



## ***Fairport Soccer Player Tryouts Expectations - 2012***

**Tactical Player Expectations** – *all tactical exercises must be completed at a high pace, under pressure, and with constant accuracy*

### **1. Principles Of Defense (Zonal Defending)**

- A. Pressure
  - force attacking player to slow down so that the defense may organize.
  - primary task of first defender.
- B. Cover
  - the immediate organization of players behind the first defender
  - specifically the work of the second defender(s)
- C. Balance
  - the positioning of defenders relative to possible penetrating attackers away from the ball
  - the work of third defender(s)
- D. Concentration (Compactness)
  - the limiting of time and space by defenders squeezing centrally behind the ball
  - prevention of ball being played through or over the collective defending action

### **2. Principles Of Attack**

- A. Penetration
  - getting the ball behind opponents
  - the work of the first attacker achieved through shooting, passing or dribbling
- B. Depth (Support)
  - the organization of players behind and in front of the first attacker
  - specifically the work of the second attacker
- C. Width (Support)
  - the disposition of attackers across the field to pull apart the collective defending action
- D. Mobility
  - the attempt of attacking players to penetrate & unbalance the defending action

### **3. Speed of Play**

Speed of play deals with several areas including technical speed and efficiency, tactical speed, physical speed, and speed of thought and execution (decision making), but most simply stated speed of play emphasizes playing quicker with efficiency and accuracy.



**Technical Player Expectations** – *all technical exercises must be completed in tight spaces, at a high pace, under pressure, and with consistent accuracy*

1. Dribbling - Foot Skills
  1. Foundation
  2. Over-the-top & in
  3. Triangle
  4. Pull 90
  5. Scissors turn
2. Dribbling in confined space
  - A. Dribbling moderate pace, fast pace, accelerated pace
  - B. Dribbling chop (inside & outside)
  - C. Dribbling pull 90
  - D. Dribbling & stop, turn, feint
  - E. 1 v 1
3. Receiving - Soft Touch
  - A. Inside of foot
  - B. Instep
  - C. Thigh - instep/inside
  - D. Chest - instep/inside
4. Receiving - Ball Control
  - A. Inside/outside of foot control into space
  - B. Inside of foot trap
  - C. Instep trap
  - D. Thigh trap
  - E. Chest trap
5. Heading
  - A. Sitting – kneeling – standing progression
  - B. Stationary with upper body snap
  - C. Jumping with upper body snap
  - D. Head to clear (up & out)
  - E. Head to goal (down)
6. Passing
  - A. Short passing to feet
  - B. Long passing to feet / space
  - C. Driven ball to feet / space
  - D. Long Diagonal ball to feet /space
  - E. Short Bending ball to feet / space
  - F. Long Bending ball to feet /space
7. Shooting:
  - A. Dribble, feint, & shoot
  - B. Turn & shoot
  - C. Receive across body & shoot
  - D. Bending balls
  - E. Bending and Dipping balls
  - F. Half-Volley
  - G. Full-Volley

**Physical & Mental Expectations**

- A. Two-Mile Run – Time: under 13 minutes
- B. 300 Yard Shuttle Run
- C. 40 Yard Dash