

West Jessamine Boys Soccer

Tryout Packet 2017

Mandatory 3 Day Tryout Dates: July 17, 18 & 19 **Time:** 7pm-9:30pm Daily

Teams Posted by noon the day following final tryout date

Rain Dates: July 20 & July 21 if needed

Location: West Jessamine Middle School (soccer field)
(Players are to be “tryout ready” at 6:50pm so that we start on-time)

Expectations:

***We expect student athletes and parents to comply with Jessamine County's Coaches / Athletics Handbook & KHSAA Handbook. These are additional “team-related” expectations that are specific to the WJHS MEN'S SOCCER PROGRAM:**

All players are expected to maintain a reasonable soccer level of fitness prior to tryouts. If you want to be successful, you, the players, must be responsible for your physical fitness training. You must come to tryouts fit. The easiest way to do that is to never rest from personal fitness... never get out of shape. Proper fitness is key to both injury prevention and on the field success in soccer.

Players must understand how important it is for them to come into the season in soccer shape. Those players that do not come into the season in shape may:

- Lose the chance to make the varsity team by not being able to perform
- Not qualify for a starting position on their team
- Hinder their field playing time
- Not make the team

Please be advised that prior seasons positions on teams does NOT guarantee players a spot on either roster (JV or V). Tryouts will be the determining factor in who is selected to field both Varsity and JV.



TRYOUT REGISTRATION, REQUIRED DOCUMENTS & OTHER INFO:

- 1) **Players MUST BE Pre-Registered @ <https://goo.gl/forms/vii8OUS6ijUeBRwf2>**
- 2) **Players MUST bring current up to date Physical Form & Athletic Participation Form, Concussion Form, Drug Test Form, Parent Code of Conduct & Student Code of Conduct completely filled out, signed and handed in on DAY 1 of tryouts.**
 - a) PDF printable Documents of these forms are located @ <http://wjcolts.com/main/filesLinks>
 - b) If you believe that your student athlete has an up to date physical on file at the high school please contact our Athletic Director Mark Miracle to confirm. Coaches will need email confirmation from him.
 - i) Mark's Email is : mark.miracle@jessamine.kyschools.us
Coach's Email is: brock.sutherland@jessamine.kyschools.us

(UNLESS you have Mark's approval and a copy of it sent to Coach Sutherland prior to tryouts, student athletes will NOT be allowed to be at tryouts. Please handle this ahead of time.)

- 3) **Players are required to attend all 3 days of tryouts.** Alternate Tryouts are only given in extreme circumstances (immediate family death/emergency, doctors documented illness, governor's scholar, or any academic/WJHS related commitment, etc). Alternate Tryouts are NOT given due to personal travel, trips, vacations, etc. Alternate tryouts require approval from Coach Sutherland and can be requested via email to brock.sutherland@jessamine.kyschools.us . All approval, denials and the details on will be worked out individually with parent/player and Coaches.
- 4) **Players must bring with them (every day):**
 - *running shoes
 - *soccer cleats
 - *shin guards
 - *water

5) Players and Parents MUST bring signed copy of TRYOUT PACKET AGREEMENT form located at the end of this document. (we only need you to PRINT the LAST PAGE of this packet, sign and date it--- there's no need to print the entire packet unless you want to do so for yourself)

6) **Players/Parents understand the student athlete's rights** as per KHSAA Handbook & Jessamine Co Coach's Handbook in the event that my student athlete does not make the team. They are as stated:

Cutting of Participants

The coaching staff of each individual sport shall establish the process for deciding whether athletes will be "cut" during a tryout period during which the final composition of a team will be determined. If a coaching staff determines that "cuts" are necessary, they shall discuss with all athletes attending the tryouts the criteria to be used to evaluate the athletes during the tryout period. This procedure shall also describe the notification process that will be used to inform all athletes of their status following the tryout period. The coaching staff must make every effort to ensure that all athletes attending the tryouts clearly understand the criteria to be used to evaluate them and must **be available for individual student questions about improvements that might help them make the team in the future.**

7) Individual Player Projected Expenses

\$25 School Athletic Fee (see page 52 of Jessamine Co. Coaches / Athletic Guide)
\$250 Team Fee has been the avg over the last few years. While we won't know the exact amount until rosters are filled, we estimate that the fees will be similar to previous seasons.

8) Selection of Teams will be posted at WJHS front doors, via tryout #'s (not names) on July 20th by noon as well as emailed out to all Parent Emails. ** if we have to use the rain date, teams will be posted day following tryout completion.

9) PRESEASON PRACTICE CALENDAR & 2017 GAME SCHEDULE:

July 20 & 21st: Tryout Rain Dates and Final Team Postings

July week of 24-28 : Two-a-Days @ 6am-7:30am & 7:30pm-9:00pm

July week of 31-Aug 4: Practice daily 7-9pm

Aug 7, 9 & 11: Practice daily 7-8:30pm

Aug 8 & Aug 10th: Home Scrimmages 6pm JV & 7:30pm Varsity

Season Opening Match: Aug 15th vs Lafayette 6/7:30pm @ Home

You can view a copy of our current 2017 Game Schedule here: [2017 WJHS Boys Soccer Current Schedule](#)

10) PARENT MEETING: Our A.D. Mark Miracle, will be hosting a school-wide Student/Parent Athlete meeting this upcoming season. This will be a MANDATORY meeting for all parents and players. Date and time T.B.A. (mtg held after tryouts, sometime in August)

11) JV/Varsity TEAM ELIGIBILITY info:

*WJHS Boys Soccer JV Team is able to be fielded with 7th, 8th, 9th & 10th Graders

*7th & 8th graders are not eligible for Varsity Roster, per KHSAA guidelines.

*****There are currently 18 open positions on Varsity & 18 open positions on JV. *****

Coach Sutherland and Assistant Coach Jim Smith and JV Coach Steve Miller will make all final decisions on team placement & rosters.

NOTE: If the need to fill open Varsity positions (injuries, dismissal, etc) arises positions will be filled by pulling up the next capable player from JV, if needed. It is also the Coaches discretion to "pull up" at any time during the season a JV player and move him onto the Varsity roster.

12) TRYOUT FORMAT

(Coach's have adopted a system of testing the physical conditioning, technical ability, and tactical awareness of potential players.)

As always ATTITUDE/BEHAVIOR/Good Sportsmanship are PRIORITY at tryouts. Any unsportsmanlike conduct will not be tolerated, such as but not limited to: disrespect of other student athletes or Coaches, foul language, non-participation, drug/alcohol use, etc. Players may be excused from eligibility for team placement as consequence to any of the describe above)

Daily Tryout Descriptions are located on the following pages so players can use their personal time prior to tryouts to get ready.

Great article excerpt to explain how our Coaches selected the criteria for tryouts:

"Soccer is a game of decisions influenced by vision and technique. The most gifted technical player at the girls ODP regional camp was quite stunning with the ball on the practice field. With her green soccer shoes and smooth technique, she was easy to identify; unfortunately, she was a non-entity during the games because she could not find her moments to get involved, she played too slowly, she was immobile, and she made very poor decisions. This, sadly, was an example of someone who had apparently grown up juggling and practicing dribbling skills at the expense of learning to play the game. Without question, she would have been the #1 ranked player at camp had the team been selected on skill tests alone. While technical players are obviously important at the higher levels, young players must learn to solve the problems of small-sided games as they develop their skill level, not afterwards. Learning to assess individuals on the basis of their performance in live games, scrimmage type drills during practice, small sided games, etc is an important step towards helping coaches recognize true soccer talent; an important step towards picking teams based on realistic soccer criteria; and an important step towards helping coaches develop an individual focus for the season's' practices. Soccer has many, MANY elements that contribute to superior performance and this interrelationship cannot be overlooked when assessing players' ability. They include physical fitness, skill level, decision making & speed of play."

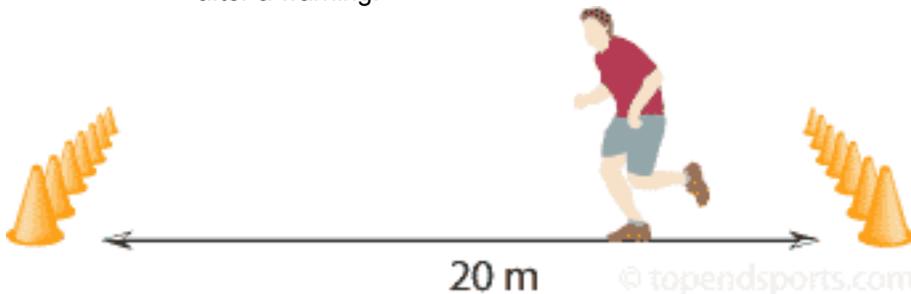
TRYOUT FORMAT-

Day 1:

Player/Parents must both attend registration on Day 1 of tryout to turn in proper paper work described in this packet prior to tryouts. A registration area will be set up at the WJHS Field every day from 6:00pm-6:50pm for this purpose. Especially on Day 1, there will be a line, so please be patient!

Day 1 of tryouts will be physical fitness testing using these 3 tests:

- 1) *** 1.5 Mile Timed Run** (minimum targeted time should be avg of 9 mins or less to complete 1.5 mile run to be "soccer ready")
- 2) *** 20 meter Pacer Beep/Bleep Test**
 - **Procedure:** This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason the test is also often called the 'beep' or 'bleep' test. The participants stand behind one of the lines facing the second line, and begin running when instructed by the recording. The speed at the start is quite slow. The subject continues running between the two lines, turning when signaled by the recorded beeps. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). If the line is reached before the beep sounds, the subject must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the subject is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps'. The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive ends after a warning.



- **Scoring:** The athlete's score is the level and number of shuttles (20m) reached before they were unable to keep up with the recording. Record the last level completed (not necessarily the level stopped at).

Scoring sheet we will use for this test is: <http://www.topendsports.com/testing/images/beep-recording-sheet.pdf>

There's apps available on iPhone & Android devices for FREE by searching BLEEP FITNESS TEST in app store. Great tool for players to use to get "tryout ready." Youtube is also a resource. **(Minimum target for beep test would be to get a score of average once all data is plugged into the calculator (age to use his TRUE age at date of tryouts). Calculator we will use is located here: www.topendsports.com/testing/beepcalc.htm)**

- 3) ***100 meter sprints** Set of 10 (with a 17 second target time/ 43 second rest in between)

Day 2 & 3:

These points will be divided up between days 2 & 3 to be assessed

Strength & Endurance Assessment- 3 tests:

- 1) **40 Set push-ups- target 1-min** (complete and TRUE push-up please have players watch & practice using this video:
https://www.youtube.com/watch?v=zF0jbubK_jU)
- 2) **40 Set Sit-Ups- Target 1-min** (complete and TRUE sit-up see video:
<https://www.youtube.com/watch?v=jDwoBqPH0jk>)
- 3) **3 Fifty Cycles- Target Under 34 seconds with 1 min rest between each.** Will be set up sideline to 50 yard mark, back to sideline, back to 50 and back to sideline.

Skills, Decision Making & Game-Play Assessments

- 1) Defending/1-v-1 Tackling
- 2) Dribbling/Ball Control
- 3) Passing/Receiving/1st Touch
- 4) Striking/Accuracy & Finishing
- 5) Speed of Play
- 6) Tactical Awareness- **Tactical awareness involves the ability to know your role and have positional awareness on the field, and possessing the ability to make good decisions.**



Below are questions that each player should be asking themselves as they prepare for tryouts. These are the the areas we will be assessing that are related to #1-6 above.

1. Does the player understand how to SPREAD OUT? Where should the player move to give the team a playing shape and create space between the defenders?
2. Does the player understand how to CREATE SPACE TO RECEIVE A PASS? Does the player move to help the passer make a connection? This may involve losing a defender to create space or simply demonstrating an awareness of possible passing lanes.
3. Does the player understand when to CREATE SPACE AT THE RIGHT MOMENT to receive a pass? Does the player's movement help the passer? Do they run into space before the ball can be played, or do they run into space too late and the passing lane disappears?
4. Does the player understand when to SUPPORT A TEAMMATE AND WHEN TO STRETCH THE OTHER TEAM? Does the player understand when it is time to take a defender away from the area of the ball because other teammates are in better supporting positions? Does the player understand when to receive passes to feet in front of their defender and when to receive passes into space behind their defender? Does the player's choice of supporting positions allow the team to maintain possession?
5. Is the player MOBILE within the game? Does the player cover a lot of ground in a purposeful way? Does the player only move when the ball is close to them? Does the player move in anticipation of combining with teammates?
6. Does the player have a high TRANSITION WORK-RATE? Does the player expend much effort? In particular, does the player transition quickly from attack to defense and from defense to attack?
7. Does the player have VISION for the game? Does the player turn their head or open their body before they get the ball to help see teammates? Does the player look for teammates when in possession or does their poor skill level leave them fighting to control the ball? Is the player looking for opportunities to score goals or to quickly pass to teammates in more advanced positions?
8. SPEED OF PLAY and DECISION MAKING. Does the player understand when it is time to possess the ball by playing forward, sideways or backward? Do they understand when it is time to pass, dribble or shoot? Do they read the position and movement of teammates and defenders and constantly adjust their own positions? How many touches do they need to pass, control, dribble or shoot?
9. INDIVIDUAL DEFENDING SKILLS. How well does the player defend against their immediate opponent? Do they look to intercept passes? Do they understand how to close down their opponent and remain balanced? Do they demonstrate controlled aggression when tackling for the ball? Do they deny their opponent space to turn? Do they position themselves to channel

their opponent away from dangerous areas? Do they position themselves to deny forward passes when in the middle of the field? Do they understand how to use offside space?

10. PSYCHOLOGICAL QUALITIES. Are they competitive? Are they coachable? Are they focused and intrinsically motivated? Are they responsible? Are they a positive or negative influence on teammates? Do they view improvement or winning as more important? What are their goals for soccer and where do they want to be in 5 or 10 years? Do they practice their skills alone? Do they participate in off season training sessions or seek personal training growth?

Join us for 2 weeks in June @ Soccer Tryout Fitness Academy!

Everyone knows the season starts well before tryouts and success is a year round venture for athletes. This year Kentucky Kickstart Elite (KKE) will be hosting a Soccer Tryout Fitness Academy hosted by Coach Brock Sutherland that will be centered around all the fitness tests & soccer skills (technical and tactical) that are outlined in the tryout packet. This is the perfect summer "soccer boot camp" for all student athletes who want to join in a group setting to get themselves "tryout fit" for our upcoming tryouts in July. Without a doubt we will be facing cuts again this year with a large group of student athletes forecastedsome new transfers, new high school eligible players and returning players. Our Varsity and JV have limited spots as mentioned in our tryout packet so if a player wants to take this opportunity to join Coach and prepare, practice and get familiar with the tryout requirements this 2 week academy is for them! You can find more details on time, location, cost & how to register at:

<https://goo.gl/forms/jHooR0xQWSbVlq902>

Parent/Player Tryout Agreement

I understand all expectations and requirements in advance for WJHS BOYS SOCCER tryouts 2016, as were stated in this Packet.

I clearly understand the information presented within the WJHS BOYS SOCCER TRYOUT PACKET. Including, but not limited to, the criteria to be used to evaluate student athletes. If a student athlete is selected for JV or V, I am aware of the projected out of pocket expenses for the season, as stated above. I also understand in the event of a student athlete not being selected that it is the player's responsibility to communicate with the Coach, if they so wish, to discuss ONLY their status for improvements that can help the better prepare for the team tryouts for the next year. I also understand the way in which tryout & team selections will be communicated immediately following the last day of tryouts. I understand all pre-season practice schedules for the weeks following tryouts.

My signature below represents my agreement with this entire packet and it's contents, highlighting the ones mentioned in the above paragraph.

Parent Signature: _____

Date: _____

Student Athlete Signature: _____

Date: _____