

U10 Day 1 Tryout Drills

I. Speed Run (Without Ball) – 40 yard dash

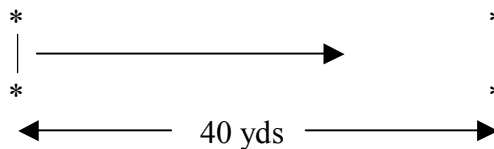
Evaluation

- Each player will run the dash two times
- Evaluation will be by time by stopwatch
- All times will be recorded for each player
- The best time will be used for evaluation

Comment

- This drill is to test straight-line speed.
- The course should be layed out to avoid the likelihood of balls crossing the path of a runner. Start and finish should be marked with two cones and painted line
- Two coaches should be at the finish line, one to record and one to time. **The timer should/must be the same timer throughout the tryout.**
- The Parent Guide should line the boys up at the starting line. The coach who is the recorder at the finish line will call up each boy to the starting line. In order to keep the process moving along, the coach will also call out an “on deck” and “double on deck runner.”
- The Parent Guide should keep the boys organized and warmed up at the starting area.
- The same stopwatch should be used throughout the tryout unless the primary watch breaks. Please practice with the watch before the tryout day.
- Each cone should have spray paint markings underneath to mark the spot in case the cone moves; start and finish lines should be painted.

*** Diagram**



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II. Distance Kick

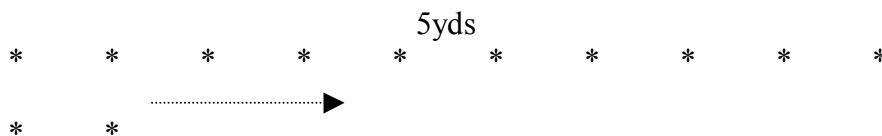
Evaluation

- This drill is to test kicking strength
- Each player will have the 3 kicks at a still ball with any foot
- Each player must stay within the shooting box; a run up from outside the shooting box is not permitted; a kick made when the ball is completely forward of the front line of the shooting box will not count; a player will have one chance to make-up each kick where the ball is completely in front of such line; if the make-up is also completely in front of the line, no score is recorded for that try
- Evaluation will be by distance
- All kicks will be recorded for each player
- The best 2 kicks will be used for evaluation

Comments

- Discs are preferred over cones, as the ball will more easily roll over them. Set the first disc 5 yards from the start line. Then set out a disc every 5 yards up to 40 yards. The discs can be straight up the field, slightly to the side of the shooting box. As measurement is in straight ahead "cone distance," a kick that goes outside of an alley marked by cones should be counted where the ball comes to rest, without regard for the lateral distance covered.
- A shooting box 3 steps long should be set up with discs to designate a starting area
- Coaches should be located in the landing area. One coach to record; the other coach to measure and mark
- The Parent Guide should keep the players organized in the starting area. The coach in the landing area will call up each player to the starting area. In order to keep the process moving along, the coach will also "call on deck" and "double on deck kicker." A coach will roll the balls back.
- Discs should have spray paint markings underneath

* Diagram



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III. Slalom Dribble

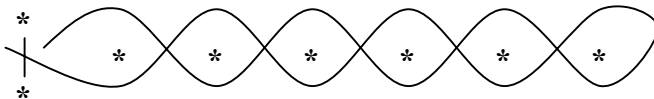
Evaluation

- This drill is to test touch and control under time pressure
- Each player will run through the course, there and back, two separate times, but not right after each other
- Evaluation will be by time by stop watch; there are no “style points”
- Time will stop when the player crosses the finish line between the two cones **and stops the ball with the bottom of the foot**; time continues until the player stops the ball
- All times will be recorded for each player
- The best time will be used for evaluation
- There is a **penalty** for each cone that is missed; the penalty is progressive; that is, the penalty for the first cone that is missed is 1 second added to the time of the run; the penalty for the second cone that is missed is 2 seconds, or a total of three seconds; the penalty for the third cone that is missed is 3 seconds, or a total of 6 seconds

Comments

- All cones should be brought to upright positions before the next player begins
- Cones should have spray paint markings underneath
- All cones should be 2 yards apart
- The coach or other demonstrator (not a player) should run through the course with a ball prior to the first player in each group
- **If two courses are used, each player should make a run through each course**

*** Diagram**



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IV. Dribble Pass

Evaluation

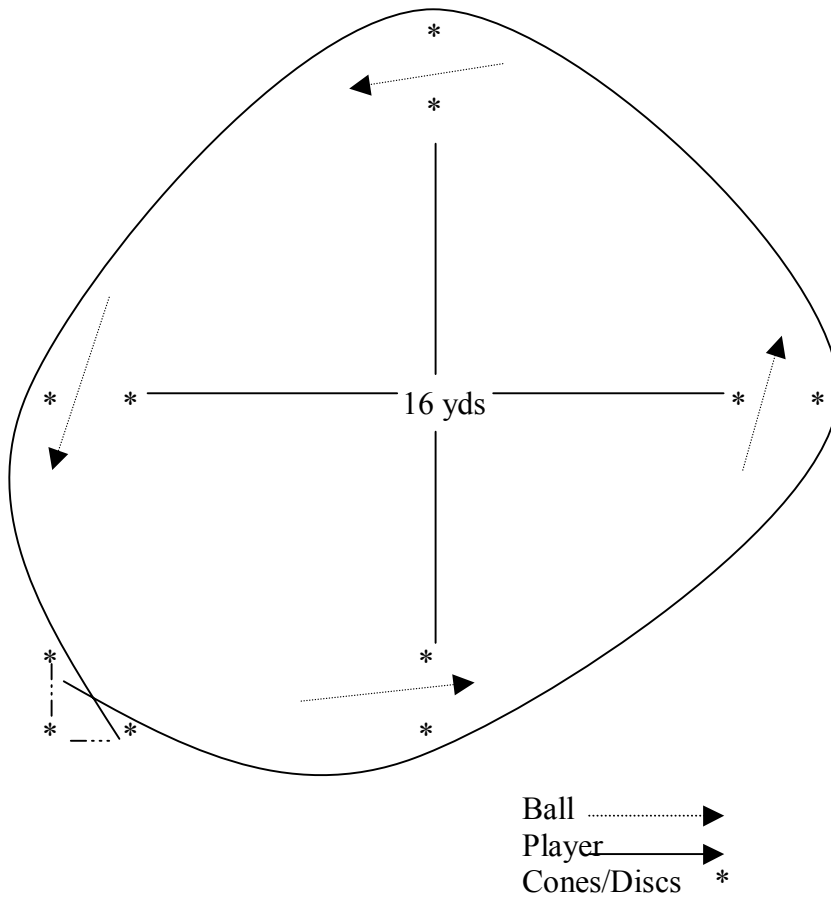
- This drill is to test touch, control and ball handling under time pressure
- Each player will do the drill two times
- Evaluation will be by time by stop watch; there are no “style points”
- Time will be stopped when the player crosses the finish line between the two cones and stops the ball with the bottom of the foot; time continues until the player stops the ball
- All times will be recorded for each player
- The best time will be used for evaluation
- Each player must pass the ball through each gate to themselves and run around the outside of each gate
- There is a penalty for missing a gate:
- Each time a player does not pass a ball through/between the cones a 1 second penalty will be assessed
- Each time a player does not run outside the cones, a 2 second penalty will be assessed
- There is also a penalty for failing to pass through a gate and run around the same gate - the short-cut; the penalty is that the time does not count but the run counts as one of the two

Comment

- At each end of a 16 yard “cross” are 2 cones forming a 2 yard gate; players pass through the gates to themselves, who must run outside of all gates
- The coach or a demonstrator should run through the course with a ball prior to the first player in each group
- Paint the start and finish lines, between the cones; paint under all gate cones
- All cones should be brought to upright positions before the next player begins
- **If two courses are used, each player should make a run through each course.**

(Continued on next page)

***Diagram**



Left-footed players - clockwise; Right-footed players – counterclockwise

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V. Distance Run

Evaluation

- Each player will run the course once
- Each player must go outside all course flags; a player who cuts (inside) a cone or flag will receive a time penalty of 10 seconds or an amount set by the SYSC Tryout Coordinator
- Evaluation will be by time by stop watch
- DO NOT PUSH OR SHOVE ANOTHER RUNNER; A RUNNER THAT INTENTIONALLY PUSHES OR SHOVES ANOTHER RUNNER WILL BE PENALIZED
- Upon crossing the finish line, each player must stay in line; move to the end of the chute and sit down; the order of finish will be the order in which you are sitting down

Course Layout

- The starting line should be square to the first turning mark
- The first leg should be a long leg (at least 100 yards) to spread out the runners
- The finish should be away from the parents

Distance

- Boys: 440 yds
- Girls: 300 - 330 yds

Comments

- At the finish, form a funnel or chute, to make it easier to keep the runners in the order of their finish with flags and cones
- As each runner crosses the finish line, the Parent Guides should move them down the chute and sit them down; on a separate Distance Run Score Sheet, a coach should record the names of the finishers in the order of finish (as sitting down)