



High School Tryouts

Category: Technical: Ball Control
Difficulty: Moderate

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Individual-Adult Member

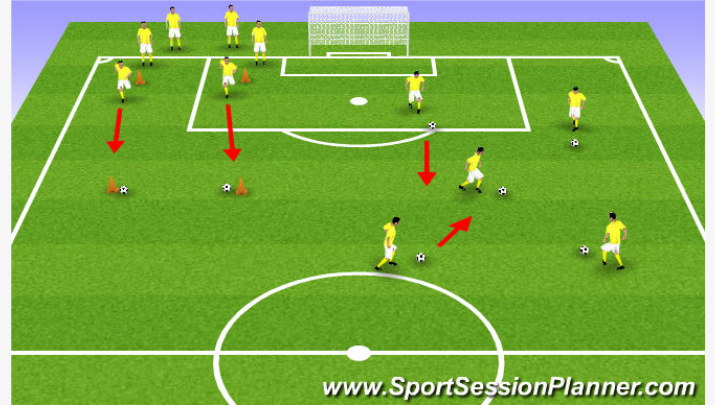
Description

HS Tryouts: Technical Sessions, Fitness, Small Sided Games

Warmup (20 mins)

Warmups

The group warmup will consist of light jogging, dynamic stretching and dribbling. The purpose of the warmup is to properly prepare the players for the remainder of the tryout session.



Fitness (20 mins)

Fitness - With and Without the Ball

An important aspect of high school tryouts and training sessions is fitness. Players need to have endurance until the final whistle during games.

Grid A - Passing Box. Pass to designated cone (ball played to the right or left), follow your pass, sprint to next cone.

Grid B - Passing & Speed Dribbling. Players at orange cones speed dribble (accelerate) to red cones. Players at red cones pass to orange cones, then sprint.

Group C - Sprinting from cone to cone



Small Sided Games (40 mins)

Small Sided Games

2v1, 3v3, 4v4 activities to emulate game situations. Placing different restrictions on the rules of the activity helps to get the desired result

There are many benefits to small sided games -

More touches for every player

Direct involvement in both attacking and defending

Forces quicker decision making

Teaches team tactics in a smaller area

