

Fitness Testing and Expectations:

There are technical components and expected fitness goals for players. All players must participate in fitness/technical training even if they do not expect to be selected for the varsity team. The high school soccer season is too short for student-athletes to expect to "get into shape" during the season. We play our first game scrimmages only two weeks after tryouts begin in the bluegrass games.

It takes at least eight weeks to be in "game" shape and keep in mind that the average high school varsity soccer player will run over 5.5 miles a game. Varsity hopefuls need to come to tryouts already in game shape.

The following format(s) will be used to determine the overall fitness/ability of each player. If a student-athlete does not achieve the minimum preparation needed to play soccer at the various levels, then they will need to prepare for next season.

Mapmyfitness--- shows you have taken your pre-season fitness

Technical ability- individual talent assessed during ball work and small sided games

Tactical awareness-- assessed during small sided games and illustrated teamwork sessions understanding of the plan given to the players.

Psychological-- Body language, effort, attitude, and other controllables will be evident during all sessions.

HOW ARE TEAMS FORMED?

Team coaches and assistant coaches help with the evaluation process. Each player at tryouts will have ample opportunity to showcase themselves. Specifically, the coaches look to evaluate the four components of a soccer player: (1) *technical ability* -- speed of play, successful application of skill at high speed and while under high pressure (2) *tactical awareness* and application -- speed of thought, ability to read the game and make decisions that are best for the team (3) *physical* development, conditioning and attributes - speed, quickness, strength, agility, aerobic capacity (4) *psychological* - maturity, competitive spirit, attentiveness, leadership, communication, mental toughness, cooperation.

Roster size and composition: The reality is that the varsity team is composed of 14-15 student-athletes who receive the vast majority of playing time. A roster of 22 is ideal for practice, games and team chemistry.

Seniors must make the varsity team or they are not eligible to participate. Seniors who are not placed on a team are encouraged to continue their participation in soccer through alternative opportunities or to go out for other fall sports.

A student-athlete was on varsity last year does not guarantee she will make varsity this year.

****See page 2****

Overall team formation:

The main focus would be to obtain as many players as possible. This will allow the program to maximize the potential for each player.

Option 1--based on numbers

Varsity:

Roster size is preferred to be 18-24 players (including 2 keepers). This will create a competitive environment for the top group. It is important that players at this level get the training that is required and playing time is the most competitive based on play.

Junior Varsity

Goal would be to have two JV groups (group A and group B).

- Group A would play the most competitive JV matches and district opponents
 - Time between matches would allow proper training and work for the group
- Group B would play a smaller schedule based upon their technical progress

Freshman

Goal is to have two groups (group A and group B)

- Group A would play the most competitive JV matches and district opponents
 - Time between matches would allow proper training and work for the group
- Group B would play a smaller schedule based upon their technical progress

Each of these groups would have vertical movement within the team. A structure of commitment and work that will earn them up the ladder of teams. Creating the most competitive environment is necessary for the longevity of the success for the program.

Option 2--based on numbers

In the event numbers dictate just a varsity, jv, and freshman only teams the following format would be utilized. Players would be divided into the following groups.

1. Varsity only
 - a. players train and play varsity only
 - b. expected to participate in all varsity matches
2. JV/Train varsity
 - a. There are players who have technical skills above most JV players, but not quite ready for play at the varsity level
 - b. This will keep them training with the varsity group, BUT only playing JV.
3. JV only
 - a. Players will train and play jv only
4. Freshman/Train JV
 - a. There are players who have technical skills above most freshman players, but not quite ready for play at the jv level
 - b. This will keep them training with the jv group, BUT only playing freshman.
5. Freshman only
 - a. Players will train and play freshman only