**LAKE SHORE GIRLS SOCCER**

**Spring 2022**

**Conditioning**- *(we cannot play soccer during these workout sessions*)

* + - As of now there is no scheduled pre-season conditioning. If there is enough interest we can run some conditioning sessions.

**Required Tryouts**

- March 14th – 16th Tryouts 3:30 to 5:30

- At the football field (may change to the gym/weather)

- Cuts may be made after any tryout date.

- Bring soccer cleats, shin guards and soccer ball.

- Players must be cleared from athletic office before tryouts.

\*\* A player ***MUST*** have a physical and emergency card on file before participating in school activities. Forms are in the main office or online.

\*\* Please sign up for the LSHS Soccer Remind by texting @shorian to 81010 or at the link <https://www.remind.com/join/shorian>

Sign-up at the team website

[www.lakeshoresoccer.weebly.com](http://www.lakeshoresoccer.weebly.com)

\*\* Contact Coach Lount via email at dlount@lsps.org

**FITNESS TESTING AND EXPECTATIONS**
There are fitness and conditioning expectations for team selection. All players must be prepared to participate in fitness testing. The high school soccer season is too short for student-athletes to expect to “get into shape” during the season. It takes at least eight weeks to be in “game” shape. The average high school varsity soccer player can run over 5.5 miles a game. Student-athletes need to come to tryouts already in game shape.

***Start now*** – If you build up your conditioning over three months you will be ready for the season and have less risk of injury. Train at least four days a week. Refer to the example schedule. - A full-length game or scrimmage counts and can substitute for one training day. - If you are in Track or another sport you will need to judge what you are getting in that sport and what you need. For example: distance runners may only need to do the speed and interval work. Be sure its ok with your other coach. - Always warm up first. Always use a ball to warm up at 50% effort working on touches and moves. Between sets during recovery time try to use a ball as well. MORE BALL TOUCHES DEVELOP YOUR BALL SKILLS!! - Start with speed work if you are doing more than one activity a day. Then do interval; then do endurance. - Interval work to develop anaerobic fitness is the most important. HOWEVER: DO ALL THREE TYPES OF WORK because they are all necessary for peak performance. - Do not skip strength and flexibility exercises. These are critical to developing power and agility necessary for peak performance. - You should never need more than 40 to 60 minutes to do a training session. It’s not how long, but it’s how intense you are.

**Potential Fitness Tests (not all of these will be used, depends if we are inside or outside)**

1. Shuttle run: 8 lengths of the field (110 yards):  3:25 minutes.
2. The Gauntlet (Endurance) This test is performed on a running track.

1. One mile (four laps) in 7 minutes 30 seconds

**Rest 1 Minute**

2. Half Mile (two laps) in 4 minutes 30 seconds

**Rest 1 Minute**

3. 400m (one lap) in 2 minutes 25 seconds

**Rest 1 Minute**

4. 200m (half lap) in 1 minute

**Rest 1 Minute**

5. 100m (quarter lap) in 30 seconds

\**To pass the gauntlet the athlete must pass at least 4 of the 5 standards.*

1. Juggle soccer ball continuously 25 times.
2. Timed SAQ shuttle run: 5 cones x 25 yds. (5 yds. b/w cones). 10 yds. up, 5 yds. back with last run 25 yds. back to start. Avg. of 3 attempts (first w/o ball, second w/ ball).
3. Two mile in under 15 minutes or Cooper Test: The purpose of the Cooper test is to assess the player's general endurance. To undertake this test you will require a 400 meter track (marked every 100 meters) and a stopwatch.

1. The test comprises of determining how far an athlete can run in twelve minutes. The assistant should record the total distance covered to the nearest 100 meters.

2. Compare the total distance covered with the table below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age**  | **Excellent**  | **Good**  | **Average**  | **Below Average**  | **Poor**  |
| Females 13-14  | >2000m  | 1900-2000m  | 1600-1899m  | 1500-1599m  | <1500m  |
| Females 15-16  | >2100m  | 2000-2100m  | 1700-1999m  | 1600-1699m  | <1600m  |
| Females 17-20  | >2300m  | 2100-2300m  | 1800-2099m  | 1700-1799m  | <1700m  |

**PLAYER EVALUATION SHEET**

PLAYER:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GRADE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **FIELD PLAYERS** | **Needs Focus(1)** | **Work on(2)** | **Good(3)** | **Very Good(4)** | **Excellent(5)** |
| **Character** |  |  |  |  |  |
| Coachable |  |  |  |  |  |
| Attitude |  |  |  |  |  |
| Aggressiveness |  |  |  |  |  |
| Concentration |  |  |  |  |  |
| Competitiveness |  |  |  |  |  |
| Mental Toughness |  |  |  |  |  |
|  |  |  |  |  |  |
| **Athleticism** |  |  |  |  |  |
| Strength |  |  |  |  |  |
| Speed |  |  |  |  |  |
| Agility |  |  |  |  |  |
| Endurance |  |  |  |  |  |
|  |  |  |  |  |  |
| **Tactical Awareness** |  |  |  |  |  |
| In Attack |  |  |  |  |  |
| In Defense |  |  |  |  |  |
|  |  |  |  |  |  |
| **Technical Skills** |  |  |  |  |  |
| Dribbling |  |  |  |  |  |
| Ball Control |  |  |  |  |  |
| Passing |  |  |  |  |  |
| Finishing |  |  |  |  |  |
| Heading |  |  |  |  |  |
| Juggling |  |  |  |  |  |
| Pass/Shot both feet |  |  |  |  |  |
|  |  |  |  |  |  |
| Points  |  |  |  |  |  |
| Total Possible pts | 95 |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Goalkeeper** | **Needs Focus(1)** | **Work on(2)** | **Good(3)** | **Very Good(4)** | **Excellent(5)** |
| Positioning |  |  |  |  |  |
| Hands |  |  |  |  |  |
| Diving |  |  |  |  |  |
| Footwork |  |  |  |  |  |
| Crosses |  |  |  |  |  |
| Communication |  |  |  |  |  |
| Quickness |  |  |  |  |  |
| Agility |  |  |  |  |  |
|  |  |  |  |  |  |
| Points |  |  |  |  |  |
| Total pts | 40 |  |  |  |  |