Below you will find a list of attributes and qualities that the coaching staff will be looking at when evaluating players for roster spots. These characteristics will be the basis for decision making regarding the team.

EVALUATION CRITERIA:

1. Technical Ability-
   a. Player Must exhibit a good first touch
   b. Must be comfortable on the dribble
   c. Passing for accuracy, both to the feet and space
   d. Finishing with the foot and head, using proper technique
   e. Defending with good technique, strength and determination

2. Tactical
   a. Field Awareness—Good vision, awareness, spacing
   b. Defending in a unit- being able to understand and execute zonal defending
   c. Positioning- knowing where to be, when to be there, and why

3. Fitness
   a. The cornerstone of our program
   b. Varsity – 2 miles in 13:00. J.V – 2 miles in 14:00
   c. 3 x500 yard shuttle run in under 1:50  (2:00 rest)
   d. 3 x300 yard shuttle run in under 1:05  (2:00 rest)

FALL TRYOUTS: Tryouts for Varsity will be at Perry Hall Turf. JV will run congruently, but is subject to change

- Players must have completed paperwork and equipment.
- Please bring a ball, if you have one.
- August 10- First day of tryouts – 10 am – 12pm
- August 13 and August 14 – 10am-12pm
- Saturday, August 15 - 9-11am. 1st Round of cuts to be made.
- Final cuts to be made by, August 21