



2018 Churchill HS Girls' Soccer Selection Criteria

All players who wish to be considered for the varsity and JV teams will be evaluated based on a variety of criteria. The following (in no particular order) is a list of what each coach looks for in a player during the tryout process. If necessary, two sets of selections will be made. The first will be on Friday morning (August 11th). The final decisions will be made and announced following the scrimmage on Monday, August 13th. All decisions will be made based on the following criteria:

Attitude - How does the player respond to the coaches, captains, and other players? How well does the player follow directions? How does the player react to criticism from coaches and players? Is the player willing to sacrifice his/her comfort level (previous position played, setting higher goals, exceeding expectations, taking initiative...)? How does the player react to setbacks/failure? How does the player critique herself when she makes mistakes?

Work Ethic/Work Rate - How hard does the player work? Does he/she go beyond established minimums? What does the player do when not in the view of the coaches (or when she thinks she is not within the view of the coaches)? What is the player's work rate when she does not have the ball? When we are defending? When we are attacking?

Ball Skills – Performance with the ball including but not limited to touch on the ball, speed of play, moves (Cruyff, Step-over, Scissors, drags etc.), keeping possession in small space with high pressure.

Fitness Level - Players results in the mile (under 7:00), 120's (120 yard sprint between 20-25 seconds, 30 second jog back, 30 second rest, repeated ten times), 300's (25yd sprints 6x in 70 seconds repeated 4 times), Cycles (45 seconds of push-ups, 45 seconds of crunches, 60 yard sprint, repeated 5 to 10 times) and other fitness exercises as mandated by the coaches.

Knowledge of the Game - Does the player know game tactics? How does the player react in game situations? How well does player improvise when practiced tactics fail? How well does the player move WITHOUT the ball? Can the player anticipate plays or does she react to the ball?

The coaches will evaluate all of the above in game situations and teams will be selected accordingly. If you have any questions or concerns regarding this policy, please contact me at Haroot_Hakopian@mcpsmd.org (underscore between first and last name) or 301-706-6867.

Haroot Hakopian - Girls' Varsity Coach