

GIRLS' SOCCER 2019-20
Alamo Heights Junior School Soccer
Tryout Information and Grading Rubric

Tryouts will be held
Wednesday Jan. 8th- Friday 10th 4:00pm – 5:15pm

Please see Coach M. Boyer if you are not in the athletic class period.
What we are looking for:

1. **Speed/Stamina:** Speed is important at high levels of play. You can teach skills and improve speed, but natural speed is an advantage / Being able to sustain mental and physical effort for a long time is also a critical skill for soccer players to develop.
2. **Aggressiveness:** Players should want to “win the ball.” A player who is tentative to win the ball is at a disadvantage.
3. **"Strength on the Ball":** This has to do with skill, positioning, the ability to maintain possession of the ball when under pressure, as well as the ability to win possession of the ball from an opponent.
4. **The Ability to Play Quickly:** Better teams will play fast and put the ball handler under pressure quickly. We are looking for players who can play fast by making quick, correct decisions under pressure.
5. **Passing to Open Space and Movement off the Ball:** Being able to pass to open space (instead of just passing to feet), anticipating passes to open space and "movement off the ball" are critical at higher levels. Players who can play this way have an advantage over those who can't. Passing to the feet is important, but being able to see and use space allows a team to have a much faster, more fluid, and more creative attack.
6. **Leadership:** Great players have a “never say quit” attitude and model good decision-making. After losing possession, players should be quick to make smart defensive decisions as opposed to “giving up.” Players should praise and encourage their teammates, rather than tear down.
7. **Being “Coachable”:** The best of soccer players are those who are humble enough to accept coaching. Skills can be taught to players open to learning, but those unwilling to learn will only hurt the team.
8. **Academic Excellence:** Players will be expected to maintain passing scores in all classes to be eligible.

Each player will receive a number tag during tryouts that will help us to more easily differentiate between players. This number will correspond to the player's name on our tryout roster. Students will sign in at the beginning of tryouts to obtain their number.

Students must be eligible as of the last grade-reporting period and must maintain passing scores to participate on the UIL soccer teams.

The following rubric describes what we will be looking for during tryouts to determine placement.

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<p><u>Skill Test- worth 15 points each</u></p> <p>1. 800 (1/2 mile) run for time</p> <p>2. Cone Dribble and placement test-</p> <ul style="list-style-type: none"> • Students will dribble through a row of cones, display turning with the ball and passing with accuracy to a small goal. <p>3. Shooting test</p> <ul style="list-style-type: none"> • Students will be given 5 balls to shoot on the goal from a variety of distances and circumstances (PK, moving ball, self touch and shot) 	<p><u>Game Play- 30 points</u></p> <ul style="list-style-type: none"> • Team Skill • Passing on the ground • Lofted passes • Passing to open space • Crossing ball while running • Attacking • Finishing ability • Desire to score • (Takes on defenders, makes things happen) • Ability to break away • Playing the Midfield • Field vision (Able to anticipate) • Distribution skill • Ability to "create" • (Develops/sets-up plays) • "Defenders Mentality" • (Steps in front of offensive player, does not back down.) • Clearing the Ball • Recovery/Support <p><u>Coachability- 25 points</u></p> <ul style="list-style-type: none"> • Accepts coaching • Hustles • Leadership • Team player • Self Control/Attitude
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Teams will be posted online BY TRYOUT NUMBER at:

http://ahjs.ahisd.net/students_parents/teacher_pages/boyer_michelle/athletic_information

Friday, Jan. 10th after 6pm

Game Schedule is attached and is on rank one/ahjs athletics web page

* Students selected for a team must wear shin guards and soccer cleats at all practices and games. If you have questions, please contact Michelle Boyer (mboyer@ahisd.net).

Students who make the team:

Girls' Practices: Monday – Friday (4:15 – 5:15pm) beginning January 13th- Feb. 3rd.

A practice schedule/calendar is also available on AHISD ATHLETIC web site.