GW Long High School
Soccer Tryouts

**2025**

*December 9-13*

1. Physical Fitness:

 - 40-Yard Dash *(under 5.8 Seconds)* - 110 Pushups *(under 5 Minutes)*

 - Mile Run *(under 8:46 Minutes)* - ManU Test *(9 Runs under 8:46 Minutes)*

2. Report Cards:

 - We have to see them prior to Tryouts and Practices

 - Take picture and send it to one of us

3. Players will be graded on:

Ability Athleticism Attitude

Ball Skills Communication Concentration

Cooperation Endurance Following Instructions

Leadership Listening Timeliness

4. Following Drills will be Performed:

- Passing Down Field *(ensure ball is passed in front of player)*

- Triangle Passing *(always be open for your team)*

- Crossing and Shooting *(ability to cross inside the box)*

- Quick Pass *(pass to open player)*

- Twist and Turns *(agility on the field)*

- Shuffle and Pass *(more than one thing to follow)*

- Keep Away *(don’t get trapped with ball)*

- Semi-circle Shooting *(precision in the shot)*

- Circle Passing *(know who you pass to before you receive the ball)*

Conditioning

**2025**

* Starts September 30, 3:30 – 5:30 (Wed’s: 3:30 – 5:00)
* White T-Shirt, Shorts, Soccer Socks, Cleats, Shin Guards, Gym Shoes
* One day each week (10 Weeks) will be ball drills

Practices

* Be ready 15 min early
* Practice Jersey, Shorts, Soccer Socks, Shin Guards, Cleats, Gym Shoes
* If you’re on-time, you’re LATE *(and extra running)*
* 2-hour Practices (*except Wednesdays*)
* Stretching
* Round-robin Warm ups
* Fundamentals through Drills
* Small-sided Games
* Scrimmage (2-touch passing)
 *(No Shin Guard/No Scrimmage)*- Ask what you can improve on

Games

* Always bring bag, both sets of uniforms, shin guards, cleats
* Proper Stretching is a MUST
* Drink plenty of water the day before game
* First Team be ready to play when getting off the bus
* Limit Outside Activities, Day of Game
* Showtime is 60 minutes prior to game start (*ready to play*)

Do’s and Don’ts

* Don’t say: “I can’t” Positive attitude all the time
* Be Respectful of Others Give 110% all the time
* You must Scope the Field Know your Teammates
* Follow-up is a Must Clean up area ‘FIRST’- before self
* Do not Chase the player w/ball Do not wear club jersey
* No Running through our practice area Be Ready to practice on time
* We are not spectators on the field Don’t just NOT show up
* Be Ready to play any position Stop the SODAS! Drink plenty of Water
* Do NOT Argue with each other Do not stop the practice