

2009 Tryouts

Description for NMSA Website

1) Slalom Cone Dribble w/ball – Timed

Players will dribble a ball through a variable spaced slalom cone course and their time recorded. A 2 second penalty will be assessed for each cone touched and 5 second penalty for not stopping the ball between the final gates.

2) Agility Run – Timed

Players will run a course with offset gates and speed ladders and their time recorded.

3) 1v1 - Scored

Players will compete 1v1 and receive an offensive and defensive score base on the result of the competition. Each player will have 2 attempts at both offense and defense against a different opponent

4) Juggling Max Consecutive Touches - Count

Players will juggle a ball for 3½ minutes and their maximum consecutive touches counting only touches with feet will be recorded.

5) 5 Ball Shoot – Scored

Players will shoot 5 balls in succession from different locations/angles at goal. Each shot will be scored based on the result of the shot taken.

Small Sided – Scored

Players will compete in small sided games and be evaluated by a 4 evaluators. Groups will be mixed and moved as the small sided games progress.

Keeper Evaluation - Scored

Keepers will be evaluated on movement/quickness, technical ability, hands/distribution and overall ability.

Full Sided – Coach Evaluation

Full field games for coach's evaluation only on as needed basis.

Tryout Details

Score Totals

Skills Totals: 65pts 46%

Small Sided: 75pts 54%

GK: 60pts

Group Details 4 – 21 Minute Blocks:

- 1) Slalom Cone Dribble
- 2) Agility Run and Juggling
- 3) 1v1
- 4) 5 Ball Shoot

Automatic Selections ½ Roster Size + 1

U9/U10 7

U11/U12 8

U13+ 10

GK selected by coach

Play ups never automatic selection

Play up Tryouts – Skills to be retested

1v1

5 Ball Shoot

Small Sided 4v4

Skills

1) Slalom Cone Dribble w/ball – Timed

0 Evaluators

1 Timer/Monitor

1 Recorder/Monitor

1 Attempt

* Cone Spacing in yards: 10-8-6-4-2-2-4-6-8-10 +loop cone & Stop Gate

* 2 Seconds penalty for cone contact

* 5 Seconds penalty for missing stop gate

Scores: 1 – 15pts Curved by age group

2) Agility Run – Timed

0 Evaluators

2 Timers

1 Recorder

1 Attempt

* Player 2 will start when Player 1 clears gates

* 8 Gates and 2x15' speed ladders

* Both feet between each rung

Scores: 1 – 10pts Curved by age group

3) 1v1 – Scored

4 Evaluators/Recorders

2 Attempts for both O & D

2 1v1 Grids

Scores: O 0 - 5 x 2/D 0 - 5 x 2	O	D
O wins untouched to line	5	0
O win with contact	4	1
D knocks ball out	3	2
Ball out/stalemate	2	2
O dribbles ball out	2	3
D wins ball	1	4
D wins ball w/pass	0	5
*D Fouls	4	1
*O Fouls	1	4

4) Juggling Max Consecutive Touches - Count

0 Evaluators

1 Timer/Monitor

1 Recorder/Monitor

1 Attempt maximum consecutive touches count only feet in 3½ minutes

* Players Count for each other w/monitor

Scores: 1 – 5pts Curved by age group

5) 5 Ball Shoot – Scored

2 Evaluators/Recorders

5 Painted Numbers 1-5 to mark ball locations

1 Attempt total score

* Players place balls between shots

* Flags to Block Center 12' of goal

* Players shoot 2 shots with left foot, 2 with right and one shot is of their choice

Scores: 1 - 15pts

Accuracy / Placement of the ball (5 pts total; 1 point per shot)

0 points - Miss the goal or miss the target (ie, middle of the net)

1 point – Hit the target which is inside the goal that the keeper couldn't save

Technique / Type of kick (10 points; up to 2 points per shot)

Overall Shooting Ability 0, 1 or 2 points per shot taken - total of 10 pts

0 points = toe kick

1 point = decent instep kick

2 points = reasonably strong soccer style kick

Small Sided

10 Evaluators – 5 Boys/5 Girls

Scores: 5 - 75pts

4 Specific Criteria 1-15pts each

1) Touch/Control

2) Awareness/Movement

3) Communication/Passing

4) Defense

Overall ability 1 - 15pts

Keeper Evaluation

2 Evaluators

1 Recorder

Scores:

3 Specific Criteria 1 -15pts each

1) Movement/Quickness

2) Technical Ability

3) Hands/Distribution

Overall Ability

Full Sided

Coach evaluation only