

# Cosby Girls Soccer 2019

## Tryout Procedures and Events



Day one will consist of running and skill specific evaluations. Day two and three will consist of a second running evaluation, 4 vs 4 and 8 vs 8 games. The mixture of running and skill events are designed to give equal opportunity to players who may have either higher skills or better speed.

Each player will be required to bring, running shoes, shin guards, cleats, and weather appropriate clothing for each day of tryouts.

### DAY 1 (Varsity Only)

#### 2 mile run: Cooper Test

*\*All Varsity players need to finish within the 15 minute time limit.*

#### 8 vs. 8 Game

Each player will be randomly assigned a team and will rotate so that all players will play with each other on a team of seven at least once (time permitting). Games are up to 15 minutes in length and will be played using regulation sized goals.

A strong effort here will go a long way. This evaluation gives each player the opportunity to make up for any previous “flubs” and is scored **subjectively** by the coaching staff. Coaches will be evaluating players on physical, technical and tactical abilities.

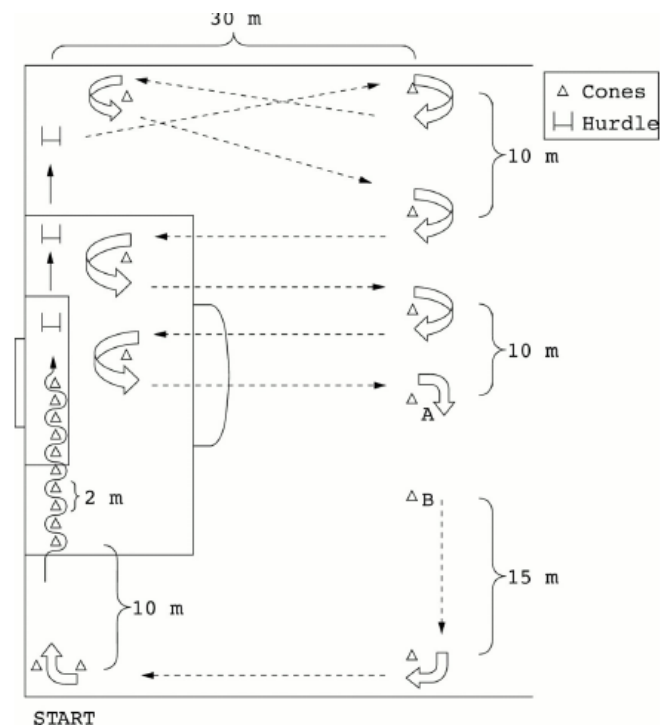
### DAY 2 (Varsity and JV)

#### Hoff test (Dribbling)

#### 4 vs. 4 Tournament play

Players will be evaluated in small sided four versus four games. Each player will be randomly assigned a team and will rotate so that all players will play with each other on a team of three at least once (time permitting). Games are 6-8 minutes in length and will be played using regulation sized and small/practice goals .

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- Players that participate in the Varsity try-outs on Day 1 will continue with the varsity groups on Day 2.
- There may be a first round of cuts following Day 2 and any players that are eligible to play JV will continue with the JV try-outs.

## Day 3 (Varsity and JV)

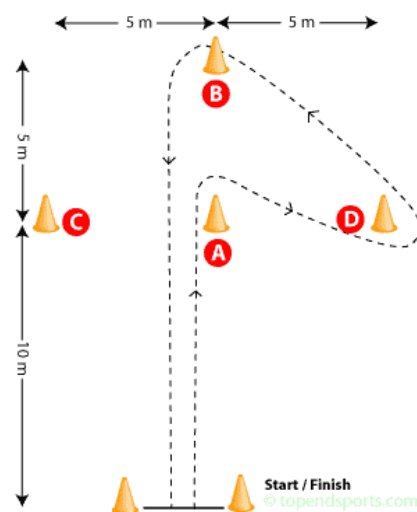
### Arrowhead Agility

(Nike SPARQ training – The course will be run once to the right and once to the left. The times will be averaged together.)

### 4 vs. 4 Tournament play

Players will be evaluated in short sided four versus four games. Each player will be randomly assigned a team and will rotate so that all players will play with each other on a team of three at least once (time permitting). Games are 6-8 minutes in length and will be played using regulation sized and small/ practice goals.

A strong effort here will go a long way. This evaluation gives each player the opportunity to make up for any previous “flubs” and is scored **subjectively** by the coaching staff. Coaches will be evaluating players on physical, technical and tactical abilities.



## Day 4 (JV)

### 4 vs. 4 Tournament play

Players will be evaluated in small sided four versus four games. Each player will be randomly assigned a team and will rotate so that all players will play with each other on a team of three at least once (time permitting). Games are 6-8 minutes in length and will be played using regulation sized and small/ practice goals.

A strong effort here will go a long way. This evaluation gives each player the opportunity to make up for any previous “flubs” and is scored **subjectively** by the coaching staff. Coaches will be evaluating players on physical, technical and tactical abilities.