

Hilliard Davidson Girls' Soccer 2010 Tryout/Fitness Testing



Welcome to the 2010 Season. In here you will find the outline for Fitness Testing and Tryout information for the 2010 season. As you will see things have changed for the upcoming season both for our fitness testing portion and our play testing portion.

Tryout time is always a busy and trying part of the season. We are expecting larger than usual numbers this year for tryouts. This makes it very important to prepare yourself leading up to tryouts. This year the staff has created a nine week strength and conditioning program to prepare you for not only tryouts but also for upcoming season. If you follow this program throughout the preseason in conjunction with captain's sessions you will be ready.

We have also changed the overall structure of Tryout week. We will now pair down the varsity roster to the top 25 players for a 11v11 scrimmage on Wednesday morning followed by a 11-a-side scrimmage for the remaining players that afternoon. This will allow us to get a better evaluation of all the players. You will find a breakdown of each testing element on the next pages.

The schedule will be as followed:

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>AM-Fitness Testing:</u></p> <p><u>Station 1:</u></p> <ul style="list-style-type: none"> ✓ Cooper 12 Minute <p><u>Station 2:</u></p> <ul style="list-style-type: none"> ✓ Push-Up/Sit-up <p><u>Station 3:</u></p> <ul style="list-style-type: none"> ✓ 3 Cone Pro Shuttle <p><u>Station 4:</u></p> <ul style="list-style-type: none"> ✓ Recovery Test 	<p><u>AM-Fitness Testing:</u></p> <p><u>Station 1:</u></p> <ul style="list-style-type: none"> ✓ 40 Yard Tech Test <p><u>Station 2:</u></p> <ul style="list-style-type: none"> ✓ 300 Yard Shuttle <p><u>Station 3:</u></p> <ul style="list-style-type: none"> ✓ Wall Sit Test <p><u>Station 4:</u></p> <ul style="list-style-type: none"> ✓ Illinois Agility Run 	<p><u>AMI-TOP 25 Session:</u></p> <ul style="list-style-type: none"> ✓ Top 25 11v11 Scrimmage <p><u>AMI-Remaining Session:</u></p> <ul style="list-style-type: none"> ✓ Remaining Players 11v11 Scrimmage 	<p><u>AM-Varsity Meeting</u></p> <ul style="list-style-type: none"> ✓ Uniform Handout ✓ Team meeting <p><u>AM-JVA and JVB</u></p> <ul style="list-style-type: none"> ✓ Individual Placement meetings ✓ Uniform Handout 	TBA
<p><u>PM- Play Testing</u></p> <ul style="list-style-type: none"> ✓ 4v4 Small-Sided ✓ 8v8 Games 	<p><u>PM- Play Testing</u></p> <ul style="list-style-type: none"> ✓ 8v8 Games ✓ 11v11 Games <p><u>6PM Top 25 POSTED</u></p>	<p><u>6PM VARSITY POSTED</u></p>	<p><u>PM- Varsity</u></p> <ul style="list-style-type: none"> ✓ Recovery Beep Test 	

Explanation of Fitness/Play Testing



✓ Cooper 12 Minute Run

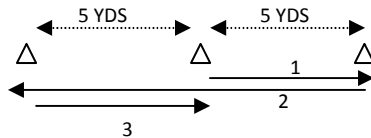
- This will be done on the track and you will be given 12 minutes to get as far as you can.
- Goal: 7 laps/2800 meters

✓ Push-Up/Sit-Up

- You will have one minute to get as many push-ups as you can. A disk cone will be placed beneath you and your chest will have to touch this cone to count as a repetition.
- You will have one minute to get as many sit-ups as you can. You must go all the way down and up with your hands behind your head for the repetition to count.

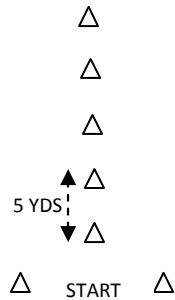
✓ 3 Cone Pro Shuttle

- For Time



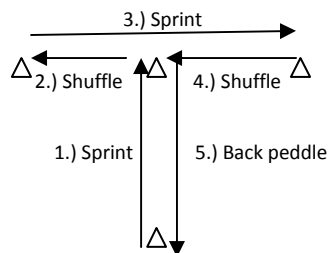
✓ Recovery Test

- You will complete the shuttle in the fastest amount of time possible. You will get a 1 minute recovery time and then complete the shuttle again. You want to get the two fastest times possible.



✓ 40-Yard Tech Test

- For Time. Tests agility and speed. Start cone to middle cone is 10yds. Side cones are 5 yds. From middle cones and 10 from each other.

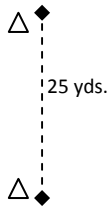


Explanation of Fitness/Play Testing Cont.



✓ 300-Yard Shuttle

- Two cones 25 yds. apart. Go from cone to cone 6 times for fastest time. Recovery time is 2 min. then go again.



✓ Wall Sit Test

- Back to a wall and take a seated position where you legs are bent at a 90 degree angle. Testing leg strength and muscle endurance for time.

✓ Illinois Agility Run

- For time. Players start the test from a lying position then run up and around the upper cone followed by a sloem and then a sprint up and through the end cone.

