



## KASA Tryouts - Guideline

### Logistics

1. Materials for registration and activities
  - a. Registration and liability forms
  - b. Clipboards
  - c. Pens
  - d. Score sheets for evaluators – one for each coach
  - e. Timing score sheets – if performing this activity
  - f. Pinnies (numbered shirts)
  - g. Cones and flags
  - h. Spray paint (mark stations, for repeatability purposes)
2. Players must bring the following equipment
  - a. Soccer ball – pumped
  - b. Water – enough for the whole tryout period
  - c. Shin guards
  - d. Soccer cleats
3. Setup activity stations
  - a. 30 minutes prior to registration
  - b. Determine number of activities to carry out depending on time constraints and number of players
  - c. Use tryout activity sheet to select the activities
4. Setup a registration table
  - a. Collect player information (registration form)
  - b. Non KASA players must fill out Release of Liability and Consent for Medical Treatment forms
  - c. If tryout is being held after July 31<sup>st</sup>, all players must fill out the forms indicated on prior step
  - d. Assign a numbered and colored shirt (pinny) to each player
    - i. Have the player wear the pinny with the number in the front.
    - ii. If possible, take a picture of the player
5. Parent's meeting at tryout
  - a. Brief the parents on how the tryout will be carried out
  - b. Have a Q & A session
  - c. Give tentative dates for results

### Activities

All players must be assessed using a 1-5 rating scale, 5 being exceptional and 1 needing work. The rating is based on the group of players present at the time of the tryout, and not against older or more experienced players.

1. Warm up (dynamic stretching)
2. Split into smaller groups depending on number of stations, players and coaches available
3. Run players through all activities (stations) in groups
4. Score each player during the activity
5. Feel free to repeat some activities with certain players