



# Jefferson Jaguars Boys Soccer Team Handbook

Playing on the Jefferson High School team is a privilege, not a “right.” As your coaches, we utilize sports not only for athletic participation, but to also teach you a number of life skills. All players are student-athletes - the student comes first and is more important than the athletic part of your title. As players for Jefferson, you represent not only yourselves, but also the high school, the school district, the town, and your family. Therefore, you are expected to maintain a positive attitude both on the soccer field, in the classroom, and outside of school. Your time as an athlete is short, but the lessons you can learn by playing a sport can and should last a lifetime.

## TEAM RULES AND EXPECTATIONS

### Attendance and Eligibility

All student-athletes are required to be in attendance all day to be eligible to participate in practices and games. Any missed class time for any reason other than a doctor’s appointment or an emergency could result in a change in that player’s role, suspension, or dismissal from the team. Before any decisions are made, the players will meet with the coaches and the Athletic Director to gather information. Parents may also be contacted to attend the meeting in some instances. The soccer program has the philosophy that attendance is required to have good academic habits. Therefore, the student-athlete should strive to attend ALL classes.

### Practice Attendance

Attendance at practice is mandatory if you are going to play in games. Only special occasions, and when you’ve notified your coaches, are you allowed to miss practice. Players who miss practice without prior permission will NOT play in the following games. This includes not practicing the day before a game - this is the most important practice, so if you do not practice before a game, you will not play. Players who miss 3 practices without permission from their coach will have a meeting with the Varsity Head Coach, and may include the Athletic Director and/or their parents. The purpose of this meeting will be to determine an intervention that everyone can agree on. Any further absences from that point forward will lead to dismissal from the team.

During practice, we focus on tactics and strategy that we implement during the games. If you are not a part of that, you miss out on what the team is working on and will not be a productive teammate. Again, it is mandatory that you are at practice if you want to play.

All squads start practice at 3:00 PM. Don't be late so that you don't miss practice.

## Travel Policy

Players are expected to ride the team bus to the games. If you are leaving from a game with your family, please let the coaches know, preferably before the game. Coaches will need to make visual contact with your parent/guardian. A student may NOT leave with another student's family unless they live in the same household **or** unless the student's parents provide permission for the student to travel with another family. While on the bus home, students should contact their families and let them know our estimated return time to Jefferson. The coaches will be waiting with the team until the last person is picked up, so it is a sign of respect and general courtesy for families to be prompt in picking up their athletes.

## Classroom Conduct

Each member of the team WILL carry themselves as a positive role model in each of their classes. They will demonstrate good leadership and act as a link between the faculty and the student body to improve and develop rapport. Respect is earned, not given. You earn respect from peers and faculty by showing respect to peers and faculty. I will expect teachers to inform me about your classroom behavior and I will handle any problems with consultation of the Athletic Director. It would be horrible to miss a game because you're acting like a fool in your classes or in the hallway, so don't let it come to that!

Each detention received in school can result in loss of playing time and/or consequences. The second detention will result in a dismissal for half of a game, and any other detentions will result in suspensions or dismissal from the team. It is a player's responsibility to inform the coach immediately of the detention. Failure to do so will result in an automatic game suspension.

If a student earns In-School Suspension or Out-of-School Suspension, they will be suspended from the team an equal number of days. If a player is suspended for four days, for example, they miss those first four days of practice/games. Suspensions are serious because they are a last resort for teachers. Teachers want you in class so that you can pass and succeed. If it comes down to you being suspended, then you need to spend some serious time reflecting about what happened and what you can do in the future to prevent another suspension.

## Game Conduct

As a student-athlete and member of the Jefferson Boys Soccer Team, you represent the program, the school, your parents, and your community at all times. Therefore, you need to be on your best behavior at all times. During all games, our players will respect calls made by the officials, be positive towards teammates in their comments and use constructive criticism, be positive towards coaching decisions, and not distract from his focus on the game by jeering the opponents' players or fans at any time. This applies to all our players and fans alike. The failure to do so will result in an immediate removal from the game or practice. All red/yellow cards will be reviewed by the coaches for possible further disciplinary rulings. Our direct success depends on your game performance. All concerns or problems should be handled off the field in a private and confidential manner with a coach.

## Dress

For away games, players should ride the bus with their uniform on and dress in layers over the uniform, either in a sweat suit or other warm-up outfit. When we arrive at the other team's facility, the warm-up will remain on throughout the warm-up session. In order to be at peak performance, you must elevate your heart rate and temperature to a sweat before competing. This is standard preparation. When the team takes the field for the start of the game, the warm-up suits can come off. While on the bench, warm-up suits are expected to be worn by all players. During activities during warm-up, the warm-up top may come off based on temperature and playing conditions. An example would be if it is 70 degrees out and sunny, and the game is 5v5 keep away. Teams could remove warm-up tops during this part of the warm-up process and utilize colored bibs to differentiate teams.

For home games, members of the varsity team will assist in getting the fields prepared (nets, corner flags, etc.). Warm-ups will be worn in the same manner at home as they are away - from the moment you leave the school as a team until the game starts, warm-ups are on. While on the bench, warm-ups are on.

## Practice Attire

Player's MUST have shin guards on at all times during contact practice sessions. At times, players will be asked to put on an additional piece of clothing (bib) to designate them belonging to a specific side. Bibs must be worn appropriately. Failure to wear the clothing appropriately will result in being held out from practice until it is corrected.

## Uniforms and Equipment

Before each season, a uniform number will be assigned to each player. The uniforms are setup so that the smallest numbers are the smallest sizes, and as the numbers increase, the size of

the uniform increases. You will be assigned uniforms during the first week of the season. It is your responsibility to make sure you clean it regularly and have it with you for game day.

## Athletic Trainer

We have a trainer that will be in attendance at all home games. If you are hurt during a practice or a game, you will need to check in with the trainer before returning to practice. The student-athlete will then be withheld from the practice/game until the trainer releases them. If the trainer is not available, the coaches will provide immediate first aid. If the family decides to take a student-athlete to a doctor, the student-athlete will not be able to play until a signed doctor's note is turned in that releases you from care.

## Game Day Preparation

In order to maximize game day readiness, the student-athlete should keep these ideas in mind:

- DO NOT sleep between the end of school and the start of the game. It is fine to rest and relax. However, sleeping prior to game time will take away from your effectiveness.
- A good night's sleep two nights before the game has proven to be the most important rest you can get.
- Avoid sugar and caffeine the day of the game. Caffeine dehydrates your system, and sugar is a horrible source of energy for a soccer player. Energy Drinks = BAD.
- Eat a meal no sooner than 3 hours before game time. Do not eat during a 3:30 bus ride if the game is at 5:00. If we have a late game, such as 7:00, finish eating by 4:00. This gives your body time to convert the food to energy.
- Drink 16 ounces of water two hours before game time to maximize hydration during the game.

## Drugs and Alcohol

The use of alcohol, tobacco, or other illegal controlled substances by a Jefferson soccer player will NOT BE TOLERATED AT ANY TIME! The Minnesota State High School League and District 271 policies state that players who violate the drug/alcohol/tobacco policy will be dismissed from the team for the REMAINDER OF THE SEASON. Keep in mind that this includes utilizing these substances at home!

## Captains

Captains will be appointed by the coaching staff. They are the spokesmen of the team. They will act as liaisons between the team and the staff. Presenting the views of the team to the staff, being positive role models, displaying leadership, and assisting players, parents, and coaches, are some of their responsibilities. Captains are important both on and off the field.

During practices, captains will be called upon to not only demonstrate drills, but to also act as an extension of the coaching staff by running drills and providing positive, constructive feedback to their peers. Some players are playing soccer for the first time, and captains are vital to their improvement. A strong captain will encourage players to improve, which will leave a lasting impact on the program.

During games, a primary captain will be designated by the coaching staff and they will wear the captain's armband. This person is in charge of communicating with teammates and the referee. If a foul is called, it is the captain's responsibility to be the spokesperson for the team. This means that even if they disagree with the call, he needs to state his case and accept the referee's decision. He is the only one who is allowed to communicate with the referee during these times. Remember that any arguing, yelling, or bad body language is viewed as dissent, and can result in a yellow card.

If the primary captain is substituted off the field, they will pass on the captain's armband to another teammate to carry-on the captain's duties. If another coach-nominated captain is not on the field, the coach will instruct them who will wear the captain's armband. If/when a captain returns to the game, they will then take the captain's armband back from the player.

## Seniors

Seniors act as an extension of the captains. They are in their final year of playing for the team, and all of them are expected to demonstrate leadership roles. This group must step forward to be positive role models for the underclassmen and middle schoolers in the program. All of the younger players look to you for guidance and support. Your words and actions are constantly under a microscope. Everything you do and say is being watched and heard by everyone around you. Be mindful. Be positive.

## Bench Enthusiasm

Any player, manager, or ball person in the bench area should be completely focused on the match. Players are expected to give positive encouragement to their teammates. A failure to do the above conveys the message that the players are not prepared to enter the game.

## Language

All abusive and vulgar language (in any language) will be handled by the individual coach. This could mean sitting out of practice or some other form of discipline in hopes of breaking the habit. If the swearing occurs in the game, the player will be removed from the game either by a red card from the official or by the coach.

## Team Dinners

The team is hoping to have dinners as often as every week. They are optional, but players are strongly encouraged to join.

## Sportsmanship

Treat your opponent, the officials, the fans, and your teammates with respect. Even though an official may have missed a flagrant call or an act of unsportsmanlike conduct, it is most probable the coaching staff has seen the act, and they will react with immediate removal from the game.

## Game Day Arrival Time

Home games: players need to arrive 60 minutes before kickoff. The expectation is the first 15 minutes is to help prep the field and equipment. The player should be dressed and ready to play 45 minutes before kickoff.

Away games: players need to be dressed and ready to go 15 minutes before departure. This gives time for any last minute needs that arise, and gives the team time to problem solve before the bus needs to leave. The bus leaves AT the departure time. If you are late, you miss the bus. If you miss the bus, you are ineligible to play. Don't be late.

## Inclement Weather

In the event of inclement weather, a notice will be sent out using both a team's communication tool (i.e., GameChanger, TeamSnap, etc.) and the list of parent emails.

## Lettering

All players must complete the season in good standing with the coaching staff and the school administration to be eligible for a letter. The season is complete at the end of the last *varsity* game. Illness or injury is the exception. To earn a varsity letter, a player must have been:

1.) On the varsity roster and participated in at least 8 games;

or

2.) Played in a section/state match.

If a player is suspended or dropped from the team due to behavior or ineligibility, this negates their earning a letter. Academics should be the priority.

## Conditioning

Soccer is one of the most physically demanding sports, and in order for the player to perform and succeed at the high school level, they need to be in shape. As such, the coaching staff values the importance of physical fitness and conditioning for the wellbeing and safety of the players. Therefore, players who meet team fitness requirements and goals enhance their chances of playing time.

*Varsity players should be able to meet the following physical requirements:*

Test 1 (Shuttle Run) - 5 Shuttles

Test 2 (Stamina Run) - 12:30 or less

Test 3 (Stamina Run) - 12:30 or less for two miles, 6:30 or less for one mile

Test 4 (Intervals and Endurance on Track) - complete at least the 300m portion

Test 5 (Intervals and Stamina on Track) - complete at least the 800m portion

Please see the section "TRYOUTS" for more information on these specific tests.

## Playing Time

Playing time is a coaching decision on many aspects of the player. We were hired as professionals to make such decisions. Before challenging this aspect, please be sure you thoroughly investigate. All inquiries are welcomed, however, please arrange an appropriate time to meet and discuss with the coach in private. When you choose to inquire, be advised and prepared to hear some things you may not want to hear because it is only fair for the coaching staff to be completely honest with you in order for you to challenge yourself to develop and improve and possibly change your role or status. Parents are **not** encouraged to challenge the coach's decision of playing time for their son/daughter. Make sure your player has talked with the coaching staff prior to meeting with the coach. Often the answer can be found by asking your player. All parent/coach meetings will include the player being present.

Players on teams below the varsity team should be playing approximately 40 minutes per game, on average. On the varsity team, playing time is determined by game situations and merit. Therefore, not all players will always play in every game.

## Team Building

Members of the varsity team are expected to be at all team building events, including team dinners. There are exceptions, but these are very rare. College visits for seniors is an example of an excused absence.

# OFF-SEASON TRAINING

## Conditioning

The goal of the off-season training program is to supplement what you are doing with your club teams, if you are on one. If you are not on a club team, then you should be doing the training activities five or six times a week. These activities are designed to get you into good physical shape for the season and to be familiar with the tryout activities that we will be doing to evaluate your conditioning.

Doing these activities correctly will **only** help you. Keep track of your time and progress throughout the off-season. If you stick with it, I guarantee you will have evidence of growth in your strength and endurance. In addition, none of these activities are designed to use weights or special equipment. This is on purpose. This allows you to do the activities at any available space and with or without others. I recommend that you train with others - it is very helpful to have people that can push you and support you as you train.

This is a 12-Week Program. You should begin training on May 20th. Coordinate your activities to take place on days that you are NOT playing club soccer. Drink plenty of water, eat more protein. Each age-level is going to have different expectations for speed and rest, with the older players having higher expectations. The first several weeks of this conditioning program are similar. This is helping you to set up your base prior to the final few weeks of training. These sessions are going to be significantly more challenging if you do not do the initial training.



## Week of 5/20 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 3x25 push ups (rest 30 seconds between sets)
- 3x25 sit ups (rest 30 seconds between sets)

## Week of 5/20 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	9:00	50 seconds
8th	8:30	40 seconds
9th	8:00	30 seconds
10th	7:45	30 seconds
11th	7:30	30 seconds
12th	7:15	30 seconds

## Week of 5/27 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 3x25 push ups (rest 30 seconds between sets)
- 4x25 sit ups (rest 30 seconds between sets)

## Week of 5/27 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	8:45	50 seconds
8th	8:15	40 seconds
9th	7:45	30 seconds
10th	7:30	30 seconds
11th	7:15	30 seconds
12th	7:00	30 seconds

## Week of 6/3 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 4x25 push ups (rest 30 seconds between sets)
- 5x25 sit ups (rest 30 seconds between sets)

## Week of 6/3 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	8:30	50 seconds
8th	8:00	40 seconds
9th	7:30	30 seconds
10th	7:15	30 seconds
11th	7:00	30 seconds
12th	6:45	30 seconds

## Week of 6/10 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 4x25 push ups (rest 30 seconds between sets)
- 5x25 sit ups (rest 30 seconds between sets)

## Week of 6/10 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	8:15	50 seconds
8th	7:45	40 seconds
9th	7:15	30 seconds
10th	7:00	30 seconds
11th	6:45	30 seconds
12th	6:30	30 seconds

## Week of 6/17 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 5x25 push ups (rest 30 seconds between sets)
- 5x25 sit ups (rest 30 seconds between sets)

## Week of 6/17 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:45	50 seconds
8th	7:30	40 seconds
9th	7:00	30 seconds
10th	6:45	30 seconds
11th	6:30	30 seconds
12th	6:30	30 seconds

## Week of 6/24 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 5x25 push ups (rest 30 seconds between sets)
- 5x25 sit ups (rest 30 seconds between sets)

## Week of 6/24 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:30	50 seconds
8th	7:15	40 seconds
9th	6:45	30 seconds
10th	6:30	30 seconds
11th	6:30	30 seconds
12th	6:30	30 seconds

## Week of 7/1 Activities

- 1 Mile Run at pace below (run at least twice)
- 2 Mile Run at pace below (run at least once)
- 5x25 push ups (rest 30 seconds between sets)
- 5x25 sit ups (rest 30 seconds between sets)

## Week of 7/1 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:00	50 seconds
8th	7:00	40 seconds
9th	6:30	30 seconds
10th	6:30	30 seconds
11th	6:30	30 seconds
12th	6:30	30 seconds

## Week of 7/8 Activities

Workout 1: 2 mile run at pace, then the Two-Tower Run, Compass Run, and Funnel Run. Finish with Body Circuit Training.

Workout 2: Tryout Test 4 (2 x 400m, 300m, 200m), then Test 1 Shuttle Runs (3 sets). Finish with Body Circuit Training.

Workout 3: 3 mile run at pace. Then 120's, followed by Body Circuit Training.

Workout 4: 1100 yard shuttle run. Then 5-10-5 Ladders and Funnel Run. Finish with Body Circuit Training.

### Week of 7/8 Speed

2024-2025 Grade	Mile Run Speed
7th	7:30
8th	7:15
9th	6:45
10th	6:30
11th	6:30
12th	6:30

### Week of 7/15 Activities

Workout 1: Test 1 - Shuttle Run (4 sets). Then run 120's and Body Circuit Training.

Workout 2: Test 6 (1 mile run in 6:00, then ½ mile in 3:00), then also add 400m in 1:20, 200m in 35s, 100m in 15s; then Two Tower and Funnel run. Finish with Body Circuit Training.

Workout 3: 2 mile run at pace. Hand run, 5-10-5 Ladder Run, and Body Circuit Training.

Workout 4: 3 mile run at pace + 30 seconds. Then 300 yard shuttle run and Body Circuit Training.

### Week of 7/15 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:30	50 seconds
8th	7:30	40 seconds
9th	7:30	30 seconds
10th	7:30	30 seconds
11th	7:30	30 seconds
12th	7:30	30 seconds

## Week of 7/22 Activities

Workout 1: Test 1 Shuttle Run (4 sets). Then 120's and Body Circuit Training.

Workout 2: Tryout Test 5 (1 mile in 6 minutes, ½ mile in 3 minutes), then 3 Half Laps with 30 seconds on/off, then Body Circuit Training.

Workout 3: 1100 yard shuttle run. Then 10x25 situps and 5x25 pushups, followed by Hand and Funnel Runs.

Workout 4: Test 4 (2 x 400m, 300m, 200m, 100m, 10x25 situps, 3x25 pushups, and Body Circuit Training

## Week of 7/22 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:30	50 seconds
8th	7:15	40 seconds
9th	6:45	30 seconds
10th	6:30	30 seconds
11th	6:30	30 seconds
12th	6:30	30 seconds

## Week of 7/29 Activities

Workout 1: Test 1 - Shuttle Run (4 sets). Then run 120's and Body Circuit Training.

Workout 2: Test 6 (1 mile run in 6:00, then ½ mile in 3:00), then also add 400m in 1:20, 200m in 35s, 100m in 15s; then Two Tower and Funnel run. Finish with Body Circuit Training.

Workout 3: 2 mile run at pace. Hand run, 5-10-5 Ladder Run, and Body Circuit Training.

Workout 4: 3 mile run at pace + 30 seconds. Then 300 yard shuttle run and Body Circuit Training.

### Week of 7/29 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:30	50 seconds
8th	7:15	40 seconds
9th	6:45	30 seconds
10th	6:30	30 seconds
11th	6:30	30 seconds
12th	6:30	30 seconds

### Week of 8/6 Activities

Workout 1: Test 1 Shuttle Run (4 sets). Then 120's and Body Circuit Training.

Workout 2: Tryout Test 5 (1 mile in 6 minutes, ½ mile in 3 minutes), then 3 Half Laps with 30 seconds on/off, then Body Circuit Training.

Workout 3: 1100 yard shuttle run. Then 10x25 situps and 5x25 pushups, followed by Hand and Funnel Runs.

Workout 4: Test 4 (2 x 400m, 300m, 200m, 100m, 10x25 situps, 3x25 pushups, and Body Circuit Training

### Week of 8/6 Speed and Rest

2024-2025 Grade	Mile Run Speed	Sprint Rest
7th	7:30	50 seconds
8th	7:15	40 seconds
9th	6:45	30 seconds
10th	6:30	30 seconds
11th	6:30	30 seconds
12th	6:30	30 seconds

# Technical Training

Throughout the summer, you should strive to get as many touches on the ball as possible. Technical training activities can be done on any day of the week as often as you want. The more that you participate in the activities, the better you will be with the ball at your feet. No matter what type of strategy you want to play in a game of soccer, if you are unable to kick and control the ball correctly, you are unable to use the tactics.

## **How many touches should I get each day?**

That depends on you. I always strive to have players aim for 10,000 touches every day. This follows the Dutch model of Total Football, where youth players begin with individual activities with 10,000 touches. The more you work, the more benefits you'll get.

The flip side of this is that it is time consuming and exhausting at first. 1,000 touches at first is better than 0. I'd start at a realistic number and continuously build and build until you're up to 10,000. If you start each week by aiming for 1,000 more touches each day, then you'll be at 10,000 touches per day by July 22nd. That gives you three weeks of 10,000 touches per day prior to tryouts.

## **What is a touch?**

A touch is any time your body touches the ball. In a 90 minute game, Premier League forwards touch the ball about 42.2 times, which means you can't rely on games to get your touches. An average youth soccer practice will have around 1000 touches, depending on the activities your coach has you doing. So 10,000 touches is the goal, and it should be done at a rate of 4,000 touches each hour. That means 10,000 touches could take about 2.5 hours of constant activities.

## **What can I do for a workout?**

Some basic things that you can always do are dribbling between cones; passing the ball against a wall, getting the rebound, and sending it back; juggling; passing with friends; and other activities that are very simple. I'd also recommend checking out YouTube for some suggestions. My personal favorite is this one - <https://www.youtube.com/watch?v=wjFihKoBs24>. Another one I would recommend is this one - <https://www.youtube.com/watch?v=YrHKAEOUUA>. I've used bits of both sessions with players and have recommended that players use them for several years.



## Dynamic Warm-Up

This warm-up should be used prior to any conditioning sessions. Begin with a 5-minute jog to get your body warmed up, and then perform these exercises. Most exercises are repeated frequently over the course of 20 yards. After each exercise, jog back to the starting point to do the next exercise.

- High Knee Walk - step forward, grab the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.  
<https://www.youtube.com/watch?v=h1sQ8YLYMk>
- High Knee Walk with external rotation - Grasp the shin (not the knee) with a double overhand grip and bring the shin to waist height. Extend the hip of the supporting leg while rising up on the toes.  
<https://www.youtube.com/watch?v=pP4-o20mWak>
- A-Skip - A gentle skipping designed to put the hip muscles into action. No emphasis on height or speed, only rhythmic action.  
<https://www.youtube.com/watch?v=-O9H15yVc8s>
- Heel Ups - Hamstring focus. Walking forward, bring the heels up towards the buttocks. Progress to jogging speed.  
<https://www.youtube.com/watch?v=QAFVV6bO2mE>
- High knee run - similar to running in place with a small degree of forward movement. Emphasis is on maintaining upright posture and getting a large number of foot contacts. Maintain perfect posture.  
[https://www.youtube.com/watch?v=\\_koAkJJVT7Y](https://www.youtube.com/watch?v=_koAkJJVT7Y)
- Straight leg skip - increases the stretch of the hamstring. Hands are held at shoulder height and right foot goes up to the right hand.  
<https://www.youtube.com/watch?v=Au9k4wginac>
- Straight leg dead lift walk - reach both arms out to the side while attempting to lift one leg up to waist height. To move forward, swing the back leg through to take one giant step. Walking lunges on the way back.  
<https://www.youtube.com/watch?v=oGTWqf64voU>
- Walking lunges with side lunge - lunge walk forward then lateral lunge to the same side (i.e., lunge forward with the right, then lunge lateral with the right).  
<https://www.youtube.com/watch?v=3XDriUn0udo>

<https://www.youtube.com/watch?v=6ux5g9pGDiw>

- Giant carioca - facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg, make sure the toes facing up the field.

<https://www.youtube.com/watch?v=SfJLsVnXnCE>

- Backward run - emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.

<https://www.youtube.com/watch?v=Znu69mPkAWk>

- Forward sprint
- Forward sprint-turn to backward run

# Body Circuit Training

Each exercise is performed for 45 seconds with a 30 second rest in between exercises. Do 2 sets of the chosen body exercise and then rest for 3 minutes.

Prior to each circuit exercise, make sure that you do at least a five-minute cardio or running activity and then a full body stretch routine.

1. Squat Jumps  
<https://www.youtube.com/watch?v=f-9Gmlt57YM>
2. Lunges - Alternate legs  
<https://www.youtube.com/watch?v=tTej-ax9XiA>
3. Bicycle crunches - hands behind head, legs off the ground, opposite elbow to knee  
<https://www.youtube.com/watch?v=1we3bh9uhqY>
4. Push ups  
[https://www.youtube.com/watch?v=JyCG\\_5l3XLk](https://www.youtube.com/watch?v=JyCG_5l3XLk)
5. Broad jumps - jump as far out as you can, repeat for 45 seconds.  
<https://www.youtube.com/watch?v=uhz-ia-2UcM>
6. Bench dips - hands on a bench or chair, feet straight out on the floor, lower yourself until upper arms are parallel with the floor.  
[https://www.youtube.com/watch?v=0326dy\\_-CzM](https://www.youtube.com/watch?v=0326dy_-CzM)
7. Burpees - jump, hands on the ground, extend your legs into a push up position, legs back to chest, jump. Repeat.  
<https://www.youtube.com/watch?v=auBLPXO8Fww>
8. Clapping Pushups  
<https://www.youtube.com/watch?v=EYwWCgM198U>
9. Hip ups - lie on your back, legs straight up in the air (soles of the foot parallel with the ground), shoot hips up to the sky.  
<https://www.youtube.com/watch?v=W6marsB5deU>
10. Bicycle Jumps - right foot in front, left foot back, jump as high as possible and alternate feet. 20 jumps per set.  
<https://www.youtube.com/watch?v=3bx5HPPYy1M>

11. Mountain Climbers - keep your knee over your ankle  
<https://www.youtube.com/watch?v=bJgN9jGYEV0>

12. Front Plank  
[https://www.youtube.com/watch?v=K2UZq6uq\\_mY](https://www.youtube.com/watch?v=K2UZq6uq_mY)

# TRYOUTS - FITNESS

## Test 1 - Shuttle Run

The Shuttle Run looks at both Speed and Endurance. This is an anaerobic test - how hard can you work with limited time to recover oxygen in your system.

The test is conducted on a level surface. A cone is placed on the ground to indicate the starting point. Five additional cones are placed on the ground at 5 yard intervals. The player starts from the starting line, runs to the first cone, runs back to the start, then to the 2nd cone, then back, etc.

The players are expected to complete at least five full shuttles in under six minutes. After each shuttle, the player could have up to 30 seconds rest (they can begin running at any point).

## Test 2 - Stamina Run

The Stamina Run looks at overall endurance for the players. This is an aerobic test. The player should be able to breathe and take in oxygen as they run. The test consists of running two miles in 12:30 or faster. Two miles is 3200m, or 8 laps around the track. You should be able to run close to a 6:15 pace for each mile.

## Test 3 - Stamina Run

This test is a little bit more challenging compared to Test 2. This starts with a two mile run with similar pacing to Test 2. Then, the player rests for six minutes. When six minutes are up, they then run one mile and are shooting to run 6:30 or faster.

## Test 4 - Interval and Endurance

3 x 400m (each 400m in 80 sec or less)

3 x 300m (each 300m in 60 sec or less)

3 x 200m (each 200m in 40 sec or less)

3 x 100m (each 100m in 20 sec or less)

This test looks at how quickly players can recover from high-intensity effort. The player will run 400m (one lap) around the track, with a goal time of 80 seconds or less. After the lap, they rest for 90 seconds and then run 400m again with a goal time of 80 seconds or less. They then rest 90 seconds and run it a final time, shooting for 80 seconds or less. After each rep and set, the player will rest 90 seconds before beginning the next rep.

Players are expected to complete at least the 300m portion of this test to be on varsity. If you are able to make it through more during the tryouts, you should try to do so.

## Test 5 - Interval and Stamina

The final conditioning test is looking at going from aerobic to anaerobic running. There are up to five reps for this test.

The player will first run one mile, aiming for 6:00, then getting a 60 second rest. Then, they will run  $\frac{1}{2}$  mile in 3:00, with another 60 second rest. Next, they run 400m in 90 seconds, with a 60 second rest. Then a 200m run in 40 seconds with a 60 second rest, and finally 100m in 20 seconds.

The total distance run is 3100m (just under two miles). The goal for varsity players is to complete at least the mile and  $\frac{1}{2}$  mile in the times listed.

# TRYOUTS - GAMEPLAY

A second component of tryouts will be how well players play soccer. To begin, the players will be placed in groupings according to their age. This will be dependent on the ages and grades of players that sign up for soccer. The coaches will take the total number of players and split it at 50% (by age) for the first day's groups, with the top 50% and bottom 50% grouped separately.

For Gameplay, this could look like a wide range of situations. While there could be free play, be prepared to also play with specific expectations set by the coaching staff. We could ask players to play within a specific formation, with specific tactics, with restrictions, or other situations. For example, players may need to play a 5-3-2 and defend a one-goal lead with 15 minutes to play; a team could play a 4-3-3 and be expected to play two-touch passing for the build-up; or a team could be playing in a 3-1-3-3 and have 30 minutes to score 3 goals.

The outcome of the scenarios is not what is being evaluated. What is being evaluated is the player's ability to play in different situations and change their personal methods to try to help the team be successful.

Following the first day, the coaches will re-examine the list of players for both groups. Recommendations will be made as a group on swapping players into different groupings. This is not indicative of any final decisions for teams. This is being used as a way to look at younger players and how they match up versus older players. A similar approach will be used after the second day, with the third and final day of tryouts being used to make final decisions.

Having three days of play and testing should allow many players, but not all, to play with and against different players. Coaches may ask players to play new positions based on evaluations. ***It is encouraged that you agree to these requests and do your best - this could be a way for coaches to see your fit within a potential system of play for the varsity team.***