Kirtland Women's Soccer Team - Tryout Guidelines

Below is a list of the activities we have utilized over the years during practice. Some of the activities have a minimum goal. Just by passing the minimum goal for each of the activities does not automatically earn you a spot or eliminate you a spot on the varsity team. Tryouts will begin August 1st with the fitness testing. These tryouts are to help select our varsity and junior varsity teams.

Summer Training

The team will be doing fitness training during the summer and have pick-up games. These activities will improve your soccer and fitness. If you are unable to attend, we recommend you work on your fitness and touch on a soccer ball. Please make sure to check your email regularly for information regarding potential changes/additions. Since you are high school students, the responsibility for communicating with the coaches is with you, the player. We workout Tuesday, Wednesday, and Thursday mornings from 7:30AM – 9:00AM.

Fitness Assessments

Aerobic Assessments

1 Mile Run – You will run 4 laps, which is 1 mile. You should be done in under 7:00, but your goal is to run it in the least amount of time possible.

Short Sprints – You will run 10 sets of sprints. A set will include starting from the goal line to the 5, 10, 15 & 20. We set up cones on the yard lines to assist. You will need to complete a set in 25 seconds. You will get 25 seconds rest between sets and 40 seconds rest after sets 3, 6 & 8. We will give you one warning if you finish a set slightly behind the required time. We will also count out the last couple seconds of the set to make you aware of the time. We will record the number of sprints that you complete under the required time. You should expect to complete all ten sets.

100-Yard Sets – You will attempt to finish ten 100 yard sprints. You have 18 seconds to complete the sprint and have 30 seconds to jog back to the starting line. Once the jog back time is up, you will get 30 seconds before the next set for rest. After sets 4 and 7 you will get a longer rest of 40 seconds. You will get one warning if you finish a set slightly behind the required time. We will also count down the last couple seconds during the sprint and jog back to make you aware of the time. We will record the number of sprints that you complete under the required time. The minimum expectation is for you to complete 6 sets, but one should expect to complete all 10 to demonstrate their fitness to be able to play in a full game.

Push-ups (to fatigue) – You will do as many pushups as you can do without stopping or dropping to a knee. A minimum goal should be 30 for you.

Sit-ups – You will do as many sit-ups as you can in a minute. A minimum goal should be 40.

Soccer Assessments

Juggling – You will be able to start with the ball on the ground or in your hands. You will either have 2 minutes to see what your best score is or we will have you take the best out of two tries. You should be able to do a minimum of 75 for Varsity and 40 for JV.

Coerver Move w/Shot – You will dribble the ball away from the goal, do a take back move and then shoot at the goal from 15 yards out. You will also dribble straight to the goal, do a fake move and then shoot. Coaches will be looking to see the strength and accuracy of your shots. We will do this activity for roughly 15 minutes.

Small sided games – You will be playing on small teams in games such as 4 v. 4 and 5 v. 5. We will be looking for your skills both offensively and defensively.

Long Service (kicking for distance – both feet) You will have 5 tries with both feet to kick a stationary ball. We will record your best 4. Others in your group will assist in fetching the balls. You will take all your kicks at once. Your scores for each foot will be averaged. You should be looking for a minimum of 40 yards for your dominant foot and 35 for your recessive foot for varsity, while jv should be at least doing 30 and 25.

Clearing for Distance (kicking for distance with a ball rolling at you – both feet) This is the same format of Long Service, but the ball will be passed to you from 10 yards away. These kicks should go longer compared to the stationary kicks.

Scrimmaging – We will observe you play a full field game. We will pay particular attention to not only your soccer skills with the ball, but how effectively you play with others.

Heading For Distance – You will be tossed 10 balls from 10 yards away. We will record how many of those balls you are able to head at least 20 yards back.