also be important part of the total equation. ***If a player does not meet the criteria set forth by the coaching staff during tryouts, they will be cut from the program. Any player who meets the criteria in***

the Spring and is placed in the program for the fall, will not be cut, regardless of their skill or fitness level when they return in the fall. Listed below are the tests.

Fitness:

1. Aerobic - Run 1 mile in 7min for potential Varsity players. 7:15 for potential JV and FS players. This exercise also helps to strengthen a players mental toughness and perseverance.
2. Anaerobic - 120 Sprints - Continuous (1min increments)
120yds x10 - Full field sprints in 25sec - jog back to the start in 35 sec after each sprint. Allow for a 45sec rest after sprint #4 and #7. Potential Varsity 9-10 completed, Potential JV 8, and FS 7.
3. Speed - 40 yard dash and Arrowhead agility test (to measure body control and change of direction). Both Timed. Arrowhead agility test demonstrated in class.
4. Aerobic - 20m (22 yrd) Beep test - used to measure cardiovascular endurance. Minimum passing score for Var: Level10 stage 2, JV: Level 9 stage 8, FS: Level 8 stage 8. Explained in class. If a line is not reached before beep sounds, the player is given a warning and must try and catch up with the pace within two more 'beeps' (there and back). The test ends for player fails to reach the line again after the initial warning. Score is the last level and stage that was completed successfully.

Skill:

1. Juggles using both feet (alternating). 30 for potential FS and Keepers, 35 for potential JV, and 40 for potential Varsity. Ball starts on the ground and must alternate feet. **If a double tap with same foot or other body part occurs, that specific touch does not count *but* the count does not start over.**
2. Passing, Dribbling, and Trapping using both right and left foot. Focus on ball control, accuracy and pace with the ***passing gates test*** in one minute (aka UNC test demonstrated in tryouts). 10-12 for Var, 8-9 for JV, 6-7 for FS. Dribbling around cones: across-> up ->across ->down (also demonstrated in tryouts). Lead with left foot and then lead with right foot going in opp direction. Dribbling through cones (outside of the right foot, inside of the right foot, outside of the left, inside of the left. Focus on first touch and control with trapping. Both timed.
3. Free Kick: Be able to hit the ball 30 yards and into an open goal with dominant foot (must clear wall of dummies 10 yards away and ball hit back of the net. Two attempts.

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4. 1v1s, 2v1s, 2v2s: Ability to take on a player(s) and to show proper defensive technique and decision making. Focus on movement offensively and defensively (ie wall pass and pressure & cover). Transition and communication are key elements.

5. Overall play: Self explanatory during small-sided and full-sided scrimmages.

Goalkeepers: Required to do all of Fitness and Skill except - Skill #3 and #4. In addition, each goalkeeper needs to be able to:

Take goalkicks from 6 yard box of at least 40 yards to left, right, and middle third of field to show accuracy. x2 each

- Making high saves with back to the goal from an offensive chip or cross. x3. Keeper starts on the goal line, sprints to coach (at the pk spot), then shuffles and catches or punches a high ball from entering the net behind them. Coming off their line and winning the 50/50 ball in the air (catching or punching out) with dummies. Coach throws ball on the ground and keeper times jump.

The above tests will be the basis for team placement in August when students return from summer. Please email Coach Chapman with any questions or concerns. Thank you and good luck!!