

## **RADNOR SOCCER CLUB**

### **2017 TRAVEL SOCCER TRYOUTS: WHAT TO EXPECT**

With new soccer leadership and personnel, the 2017 travel soccer tryouts will look different than tryouts of previous years.

To begin, each player will receive a new gray randomly numbered tryout shirt. The shirts will also double as the player's training shirt during the season. We are happy to welcome Jefferson Comprehensive Concussion Center (JCCC) as a new sponsor and partner. You will see the JCCC logo on the tryout/training shirts.

Tryouts will be conducted by our Directors of Coaching Kirk Johnson (Boys) and David Castellanos (Girls). Other coaches will assist. You may stay or not as you choose. If you choose to stay, please keep to the concrete seating area at Encke Field.

Below is a rough plan for the first tryout for each group. Plans for subsequent tryouts will be finalized based on the results of the first session. In general, you can expect to see the following:

Time	Activity	What the Activity Assesses
10	Dynamic warm up- ladder work (incorporate the ball if possible, assessing general coordination)	Focus; Enthusiasm; Coachability; Coordination
10	Technical/passing/ dribbling exercises - example Triangle drill (simple is better)	Passing and ball control technique.
10	Big Circle / Little Circle	Dribbling and ball control technique.
20	3 v 3	Combination play; Off ball movement; Aggression; Creativity; Small space awareness
40	Full sided game for the appropriate age	Team play; Positioning; Field Awareness; Decision making

**ARRIVE 15 MINUTES BEFORE THE TRYOUT BEGINS.** Soccer activity starts at 5:30 or 7:00 pm. The Directors and trainers do not have much time with the players. They will make use of all of it – your player should, too. Leave extra time for parking – you will need it.

**BE PREPARED!** Each player needs a correctly sized ball (2006 – 2009 birth years use a Size 4, older players need a Size 5), shin guards, cleats and water.