

20 x 30
3 v 3
POSSESSION
(no goals)

and

3 v 3

(w/Pug goals)

TRYOUT FORMAT

Evaluation

- offensive skills
 - *ability to possess ball/distribute
- defensive skills
- awareness
- tactical
- physical speed
- speed of play

Flow

1. Warmup in larger field
2. 3v3 with (possession) and w/o pugs
 - may rotate several teams
3. 6v6 on big field w/goalkeepers
4. Shooting and goalkeeper tryouts

60 v 60
Game w/Goalkeepers

- *6 v 6,
- 6 v 4 or 5 v 3 half field
- *Off v Def
- *2 or 3 touches
- *1 neutral player

WARMUP AREA

*Emphasize touches

ex. Vitamins

- Trapping
- Passing
- Ball Control
- Either foot
- Movement
- Stretching

SHOOTING
AND
GOALKEEPER TRYOUTS

