

Team/Club:

Season:

Try-Out Procedure

This is the try-out procedure that details what to organise and when to progress so that coaches have the opportunity to observe and assess all the participants in all areas of Long Term Athlete Development Model and therefore provide detailed and accurate feedback to justify the decision-making process.

Introduction: Coaches to welcome participants and introduce themselves and the club as well as set the scene as to how the try-out procedure will work. Also coaches will detail what is expected of the players in terms of the four corner Long Term Athlete Development that incorporates Technical, Tactical, Physical and

Warm-Up: Players will spend a short period preparing themselves for the session warming -up by performing soccer related movements and dynamic stretching. Participants will also be allowed time to work individually with a soccer ball to adjust to the conditions of the environment. Coaches will use this time to observe the player's physical stature and also technical ability unopposed.

1v1: Coaches will put the players into groups of four to allow for easy progression to the next practices, recovery periods and also so that players have different levels of competition when working an opposed skill. Players will start in 1v1 situations where an attacker attempts to dribble past a defender to release the ball to the next waiting player. Should the defender steal the ball, they release to the attacker waiting at the opposite end and the player who lost possession of the ball becomes the new defender. Coaches will make an assessment of the player's skill level in an opposed environment.

2v2: Players will now progress to a 2v2 situation where the attacking team attempt to dribble the ball and stop on the opposing team's end line. The defending team try to steal possession and score in the same way. Should a goal be scored or the ball leaving the field of play, the team now in possession re-start with a free pass where the defending team can only pressure after the receiver's first controlling touch. Groups of players can be changed or pairs moved to compete against new teams to provide different levels of competition. Coaches will observe for player's understanding of attacking and defending principles.

Break

4v4: Participants will have to move to a 4v4 game using the same organisation and re-start as the 2v2 situation. Coaches will continue to observe the player's tactical understanding of the game but will also assess the competitive nature of the athlete.

Participants will also have to undergo an Illinois Agility Test where a time and grading will emphasise the player's level of fitness and more specifically their power, balance and co-ordination. Players lie on their fronts (head to start line) with hands by shoulders. On the command 'Go' the timing of the event starts and performers attempt to run around the course without knocking the cones over, in as fast a time as possible with the time stopping when the finish line is reached.

8v8: Players will now have to play in a regular 8v8 scrimmage where they can demonstrate their understanding of the coaches expectations in a more realistic environment. The coaches will use this time to continue monitoring player's levels of competitiveness and also the player's coachability. This will be achieved by giving all teams coaching points that will help the team to improve performance. Coaches will observe the players who use this information within the remainder of the game and especially those who can influence the game with such information.

Cool-Down: Participants will cool-down by performing soccer related movements and dynamic stretching showing their level of professionalism and standards of performance. Coaches will use this time to make any additional notes on the players and also look for any character/social strengths.

De-Brief: Coaches will deliver a de-brief thanking the players for their attendance and hard work during the session. Coaches will also detail how the selection procedure will work following the try-out.

0 - 5 mins
(5)

5 - 15 mins
(10)

15 - 30 mins
(15)

30 - 45 mins
(15)

45 - 50 mins
(5)

50 - 65 mins
(15)

65 - 80 mins
(15)

80 - 85 mins
(5)

85 - 90 mins
(5)