



Welcome to Fords Soccer 2021

TRYOUT INFORMATION - GENERAL:

- Preseason tryouts for Varsity and JVA begin on Monday, August 16th.
- Tryouts will mostly be on the turf in the stadium (occasionally on a grass field nearby and the track).
- I will send you the exact schedule when I know it.
- I will text you through REMIND with any important information.
- Expect tryouts to last 2-3 days.
- It is expected that all players interested in competing for a spot on Varsity or JVA to be in attendance for all tryouts.

TRYOUT CRITERIA:

- Players will be selected based on ability in the following areas:
 - Technical: Dribbling, passing/receiving, finishing, first touch, creating space, turning, shielding, balance, ball-control
 - Tactical: 1v1 scenarios, awareness, how to keep possession, penetration, positioning, knowledge of the game, support, anticipation, timing, decision-making, organization
 - Physical: Agility/footwork, speed/quickness, strength/power, balance/stability, conditioning/endurance, coordination
 - Psychological: Communication, confidence, desire, teamwork, leadership, effort, motivation, focus, commitment, attitude, dedication, sportsmanship, preparedness
- How we will look for these characteristics are in the next section.

TRYOUT INFORMATION - SPECIFIC:

- We will only have two fitness tests this year.
 - 12-MINUTE RUN
 - Players will be expected to run on the track for as far as they can for 12 minutes.
 - Average of last year's participants was a little over 6 laps.
 - 300-YARD SHUTTLE RUN
 - It is 25 yards, up-and-back, six times.
 - Average of last year's participants was 67 seconds.
- We will test for technical skills using official and/or unofficial tests.
 - We will look for ball control (V, L, Roll, Chop, Push, Pull, Drag, Juggle) in drills and games.
 - We will look for other techniques (dribbling, passing, turning, shielding, 1st touch, shooting, defending) in drills and games.
- We will test for tactical skills during small-sided and full-field games.
- We will test our goalkeepers during drills and games.
 - Drills with no defenders testing positioning, technique, shot-stopping abilities.
 - In-game tests include communication, distribution, footwork, technique, ball skills, positioning, positivity).

INFORMATION ABOUT THE 3 TEAMS:

- We will have 3 teams for the fall (Varsity, JVA, and JVB).
- All grades 9-12 are eligible for Varsity.
- Only grades 9-11 are eligible for JVA.
- Only grades 9-10 are eligible for JVB.
- Players in grades 9-10 that do not want to try out for Varsity and/or JVA should report to JVB practice (date TBA – but you will be in touch with Coach Greenwald.)
- We will work to pick the most competitive Varsity team at all times.
 - Occasionally, the original varsity team we pick may not be the most competitive that Haverford can field -- due to injury, player development, or another reason -- and we need to move people.
 - Changes that involve a “move down” will be made via in-person, face-to-face communication and never occur less than 24 hours before a game. These changes may or may not be temporary.
 - Changes that involve a “move-up” will also be made via in-person, face-to-face communication with at least 24 hours notice, unless a “roster emergency” does not allow for this. These changes may or may not be temporary.
- Players on JVA cannot “move down” to JVB during the season.
- Players on JVB cannot “move up” to JVA during the season.

PAPERWORK:

***** NEW *****

- It is all online. I will send out the link. The website gives me the green light if you’ve turned everything in. Red light if not.
- Nothing will be turned in on paper. We will not meet on the Sunday before.

EXPECTATIONS OF PLAYERS:

- All players will be expected to come to pre-season already in shape, and pre-season will not be used solely for conditioning.
- Coming to preseason in excellent shape also decreases the risk of potential injuries.
- Players are expected to be supportive, positive, and inclusive of each other at all times. This is expected of coaches as well.

COMMUNICATION WITH PARENTS & PLAYERS:

- I will use REMIND to keep in touch with players and parents. It is used as a text service, so **you can text me directly** for any reason.
- For parents: you can text me directly too.
- All preseason practices, regular season practices, and games will be on the calendar eventually, so please make every effort to look at the calendar before scheduling appointments/college visits etc.
- Please feel free to contact me with any questions.
- Looking forward to a **great** season!

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JVA

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SUMMER TRAINING SCHEDULE:

- If we reserve field space, a coach must be present.
- Players can meet on their own, but it cannot be a reserved situation or organized by the coaches.
- Coaches' "open-turf" sessions at the high school turf will be two times per week, starting the week of 6/21. We will focus primarily on ball work and playing. There will be certain weeks where a coach is unable to attend, and we will have to cancel those sessions – we would give you as much notice as possible about this scenario. Also, we are dependent on not having severe weather, which could also cancel a session.
 - Tuesday 9-11 AM
 - Thursday 4-6 PM