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SOCCER

Category: Coaching
Type: Program

YOUTH TRYOUTS

The tryout should be like a practice session, in which the players are given positive feedback and corrections. Coaches and evaluators can use the following structure of activities to assist in the tryout process.

I. FOUR OR FIVE PLAYERS MOVE ONE BALL.

Evaluation Checklist:

How players pass: surface, pace, accuracy. Watch for accuracy of pass, which should be played to feet, not to space.

How players run: to pass, or away from pass.

Where players run: after pass, speed, open space.

Speed of running: Look for change of speed and direction.

COACHING POINTS:

Make sure players stretch out in between plays.

TRY THESE VARIATIONS:

1. Two touch.
2. Watch for first touch: Does it help?
3. Set up the direction of the pass.
4. Ball must go back to the same player each time then to different players.

II. ONE vs. ONE TO GOAL WITH KEEPERS

Keeper distributes ball to his offensive player who must then deal with a single defender and opposing keeper.

Evaluation Checklist:

Keeper: Shot saving, foot work vs. diving.

Communication to defender.

Distribution of ball (not in front of goal sides).

Offensive player: Escaping runs to get away from defender, to get ball from keeper. Dribbling skills, changes in speed, penetration. Shooting, power and accuracy. Foot preference.

Defending player: Ability to deny opponent the ball from keeper, to deny turning if opponent gets the ball, to deny penetration. Tackling and counter-attack.

General: Players' stamina, fighting power, and psychological drive or lack thereof.

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III. FOUR vs FOUR SMALL SIDED GAME

Each group must play with a keeper in the goal on defense. On attack, keeper must come forward with his team. This will give the attacking team a one-man advantage: four vs. three plus a keeper.

Evaluation Checklist

Offensive players: With the ball, ability to find open players.

Passing ability.

Penetration with dribble or pass.

Decision making.

Without ball, position on field (runs to open space, runs to help the player with the ball).

Defensive players: Individual defending.

Interaction with other defenders.

Transition from defensive to offensive.

IV. GAME CONDITIONS

Finish the tryouts with a simulation of more intense competition.

The game should have the same number of players as a real competition game.

Evaluation Checklist

Interaction of individual players.

Offensive impact players.

Defensive impact players.

Concept of attack and defense with larger numbers of players.

Players should leave the Tryouts feeling that they were worthwhile.

Coaches should be keenly aware of players and situations, and should offer positive feedback and constructive suggestions.

Remember: Parents will be watching!

Submitted by: Jeff Pill

▶ *print*

▶ *email*