

Kempner Women's Soccer Tryout Score Sheet 2023

Nov 27th 3-5pm all girls not in class skill assessment. Girls in class do not need to attend.

Nov 28th – 3-5pm JV scrimmage. A list of girls who will play in JV scrimmage will be posted on Nov 27th on Sports You.

Nov 29th – 3-5 pm Varsity Scrimmage. A list of girls who will play in scrimmage will be posted on Nov 28th on Sports You.

Nov 30th – Teams will be announced and uniforms will be passed out. Dec 1st – Team pictures afterschool.

Dec 4th practices start. **Dec 8th** – first scrimmage(Clements Away); **Dec 15th** – 2nd scrimmage(Mayde Creek HOME); 3rd scrimmage - **Dec 18th**(Bush Home); **Jan 2nd** – Morton Ranch (Home).

1) Speed (10 pts) – 40 yd dash. Under 5:90 sec = 10; 5:91-6:05 = 9; 6:06-6:25=8; 6:26-6:45 = 7; 6:46-6:70=6; 6:71-6:95=5; 6:96-7:20= 4; 7:21-7:50=3; 7:51-7:80=2; 7:81-8:10- 1; >8:11 sec = 0

2) Endurance: (10 pts) Timed Mile. 10 = Under 6:30; 9 = 6:31-7:15; 8= 7:16-8; 7= 8:01-8:45; 6= 8:46-9:30; 5=9:31-10:15; 4=10:16-11; 3= 11:01-11:45; 2 = 11:46-12:30; 1=12:31-13:30. 0 = >13:31

3) Dribbling (10 pts):

- TIMED – 5 yds – 3 poles (5yds) + 10 yd sprint + 5 poles (10 yds) – spin and comeback. +3s for each missed pole.

4) Heading & Air Balls: Activity: Finishing activity with coach feeding balls. (10 pts)

- Air balls – Girls will attempt to finish/score using head/feet. Given 5 attempts for each – Score on 3 headers & 3 footballs. 2pt excellent shot; 1.5pt =ok shot; 1pt weak shot/barely miss; 0 miss good contact on ball.

5) Passing: (10 pts) Activity – dribble in pass inside a 5 yd space. 3 attempts per foot.

- Pass- 3 attempts (max 6 pts) – must dribble. 3pts = 35 yd pass; 2.5=30yd; 2pt= 25yd; 1.5pt = 20yd; 1pt= 15 yd; 0.5pt = 10 yd. Must do on their left and right foot.
- Long Pass- 2-3 attempts (4 pt max) inside 10 yd width – dribble not required. 4 pts = ball goes 45yd without touching ground. 40yd=3.5; 35=3pts; 30=2.5; 25=2; 20= 1.5; 15= 1

6) Shooting: (10 pts) long; mid; and short. Complete twice.

- Long – 20 yd + shot. 3pts – Good; 2pts – goal but weak; 1pt- missed but good strike; 0pt-not good
- Dominate Mid (3) & NonDominate Mid range (2) 18-12 yds. – 3pts – 3 good; 2 – ok goal or some goalies cant get; 1-missed but good strike; 0-poor strike.
- Short shot – 2pts – 2 good; 1 ok/weak/barely missed goal; 0 poor shot

7) trapping: (tested on short shot; short pass drill; and in game play)

- Shot drill – ball is set up with trap for 2nd shot. (3 pts)
- Passing activity – left to right foot. Right to left foot. Outside to inside. (4 pt each)
- Chest(1) , foot (1) , and knee trap (1) (3)

8) Defense (1 v1 activity)

- (head to head) good distance; good stance; timing and good tackle. (4)
(same direction) – ball sent wide; lean into player; turn the ball around (2)
- 3 v3 player knows how to support in defense. Pressure; cover; balance. (4)

9) Ball skills (1 v1 activity)

- 1 v1- Offense (4 pts) pts; attempt to fake the player; player stays central and not sent wide; ball remains in control; ball protected.
- Juggling – 1 for 5 juggles. 0.5 = 3; 1=5; 1.5=8; 2=10

10) HS Experience Level – Although we understand that freshman can be just as good as a senior. We also value experience on Kempner HS team over skills. 4th year soccer player= 10 pts; 3rd year soccer player = 7 pts; 2nd year = 3 pts; 1st year = 0 pts.

11) 20 pts - Field Skills: It does not matter how good your technical skills are if you do not understand where to be or how to play good soccer then all those good skills are not helpful. 0-20 pts.

12) 20 pts - Coachability and Work Ethic: On this team and in life you will find you are only as good as you put into a situation. You can be incredibly talented. However, if you are not willing to try or you cannot work with your coach (boss) or your teammates than all that skill does nothing. If you cannot be coached and you cannot be a teammate you cannot be on the team. 0-20pts. Late for Practice (in class) or Tryouts = 0-5 Attitude (in class) or tryouts = 0-5

Teamwork (Helper points, etc.) = 0-5

Can take constructive criticism = 0-5

13) 10 pts - Grades – All As and Bs = 10pts. -2pts for each C(70-79) ; -4pts for each (55-69); -8 for each grade below 55.