

MapleBrook Summer Tryouts



Tactical Skill Component: (70% of overall tryout assessment score)

U9 – U14 age groups:

Players will participate in 4 vs. 4, small-sided games on a 25 x 35 yard grid. Grid size may be adjusted to accommodate the different age groups.

Each small-sided game will last approximately six to eight minutes. There will be time for a water break between each game. After each game, players are randomly assigned to different playing grids with different players.

U15 – U17 age groups:

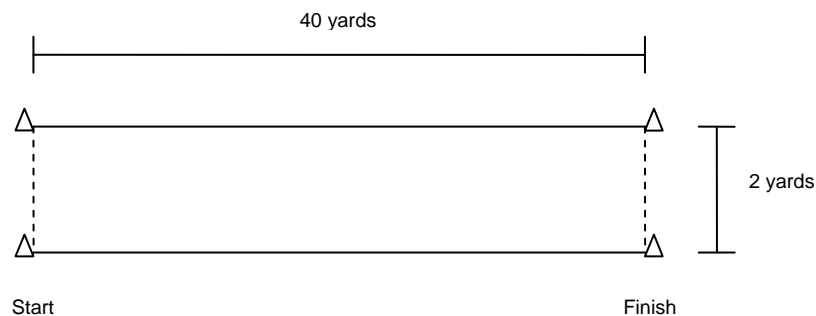
The first day of tryouts will consist of small-sided games, i.e. 4 vs. 4. The second day of tryouts will consist of larger games i.e. 8 vs. 8.

Technical Skill Components (U11 – U14 only): (30% of overall tryout assessment score)

1. Running without the ball:

Description: A timed, 40-yard sprint.

Setup:



Timing: Time starts when the player begins running from the start line. The time ends when the player “breaks” the finish line. Players should be instructed to run all the way through the finish line.

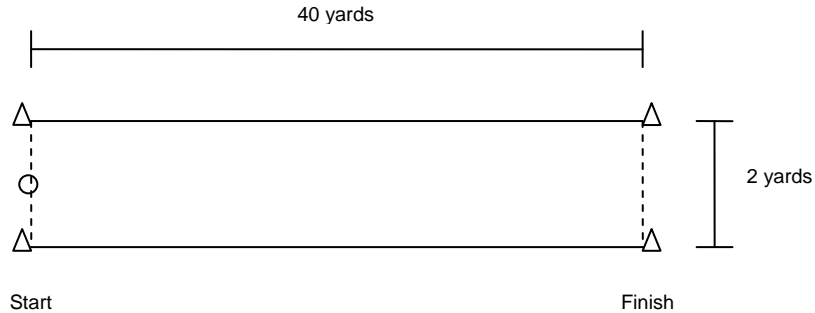
Procedure: The player begins on the start line. The player runs 40-yards across the finish line. Each player makes two attempts.

Scoring: Score is based on time only. The player’s best (fastest) time counts towards tryout technical skill results.

2. Running with the ball:

Description: A timed, 40-yard sprint with a ball. A two-yard channel will be created to dribble through with the ball.

Setup:



Timing: Time begins when the player touches the ball on the start line. The time ends when the player “breaks” the finish line. Players should be instructed to run all the way through the finish line.

Procedure: The player begins with the ball on the start line. The player dribbles the ball 40-yards across the finish line. Each player makes two attempts.

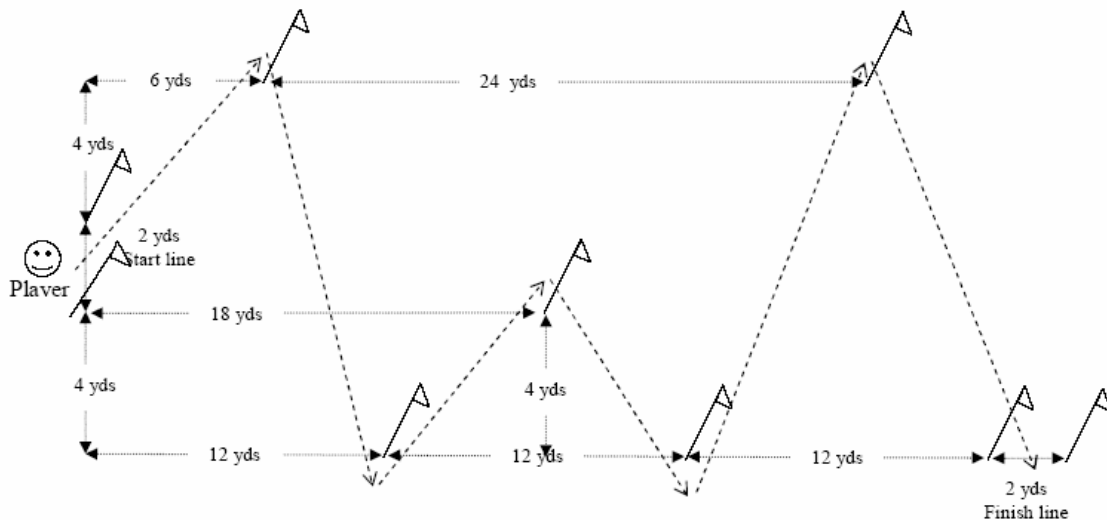
Scoring: Score is based on time and accuracy. The player’s best (fastest) time counts towards tryout technical skill results.

Penalties: A two second penalty is added to the time if the ball completely travels outside the two-yard channel (including crossing outside of the finish line). There is a maximum penalty of two seconds.

3. Slalom running without the ball; offset flags:

Description: The player runs around offset flags. The activity is timed and there is a penalty for each flag missed.

Setup:



Timing: The time begins when the player begins running. The time ends when the player “breaks” the finish line. Players should be instructed to run all the way through the finish line.

Procedure: The player starts on the start line. The player runs around the flags as indicated. Players may touch the flags, but must go around them in order to avoid penalties. Each player makes two attempts.

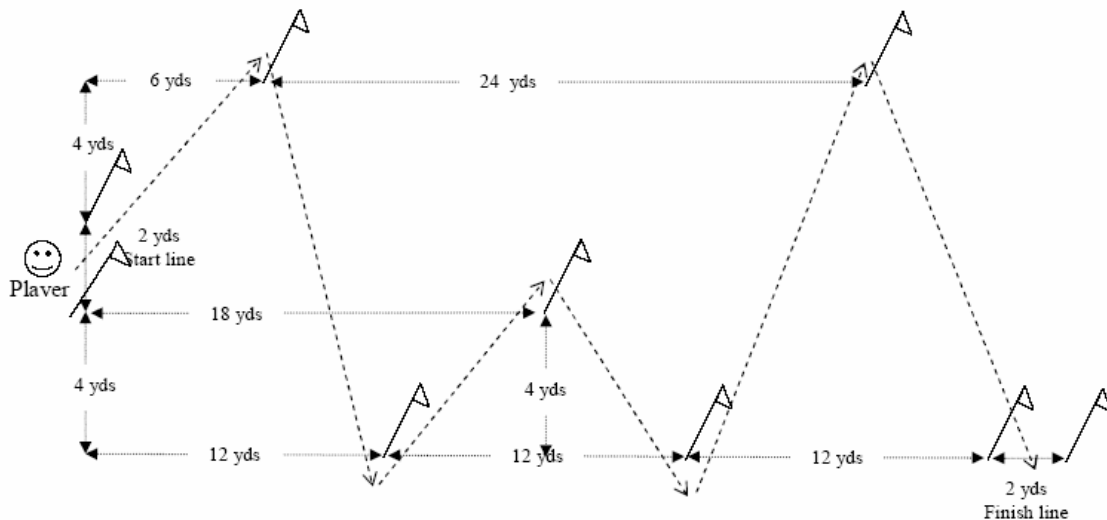
Scoring: Score is based on time and accuracy. The player’s best (fastest) time counts towards tryout technical skill results.

Penalties: Five seconds are added for each flag the player skips. The player may go back around a missed flag without penalty.

4. Slalom running with a ball; offset flags:

Description: The player dribbles around offset flags and dribbles the ball past the finish line. The activity is timed and there is a penalty for each flag missed.

Setup:



Timing: The time begins when the player first touches the ball. The time ends when the player “breaks” the finish line with ball. If the player breaks the finish line and the ball does not (i.e., goes outside the finish line “gate” or does not “break” the finish line), a five second penalty will be assessed. Players should be instructed to run all the way through the finish line.

Procedure: The player starts with the ball on the start line. The player dribbles the ball around the flags as indicated. The player can use either foot. Players may touch the flags, but must go around them, with the ball, in order to avoid penalties. The player can use any surface of the foot to control and turn the ball. Each player makes two attempts.

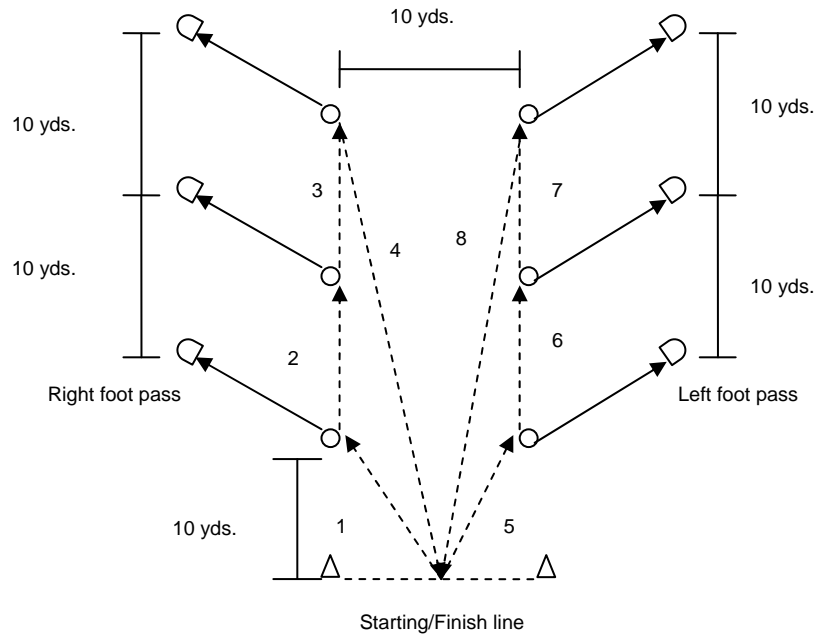
Scoring: Score is based on time and accuracy. The player’s best (fastest) time counts towards tryout technical skill results.

Penalties: Five seconds are added for each flag the player, with the ball, skips. The player may go back around a missed flag without penalty.

5. Passing activity assessing both the right and left footed pass:

Description: The player attempts three right-footed passes into PUGG goals, returns to start line, and then attempts three left-footed passes into PUGG goals. The activity is timed and there is a penalty for each PUGG goal missed.

Setup:



Timing: The time begins when the player begins running. The player must attempt passing all six balls into the PUGG goals. The time ends when the player “breaks” the finish line. Players should be instructed to run all the way through the finish line.

Procedure: The player begins on the start line and proceeds to pass a ball into each of the three PUGG goals using the right foot. The player then returns to the start line and proceeds to pass a ball into each of the three PUGG goals using the left foot. The player then “breaks” the start/finish line to complete the activity. Each player makes two attempts.

Scoring: Score is based on time and accuracy. The player’s best (fastest) time counts towards tryout technical skill results.

Penalties: Two seconds are added to the player’s time for each PUGG goal missed.