

# AYSO

## Region 120



## Extra Tryout Handbook

## **Tryout Format**

### **Registration (30min)**

### **Welcome address/Warm-Up (20min)**

**Station 1** (20min) (4 evaluators): 2v1 & 3v2 assessing Functional offense and Functional defense

**Station 2** (20min) (4 evaluators): 3v3 or 4v4 small sided assessing Technical skill

**Station 3** (20min) (2 evaluators): 7v7 or 9v9 or 11v11 full field assessing Tactical skill

### **Concluding address**

## **Registration**

Parents to register child online through [ayso120.org](http://ayso120.org) / blue sombrero ahead of time. We will admit walk-ins the day of, but will fill out online from phone/computer at Jack Hammett.

Then hand the child a pinnie and write the number of the pinnie on tryout sheet.

Take a headshot of the child and their number so we have pictures to make the player cards if the child makes the team.

## **Welcome address**

The extra coordinator should thank the parents and players alike for their commitment to taking on this extra challenge of soccer. The teams are based on year of birth (i.e. this team is for players who are born in 2009). The tryouts today are for the team for fall team. Spring participation is highly suggested, and most players play in Spring and Fall for their respective team, but it's not mandatory to play Spring. Once teams of 9-14 players (depending on age division) from each region are selected, games are to be completed against surrounding cities. For example Costa Mesa Region 120 extra might play Tustin, Huntington Beach, Irvine, Mission Viejo, Long Beach extra teams. If there aren't enough players that are ready for a higher level of competition, then an extra team might not be formed. Practices for extra teams are usually twice per week, and participation is expected in every practice, or the coach to be notified. Games occur on Saturdays and there will be a couple tournaments per year that are usually Saturday and Sunday. It's expected that the extra team is a commitment which players will put above other extra-curricular activities, and participation in fall is mandatory. In order to let the coach focus on coaching there are other roles which need to be filled by the parents. 1-2 Assistant coaches, Team manager, field set-up, and referees. These are all necessary components to helping out your extra team, and will allow your coach to focus on coaching.

## **Warm-Up**

Led by coach(es) interested in coaching that age and gender, from 20 yards away.

-----U9, U10-----

1. High Knees
2. Glute Kickers
3. Sideways Shuffle
4. Backward Run
5. Sprint

-----U11, U12 add-----

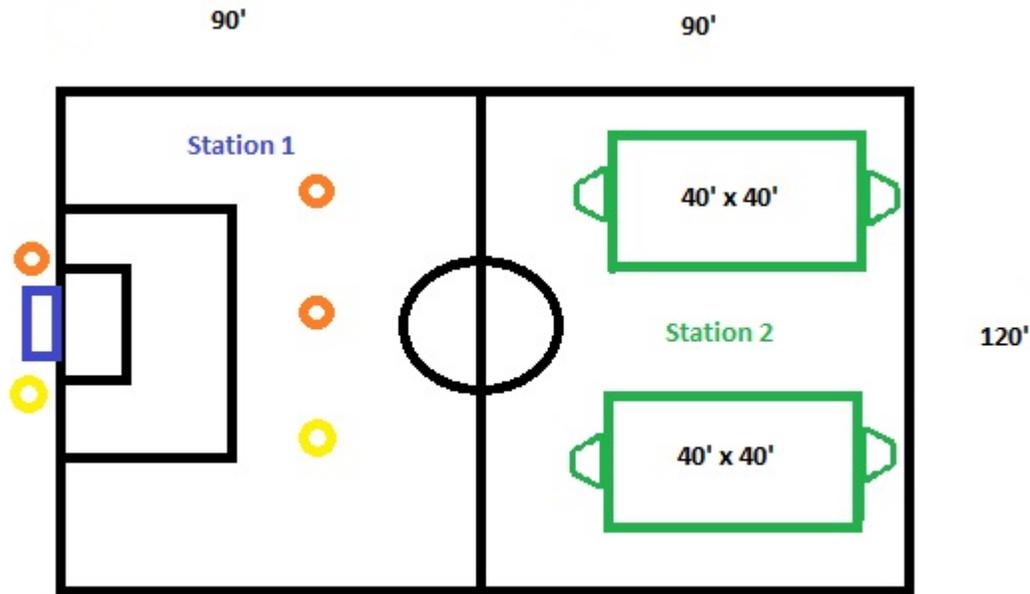
6. Karaoke
7. Single leg hops
- 8 Sprint

-----U13, U14 also add-----

9. Leaps for Headers
10. Coaches choice

After Warm-Up get a sip of water and report directly to station 1 to observe next drill

## Station 1: 2v1 & 3v2 Assessing Functional Offense and Functional Defense



**Functional offense definition:** Maintain possession under pressure, create individual and team space, turn on a defender, recognize and take the direct route to goal, plus anticipation, preparation, decisiveness and timing when shooting.

**Functional defense definition:** Defending pressure with control and balance, ability to establish appropriate marking distance, goal-side/ball-side position, ability to prevent an attacker from turning and tackling skills.

On 1/2 a soccer field with a full sized goal the station coordinator will instruct the players as to the starting positions for the players, the desired outcome for offense and for defense, and the skills we are looking for. Station coordinator will then take their position as goalie (or allow another volunteer to take their position as goalie), and whistle for the 1<sup>st</sup> group to start. The players will play 2 vs. 1 for 5 minutes then 3 vs. 2 for 10 minutes.

Total time will be 20 minutes, and then a whistle is heard to switch stations and report to Station 2

## Station 2: Small sided game assessment (3v3 or 4v4) Technical skill

**Technical skill definition:** *Dribbling, passing and ball control* abilities including:

*Dribbling* with turning, shielding, vision, feints/fakes, balance and touch.

*Passing* with accuracy, pace, timing and deceptiveness; and

*Controlling* techniques using various surfaces while maintaining eye contact with the ball and ultimately preparing the ball for the next move

Set-up two 40'x40' playing areas using 2 small goals for each area. Split the teams up to 3v3 or 4v4 depending on the size of the group, and use substitutes as needed. Play the team you need to look at the most for 3-5 minutes then switch out. Repeat 2 to 3 times until you have achieved at least 5 ratings for each player. Sub players in and out as needed to get required number of scores. Station coordinator will send a new ball into play from various locations when the ball goes out of bounds. Subs placed around the field to help shag balls.

After a whistle is heard switch stations and report to station 3 (grab some water if needed)

### **Station 3: 7v7 to 11v11 full field assessing Tactical skill**

**Tactical skill definition:** Field awareness; communication; leadership; awareness of organization and shape of play; ability to play on and off the ball; and ability to support, create options and make appropriate runs that support the attack or defense.

Two teams play full field with goalies. Teams play for 10 minutes. Station coordinator will send a new ball into play from various locations when the ball goes out of bounds. Subs placed around the field to help shag balls.

Pinnies collected in a bin on Station 3, and players directed towards registration area.

### **Concluding address**

The extra coordinator should address the players and families by the registration area. Thank the players for their effort. Praise on some of the skill, and character that was observed (in general not pointing out specific individuals). Let the parents know that a second tryout is possible on Saturday if you need to tryout for a different division, or if you really think they need a second tryout. Tryout scores will be averaged so score could be higher or lower based on 2<sup>nd</sup> tryout score. Rosters will be finalized in 1-2 weeks, and they will be notified by email. If you don't hear anything contact extra Coordinator Derek DeCicco at [Run4Ingbch@yahoo.com](mailto:Run4Ingbch@yahoo.com) Hope you had a good time, and sign up for core if you don't make the extra team. Sometimes players progress more from dominating core than hanging on at extra. Sometimes a team has too many defenders and needs attackers or visa-versa; so reasons for making the team versus not making the team can vary. Players progress at different rates so just because a player doesn't make the extra team one year, doesn't mean they won't make it the next year.