

Holden Youth Soccer Tryout Guidelines

- I. Players will be divided into groups of roughly 10 players. 1-2 coaches will be assigned to follow these players through the entire tryout session, carefully evaluating each player in his/her group. A number of evaluators will be assigned as "floaters". This means they will float from group to group evaluating players randomly, but evaluating as many players as they can. Goalkeepers will be in a separate group initially.
- II. Players will be evaluated using a 1 through 5 system... 1 being the weakest and 5 being the strongest. We should avoid (especially "floaters") too many 2's as they don't help to determine a whole lot. 1=recreational player, 2=below average travel player, 3=average travel player, 4=above average travel player, and 5=superior travel player. We will be evaluating the following areas: 1. Technical (players ball handling skills) 2. Tactical (player's decision making within the game) 3. Physical (strength, speed, jumping, endurance etc...in relation to the game) 4. Offensive Ability (player's offensive influence on the game) 5. Defensive Ability (player's defensive influence on the game).
- III. Tryout session will begin with a 3v3, 4v4, or 5v5 10-minute possession game (depending on numbers you may have two 3v3 games or one 5v5 game) in multiple playing areas roughly 20x25 yds depending on your numbers. In this possession game 4 consecutive passes will equal one goal. Incorporate intervals of stretching during this possession game. After 10 minutes of possession progress to a game on the same grid adding small goals and no goalkeepers (add goals by throwing down two cones on either end roughly 3 yds apart or by using PUGGS). Play this small-sided game with goals for 20 minutes. After 20 minutes you will move to a full field game. Create 2-3 equal groups of players and sub entire groups after equal periods of play time. The full field session should last 30 minutes.
- IV. Goalkeepers will be evaluated in a goalkeeper specific group during the 20-minute small-sided portion. They will join a team to serve as goalkeepers during the full field session. Make sure all goalkeepers are given equal playing time.

Remember:

-These are tryouts we are not coaching during this session, we are evaluating.

-Tryout session consists of:

10 minutes small-sided possession game

20 minutes small-sided game with small goals

30 minutes full field game (age group specific i.e. 8v8, 11v11 etc...)

-We are looking for soccer players not tri-athletes; they must be able to think and play the game, not just run fast or jump high.

-If we need to make adjustments, let's keep them sensible and within the reality of the game, avoiding line drills, agility drills, and things of that nature.