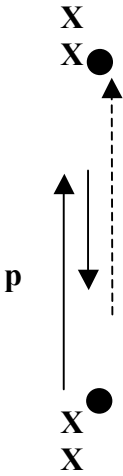
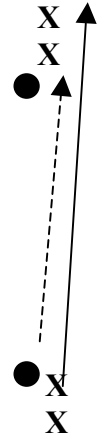
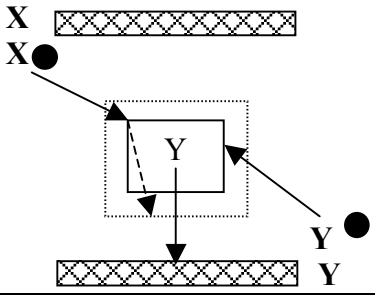
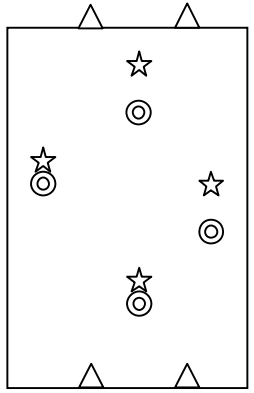
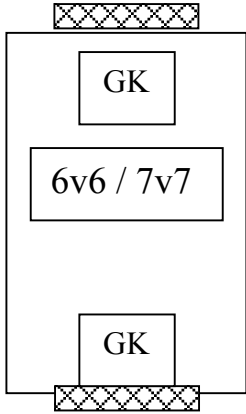


AMHERST SOCCER ASSOCIATION 2009-2010 TRYOUT PLANS

Dribbling	Passing	Shooting
 <p>1. Turn Rt. foot 2. Turn Lt. foot 3. Moves around cone **8 minutes**</p>	 <p>1. 2-Touch 2. 1-Touch 3. 3-Touch 4. Layoffs **8 minutes** Pass and Follow</p>	<p>1. X Dribbles into box. 2. Y Backpedals to Goal 3. X Shoots on Goal 4. Y Tries to save 5. Y Dribbles into box 6. X becomes GK **8 minutes**</p> 
<p>4v4 Games **30 minutes**</p>	<p>Organization</p>	<p>Look For</p>
	<ol style="list-style-type: none"> 1. Pick Teams randomly 2. Rotate teams after 5 min. 3. Mix & Match Players 4. Fields should be 20 x 30 	<ol style="list-style-type: none"> 1. Identify definite A's and definite B's as early as possible. 2. Focus on Bubble players and make comparisons to the A and B players already identified. 3. See who can hold onto the ball in tight spaces.
<p>6v6 / 7v7 Games **30 minutes**</p>	<p>Organization</p>	<p>Look For</p>
	<ol style="list-style-type: none"> 1. Mix Teams up again. 2. Rotate teams after 8 min. 3. Play players in different positions. Rotate frequently. 4. Rotate GKs into field . 5. Use corner flags for goals, at mid field, play width of 18 yard box. 	<ol style="list-style-type: none"> 1. Who has a knack for going to goal. 2. Good service and ability to win balls in the air. 3. Understanding of the bigger game.