



SoccerDrive.com Tryout Resources

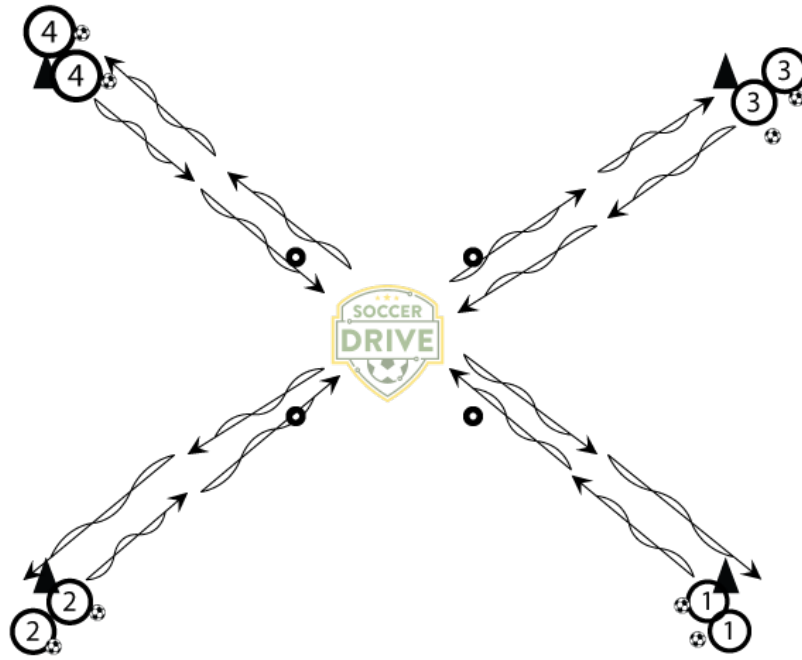
The contents of this packet are to be used as a resource for any coach or program in their tryouts.

The contents include:

- Pre-Filled Evaluation Sheet
- Blank Evaluation Sheet
- Tryout Drills
 - Toe Taps In Box
 - Attack the Cone Dribbling Skills
 - Shooting Box
 - In the Ring 1 vs. 1
 - Two Touch Under Pressure
 - 2 Touch Shooting 1 vs 1
 - Corners

Toe Taps in Box

Players: 8 | Balls: 8 | Goals: 0



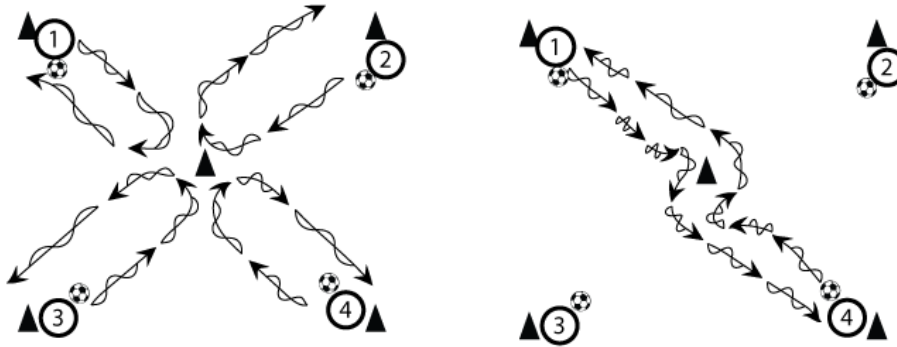
Description

In this soccer drill there are four lines, typically with two players each, and each player is required to have a ball. On the whistle the first player from each line will dribble the ball into the box, tap the top of the ball with their feet ten times, and then dribble back to their cone. Once they get back to their line the other player dribbles their ball into the box, does ten toe taps, and dribbles back to the cone. The drill is continuous so keep the players moving until the second whistle. Players should always maintain good ball control and work on quick toe taps as they become easier.

My Notes / Coaching Points

Attack the cone Dribbling Skills

Players: 4 | Balls: 4 | Goals: 0



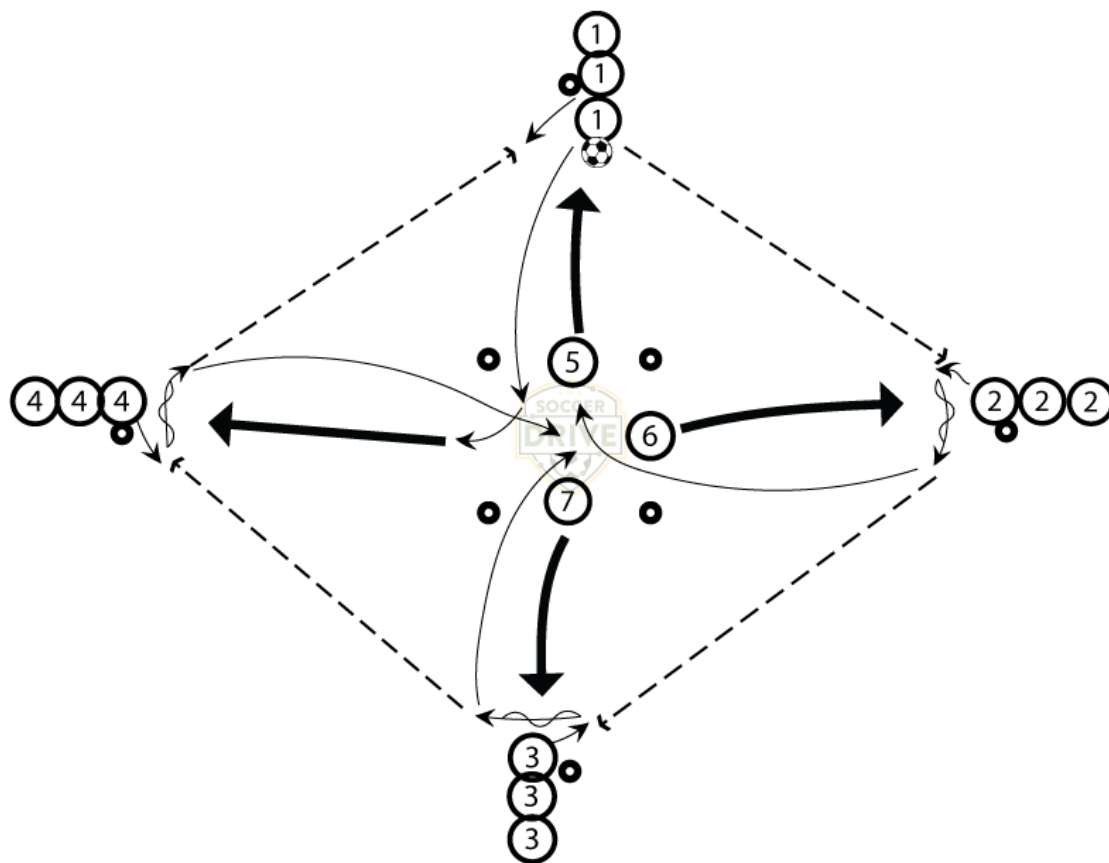
Description

The emphasis of this soccer drill is on dribbling. Set up five cones as shown in the diagram to form a 15 x 15 yard square with one cone in the middle. There is a player at each cone with a ball (except the cone in the middle). In the first sequence, the players dribble the ball up to the cone and retreat back to their original position. The goal is to maintain possession of the ball the entire time. Each time players should push themselves to go a little bit faster. In this first sequence all four players can go at the same time. In the second sequence only the two players opposite of each other go at the same time. This time they do a move on the cone and keep going to the opposite cone. Players need to keep their heads up and read the other player to avoid collisions.

My Notes / Coaching Points

Two Touch Under Pressure

Players: 11 | Balls: 1 | Goals: 0

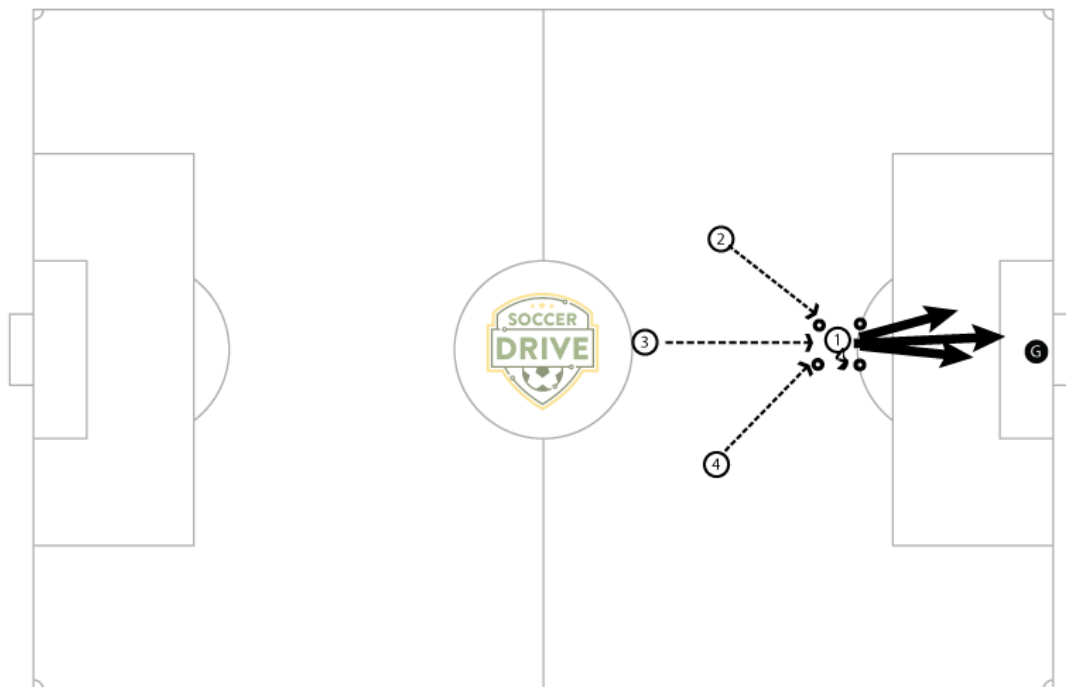


| Description | My Notes / Coaching Points |
|---|----------------------------|
| <p>The Two Touch Under Pressure passing drill focuses on receiving the ball on one foot and making a pass with the other foot while facing token pressure. Players will form four lines as shown with three players starting in the middle box that is marked with cones. Start the drill with a middle player attacking the first player in line with the ball. The player will pass the ball to the line on their left. Once the ball is passed the next player in the middle will attack the player that is going to receive the ball. The player that makes the pass then runs into the middle and when it is their turn they will attack a receiving player. When players receive the ball they should make sure their first touch is with the foot closest to the player making the pass. With one touch they touch the ball to their other side and make a pass to the next line off their second touch.</p> | |



Shooting Box

Players: 5 | Balls: 3 | Goals: 1

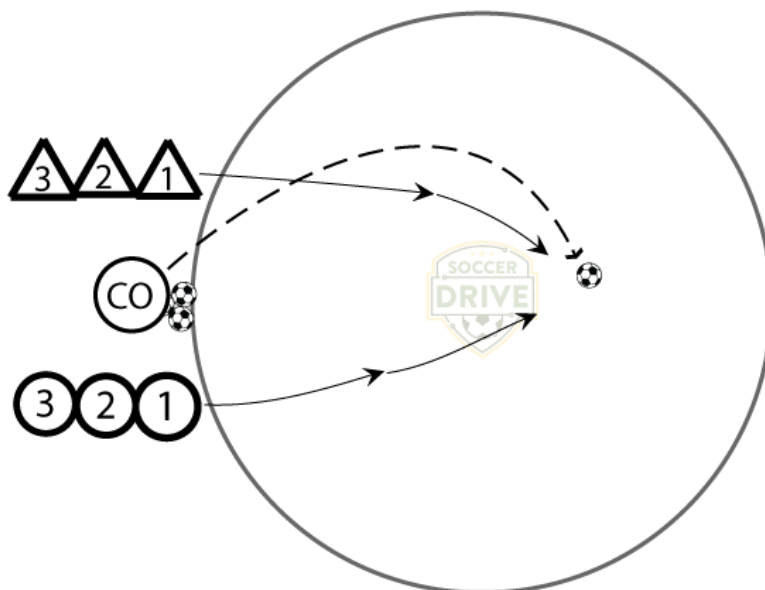


| Description | My Notes / Coaching Points |
|--|----------------------------|
| <p>This Soccer Drill focuses on shooting the ball quickly off of a pass. One player is in the box created by the four cones and three other players are about 10 - 15 yards away, each with soccer balls. P2 passes the ball to P1 and P1 has to receive the ball, turn and shoot while staying in the box. Player should try to get the shot off with only two touches. P1 receives a pass from all three players outside the box and then switches with another player. Players inside the box should try to turn both ways and work on shooting with both feet.</p> | |



In the Ring 1 vs 1

Players: 4 | Balls: 2 | Goals: 0

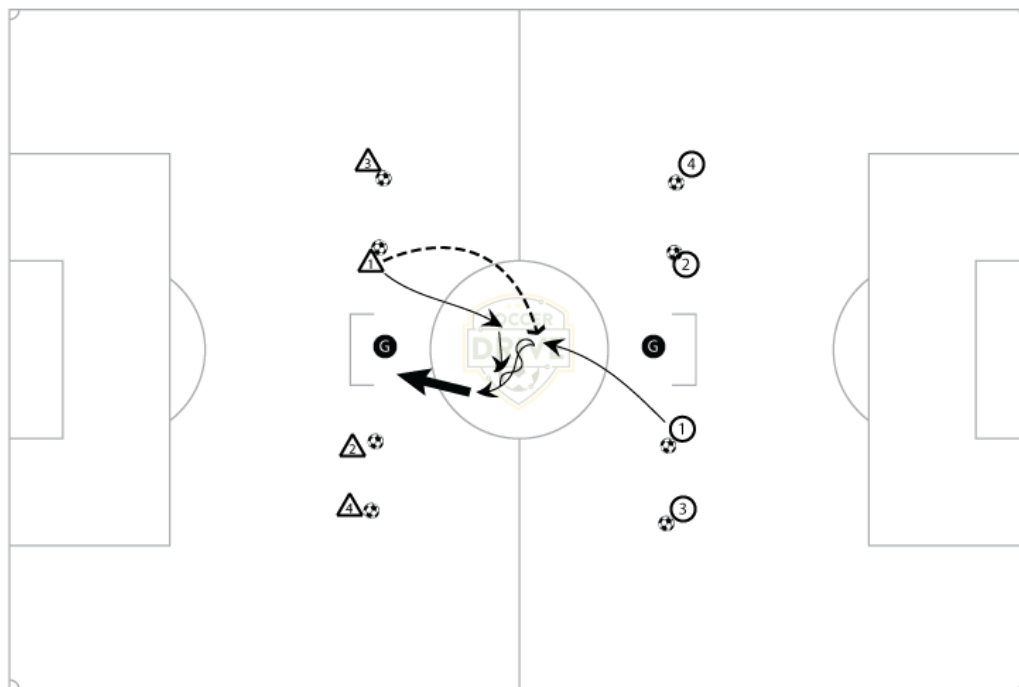


| Description | My Notes / Coaching Points |
|---|----------------------------|
| <p>1v1 is set up in the center circle. Coach stands at the edge of the circle with one player on each side of him/her. Coach throws the ball into the circle and each player runs in to try to take possession of the ball. The player that gains possession must kick the ball back to coach to win the drill. If the ball leaves the circle the round is over and next players go in.</p> | |



2 Touch Shooting Challenge vs. Defender

Players: 6 | Balls: 4 | Goals: 2

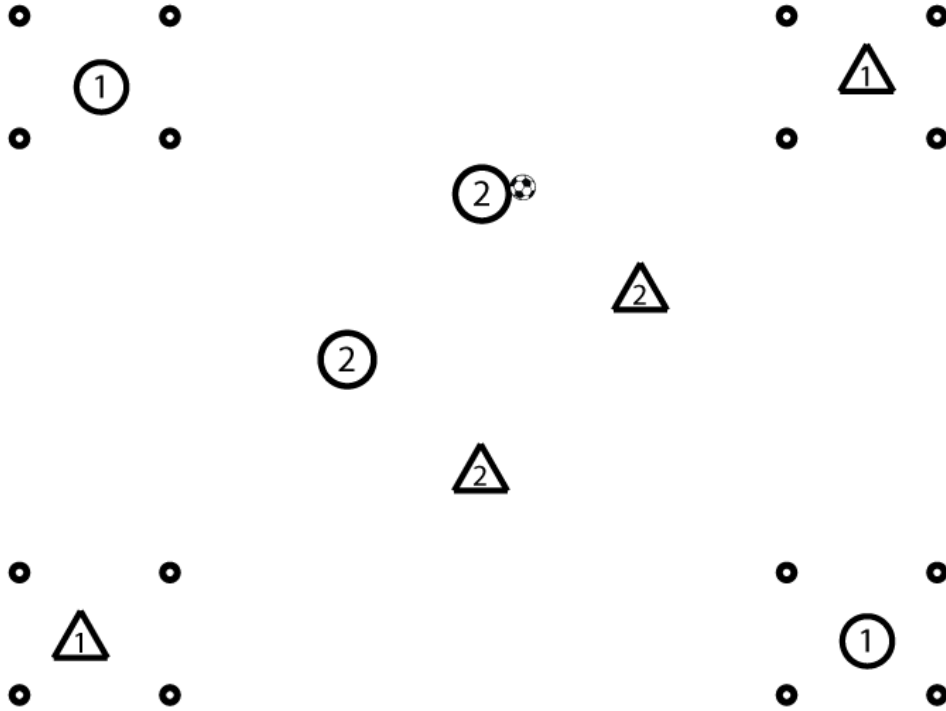


| Description | My Notes / Coaching Points |
|---|----------------------------|
| <p>This soccer drill is run the same way as the previous drill. The objective is for players to receive the ball within two touches and release a shot on net. In this variation they have to do it while under pressure from the player that made the pass. In the animation you will notice the drill start the same way, except after the player passes the ball to the middle they follow the pass and apply pressure the player receiving the ball. You can specify to players to only apply passive pressure or increase the competition level to 100% defense.</p> | |



Corners

Players: 6 | Balls: 1 | Goals: 0



Description

For this soccer drill you will need to set up 4 corners each with a player inside of the corners made out of cones. 4 players will be in the middle and 1 of the teams of players will start with the ball. The object is for the players to get the ball to 1 of the players in the corners that are wearing the same jersey color as they are. They will pass between each other while the team not in possession will try to defend and get the ball back.

My Notes / Coaching Points