

## **2010 TRY-OUT DRILLS**

### **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 (younger players will do total touches vs. consecutive touches)**

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. Players will use both feet to shoot.

### **Small Sided – Scored**

Players will compete in small sided games and be evaluated by 5 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.