LINCOLN PARK SOCCER TRYOUTS
PHYSICAL AND TECHNICAL TESTING and READINESS FOR VARSITY PLAYERS

In order to try out for the Varsity team, players must pass each test below on the first day of tryouts.
All other players should use this as a guide to be soccer-fit for Day One of tryouts. Additionally, all players should check with their parents, and parents with their child's healthcare provider to ensure they are able to safely engage in all of the off season fitness program activities.

Athletic Testing for Tryouts:
Players should arrive on Day One of tryouts soccer-fit. It is not the responsibility of the Coaching staff to get the players soccer-fit, but rather each player's own responsibility. Tryouts are not the time to work on your cardio, agility or technical skills. The hope is that each player will focus on these skills throughout their respective off season.

Each test outlined below helps to set and maintain high Program standards while preparing for each season. This testing determines the level of fitness of every player and answers the questions --- How hard are you willing to work on your own. How dedicated are you to improving?

Cardio Test:

- 2 Mile run - Varsity players must complete this task in 19 minutes or less, though ideally, we are looking for times closer to 16 minutes.
- Shuttle run 6, 18, Midfield – 50-seconds for the ideal target. Rest 1 minute; repeat.
- 20-yard "PRO" agility run - 2x 15-seconds or less each run
- 40-yard "T" test – 2x 30-seconds or less each run – see illustration below

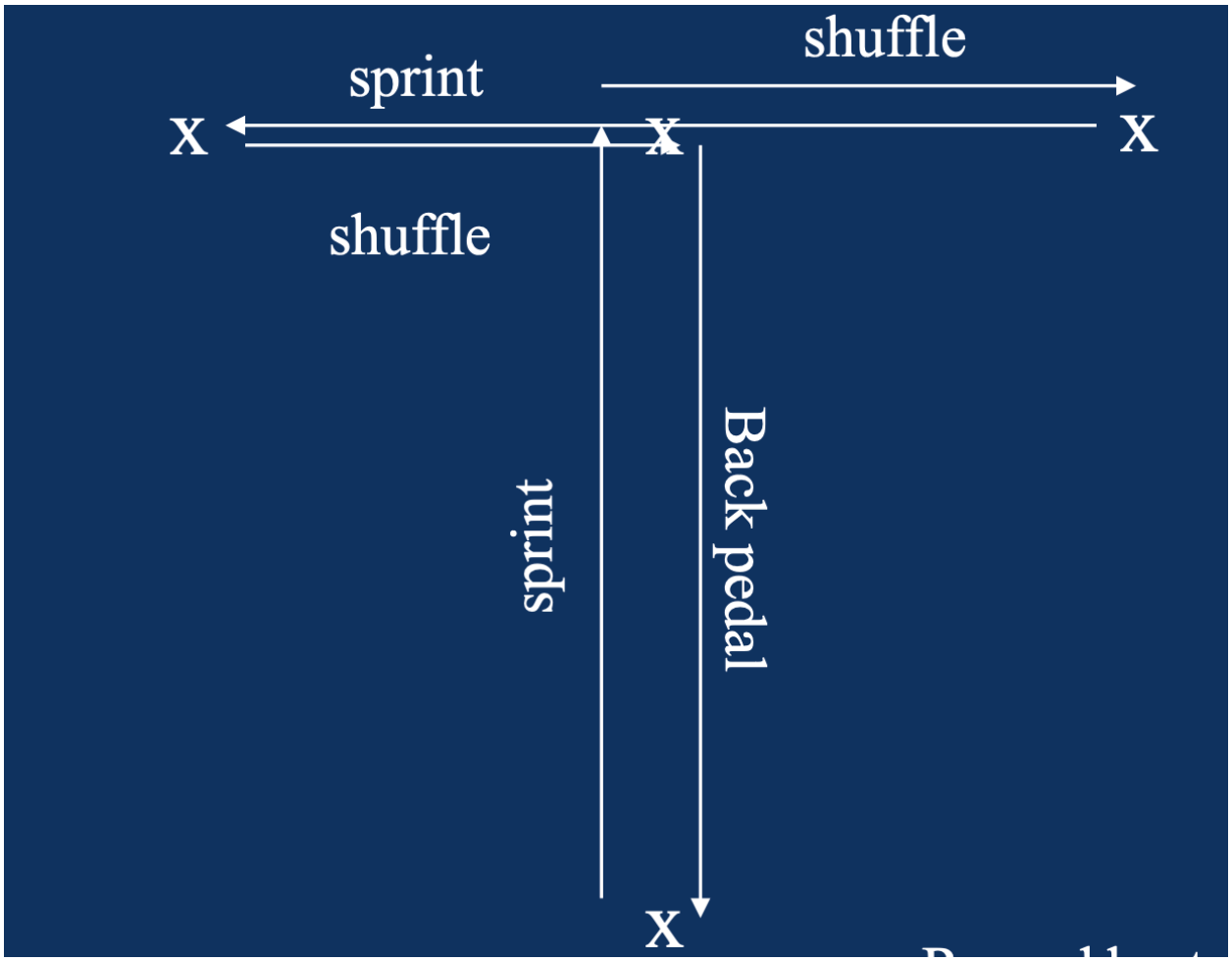
Test of Athleticism:

- 1-minute sit-ups with partner holding your feet - Target: 15+ sit-ups.
- 1-minute push-ups - Target: 12+
- Fast feet – Used on "ladder". No target, but looking for smooth technique and proficiency in the following categories: speed, agility and quickness (SAQ)

Technical Skills Test:

- Juggling 10+
- Dribbling - 6 cone course measuring technical proficiency, efficiency and quickness
- Pass accuracy gantlet - 4 window station, movement to each, 7-12 yard balls on ground. No air.
- First Touch – This must be consistent. Subjective but looking for quality touch, not a hard first touch. Control.

Illustration of "T" test attached



Summer/Off Season Training Suggestions:

Please modify as you and your parents deem necessary to ensure you are ready and soccer fit for tryouts. Attendance at OTA sessions (both girls and boys) will help prepare all athletes for the technical and fitness/conditioning.

Cardio Recommendations:

- Week #1: run 3 times, each of the following once on separate days:
  - 3 mile run
  - 2 mile run
  - 1 mile run
  - Jog the 3 mile; push a little harder for the 2 mile and try and give 75-80 percent effort on the one mile run. Maintain records and look for progress in time and effort expended.
  - After each run, do the following sprints: 2x120 yard sprints, walking back to start as active recovery time; 2x 60-yard sprints, same active recovery.

- Week #2: run 3 times, 30 minutes each.
    - If you can't run for 30 minutes, don't stop…walk and then start running when you are able. Either way keep moving for 30 minutes!
    - After each run: 6 shuttle sprints 5,10,15, 20 with 1 minute rest between shuttle runs.

- Week #3: run 3 times 15 minutes each.
    - Moderate pace.
    - After each run sprint ½ mile. After sprint, 2 shuttle sprints 5,10, 15.

- Week #4: run 2 days for 45 minutes.
    - 2 other days (non 45-minute run days) 5 shuttle sprints 6,18, 60. Rest 2 minutes between sets.

REPEAT throughout off-season/modify as needed. Ensure you warm up properly before commencing any training and use proper running gear to avoid knee and shin splints. Foam roll multiple times daily to your lower body including your IT band.

We suggest finding a partner or multiple people to run with each week. Push each other, motivate each other, support each other. Log and track your data!!

Technical Recommendations:

- Each athlete should spend no less than 15 minutes daily juggling, dribbling around cones and making wall passes to themselves.
- Wall pass distance and weight should constantly change. Aside from accuracy targeting this will help develop a consistent first touch.
- Please review the links here for drills to help improve your ball skills/first touch

Examples of wall pass drills:
https://www.youtube.com/shorts/ze0ju5n-C7o
https://www.youtube.com/shorts/guoGeVB3UbY
https://www.youtube.com/shorts/o7xnzpDBAak

Examples of Juggling drills:
https://www.youtube.com/shorts/fhzbx8FqFBA
https://www.youtube.com/shorts/1a-ttcG4UUQ
https://www.youtube.com/shorts/D5kvOv4ExJQ

Examples of dribbling:
https://www.youtube.com/watch?v=jwIHc9rz7yo
https://www.youtube.com/results?search_query=soccer+dribbling+drills
https://www.youtube.com/watch?v=Sdv6Y1tqE4U