



New Jersey Youth Soccer Olympic Development Program (ODP) Player's Guidelines - Tryout Instructions

Welcome to the New Jersey Youth Soccer Olympic Development Program (ODP) Tryouts! This manual provides essential instructions to ensure a smooth and successful tryout experience. Please read and follow the guidelines below:

Arrival:

- Arrive at least 30 minutes in advance to allow time for check-in and warm-up.
- Come dressed in appropriate soccer attire, including shin guards and cleats.
- Bring water and any necessary equipment for warm-up.
- Bring an inflated ball (NJYS is not responsible for lost balls)

Check-in:

- Proceed to the registration table and check-in with the ODP admin staff.
- Receive a t-shirt with your assigned number for identification during tryouts.
- Keep this t-shirt with you and bring it to all tryout sessions.
- Lost or forgotten shirts will not be replaced.

Warm-up Area:

- Follow instructions to the designated warm-up area.
- Leave your bag in the designated area and secure any personal belongings.
- Warm up properly before the tryout begins to prepare for the try-out.

Tryout Curriculum:

- The tryouts will consist of various activities, including 1 v 1, 2 v 2, and small-sided games.
- These activities are designed to assess your individual and collective skills.
- Listen carefully to the coaches' instructions and give your best effort in each activity.
- Showcasing your technical abilities, decision-making skills, positioning, and awareness is crucial.

Evaluation Rating System:

- Coaches will evaluate players using a rating scale of 5 to 1.
- A rating of 5 indicates the highest level of performance, while 1 represents the lowest.
- The ratings will be based on your technical efficiency and tactical intelligence.
- Technical Efficiency: Demonstrate your technical skills, such as dribbling, passing, shooting, and ball control.

- Tactical Intelligence: Display your understanding of the game, decision-making ability, positioning, and awareness.

Conclusion of Try-Out:

- Once the tryout session is over, promptly gather your belongings and exit the premises.
- Leaving promptly allows the next group of players to have a smooth transition and access to parking.

Thank you for your participation in the New Jersey Youth Soccer Olympic Development Program Tryouts. We wish you the best of luck and hope you enjoy the experience!