Tryout Activities

Day 1:

1. Athleticism
2. 40-yard dash
3. Shuttle runs
4. Suicide runs
5. Push ups
6. Sit ups
7. Single leg squat (left/right)
8. Mile run
9. Technical Skills (goalies)
10. Under hand distribution
11. Over hand distribution
12. Goal kicks
13. Punts
14. Catches (high, mid and low)
15. Dives
16. Attacking high balls
17. Positioning (cut off angle)
18. Proper handling (foot skills)
19. Technical Skills (field players)
20. Dribbling

* Cone Weave #1: Inside/outside touches
* Cone Weave #2: Touch up, roll across (preferably diagonally back)
* Cone Weave #3: Touch up cut across with inside wedge (preferably diagonally back)
* Cone Weave #4: Touch up cut across with outside wedge (preferably diagonally back)
* Square corner dribbling
* Touches
* Cuts and Turns
* Shielding
* Moves
* Ball Control

1. Passing and Receiving

* Positive first touch and angle pass in twos
* Triangle (short, short, long) in fours
* Square (short, short, short, angle pass) in fives
* Diagonal passing with the 3rd attacker (long, short, short, short, short, long)
* Lateral transition in fives
* Accuracy
* Pace/weight
* Positive first touch
* Receiving in the air (chest/thigh)
* In step drives

1. Juggling
2. Defending (1 x 1 with a goalie)

* Positioning/Press (get close, jockey them, and force the attacker to the weak foot)
* Tackling (block, poke, slide)
* Header (clearing)

1. Finishing

* Prep
* Shots (power, accuracy, and one touch)
* Headers

Day 2:

1. Tactical Skills (Individual and functional)
2. 1 x 1 to the goal (with a goalie)
3. 3 x 1
4. 3 x 3
5. 4 x 4 + 2(with goalies)

Day 3:

1. Tactical Skills (functional and Team)
2. 7 x7 (with goalies)
3. Full sided

Day 4:

1. Tactical Skills (team and match management)
2. Full sided
3. Possession
4. Defensive shape
5. Transitions (offense to defense, defense to offense and counter)
6. High and low pressure
7. Managing time (final 10 - 15 minutes, final 2 - 5 minutes)