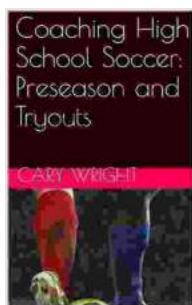


# Coaching High School Soccer Preseason And Tryouts: A Comprehensive Guide

The preseason is a critical time for high school soccer coaches. It's an opportunity to lay the foundation for a successful season by setting goals, developing training plans, and evaluating players. Tryouts are also an important part of the preseason, as they allow coaches to assess the talent level of their players and make roster decisions.



## Coaching High School Soccer: Preseason and Tryouts

by Justo May Correa

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This article will provide a comprehensive guide for high school soccer coaches on how to plan and execute effective preseason training and tryouts. We will cover the following topics:

- Setting goals for the preseason
- Developing training plans
- Running effective drills

- Evaluating players
- Making roster decisions

## **Setting Goals for the Preseason**

The first step in planning a successful preseason is to set goals. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). For example, a coach might set the following goals for the preseason:

- Improve players' fitness
- Develop players' technical skills
- Implement a new tactical system
- Build team chemistry

Once goals have been set, coaches can develop training plans that will help them achieve those goals.

## **Developing Training Plans**

Training plans should be tailored to the specific needs of the team. However, there are some general principles that all coaches should follow when developing training plans:

- Start with a gradual progression of training intensity.
- Include a variety of drills and activities to keep players engaged.
- Provide opportunities for players to practice in game-like situations.
- Allow for rest and recovery days.

The following is a sample training plan for a high school soccer preseason:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Fitness testing	Technical drills	Small-sided games	Rest	Team meeting	Scrimmage
2	Conditioning	Tactical drills	11v11 scrimmage	Rest	Film review	Off day
3	Strength training	Set pieces	11v11 scrimmage	Rest	Team bonding activity	Preseason tournament
4	Maintenance	Review and refine tactics	11v11 scrimmage	Rest	Final team meeting	Off day

## Running Effective Drills

Drills are an essential part of any soccer training session. They allow players to practice specific skills and tactics in a controlled environment.

When running drills, coaches should keep the following tips in mind:

- Make sure the drills are appropriate for the age and skill level of the players.
- Demonstrate the drills correctly before the players begin.
- Provide clear and concise instructions.
- Give players plenty of time to practice the drills.

- Provide feedback to players on their performance.

Here are a few examples of effective soccer drills:

- **Passing drills:** These drills help players improve their passing accuracy, speed, and power.
- **Dribbling drills:** These drills help players improve their ball control, agility, and speed.
- **Shooting drills:** These drills help players improve their shooting accuracy, power, and technique.
- **Defending drills:** These drills help players improve their defensive positioning, tackling skills, and ability to win the ball back.
- **Tactical drills:** These drills help players understand and execute different tactical systems.

## Evaluating Players

Evaluating players is an important part of the preseason. Coaches need to assess the players' fitness, technical skills, tactical awareness, and overall potential. There are a number of different ways to evaluate players, including:

- **Fitness testing:** Fitness testing can be used to measure players' speed, agility, endurance, and strength.
- **Technical drills:** Technical drills can be used to assess players' ball control, passing accuracy, shooting accuracy, and dribbling skills.
- **Tactical drills:** Tactical drills can be used to assess players' understanding of different tactical systems and their ability to execute

those systems.

- **Scrimmages:** Scrimmages can be used to assess players' overall performance in a game-like situation.

Once players have been evaluated, coaches can begin to make roster decisions.

## **Making Roster Decisions**

Making roster decisions is one of the most difficult tasks that a coach has to do. Coaches need to consider a number of factors when making these decisions, including:

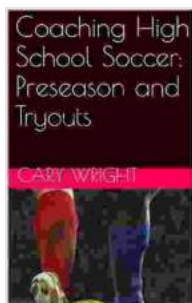
- Players' fitness
- Players' technical skills
- Players' tactical awareness
- Players' overall potential
- Team needs

It is important to be fair and objective when making roster decisions. Coaches should not let personal preferences or favoritism influence their decisions. The goal should be to select the players who will give the team the best chance to win.

Here are a few tips for making roster decisions:

- Have a clear understanding of the team's needs.
- Evaluate players fairly and objectively.

- Make decisions based on the best interests of the team.
- Be prepared to justify your decisions to players and parents.

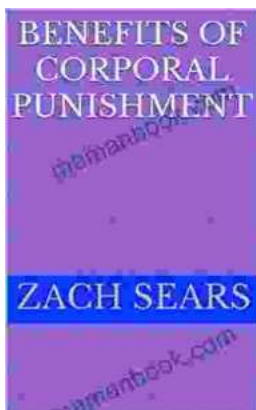


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