

# Tryout Helpful Hints

## Important Things

1. Attend every tryout – This gives you the best opportunity to make a team
2. Be on time – This means being early. Give some time to check-in, warm-up, and just be present to show an eagerness to participate
3. Bring a ball – Come with a ball to knock around or juggle while the process is developing
4. Bring a water bottle, wear shinguards, and wear appropriate clothing for the weather – Wear layered clothing and start your warm-up with sweats on, but switch to soccer shorts. The evaluators like to see shorts and legs, not warm-ups when evaluating. Also, please tuck in your T-shirts. Sloppy appearances mean sloppy play.
5. Wear clothing that is visible – Wear socks that are striped, or colorful. Bright shorts are good. Something in your hair that is brightly colored if you use a scrunchy that is not interfering. Best color in shorts are red, purple, bright green, or bright blue. But I really like a sock that is bright and striped.
6. Do not wear new shoes to the tryout – Be sure that you have good shoes that have been worn and proven to be comfortable for you. Shoes can make a difference on the touch of the ball. Blisters that stop you from playing are not cool. Wear the appropriate shoe for the surface of the field. Grass, turf or cushioned turf?
7. Come to the tryout fit and match ready – You should be practicing and physically fit to play. If you come to the tryout and you have not played for a month, it will take you 2-3 tryouts to look your best. That is too late.

## Things to do at the tryout

1. Work with a person that is well skilled – Even in the warm-up process, try to be with a player that has good skills. When you get put into teams, if you have a choice, choose to play close to a player on the field that is good at passing or has other good skills.
2. During the warm-up period, work with intensity – This will help to remove some of the jitters. Do not stand around and talk when the evaluators have given you an instruction to do something
3. Listen, Listen, Listen – Be attentive and be close to the action. If the coach or evaluators ask you to "bring it in", hustle in. Listen and respond to the coach/evaluator with enthusiasm. Do not be distracting to the purpose. Chatter about other matters can frustrate evaluators.
4. Be the first to help out – Help pick up cones, balls, and etc. And thank the coach at the end of the tryout.
5. Be the first to want to play – Step up to the call to go out and play, even if it is not your normal position. If you never get the chance to play your favorite, most successful position, let the coach/evaluator know. You need to be seen in your most successful position. Speak up and be assertive.
6. Be encouraging to other players – Be positive so that the coaches and evaluators get the impression that you're a team player. "Nice pass", "Great shot", "Way to win the ball"

## During the play of the tryout

1. Good skills are the key – You need to be skilled to make a team. The best players spend time playing with a soccer ball on their own. You need to be able to juggle. You need to have good moves. You need to be able to make good passes, shoot well, make good crosses, tackle strong, and have good first touches. A well skilled player is valuable.

2. Play with confidence – You have played a ton of soccer. This should be comfortable for you. Just play your game. Know that you have worked hard to be good.
3. Hold your head up, even if you think that you made a mistake – If you slouch after a mistake or if you do not recover, it looks even more apparent. So just pick yourself up and go at it.
4. Try to get to the ball as much as possible – The more time you can be on the ball showing your skills the better. That does not mean, ball chase, it means moving into positions to receive the ball. Also, midfielders have the most time on the ball. It's about choices, also.
5. Play aggressively – Push yourself out of your comfort zone if you tend to be less aggressive. Make that extra effort. Be the first to win a 50-50 ball. Go up for headers. Go shoulder to shoulder.
6. Hustle, Hustle, Hustle – I have selected players on hustle over skill. And these players can be trained in skill. So if you can run like the dickens and hustle the whole time, you will win some points.

## **The Mental Edge**

1. The day before the tryout, rehearse in your mind some of your great moments in soccer – Just think of some of your great moves and skills in games that you have done in the past. Play them back and forth in your head.
2. If you're nervous, that can be a good thing – It gets your mental edge ready for the situation. It gets the blood and adrenaline flowing. You may want to reassure yourself that this is a good thing.
3. Stretch and relax – One of the ways to get mentally ready is to do some good stretching. Really focus on this purpose. A well-stretched body is more prepared. And that will help you mentally. Relax during these stretches. Tell yourself this.
4. If you get really, really nervous, think of something fun or funny – You can stimulate some endorphins that will give you a mental edge. Give yourself a chuckle.
5. When you're getting ready for the tryout, think about your desire to do good – A good time to get mentally ready is when you're putting on your shoes. While you're lacing them up, tell yourself that you're a great soccer player, that you're going to be your best today, and that you love the game, and that you're confident in yourself, and that you're mentally tough.
6. If you can, watch some soccer the day or week before – Have a tape ready to watch some good play. Watch the US Women play. They are so inspiring. Just get yourself inspired to go out and play.