



Girls' Soccer Tryouts 2024
Tryouts Start March 18, 2024

We would like to thank you for your support of the soccer team. It is very positive to have so many interested players. Here is some information regarding tryouts:

All students must have in order to tryout:

- A completed physical submitted on a Prince William County Middle School or the Virginia High School League (VHSL) form containing athletic participation/parental consent/physical examination sections with all signatures and current dates.
- A blue emergency card.
- Concussion Training-this is found on the PWCS website and must be completed prior to tryouts.

There will be no exceptions to this. If you do not have these items, you cannot try out for that day.

There will be a minimum of 3 days for tryouts. Players are expected to be there for all three days of tryouts. Players will not be punished however if they do not make all three days of tryouts. If additional days of tryouts are needed, players will be informed.

Students will need to have their rides here no later than 4:55 pm. **Please pick up your child in the parking lot near the trailer. Players should not be picked up in front of the school.** Please try to arrange an accommodation if this is a problem. There is an activity bus that can take students home after tryouts/practice if the students do not have a ride.

PLEASE NOTE!!-Activity Busses will only run on Tuesday, Wednesday, and Thursday. All players will need to make sure they have a ride home on Mondays and Fridays.

****Only players and coaches should be on the field during tryouts/practice. Parents/guardians are not allowed to spectate during tryouts.****

Students will be dismissed from the field. We **will not** be entering back into the locker room. All students will need to bring their book bags and soccer bags outside with them. It is recommended that players have a trash bag to cover their soccer bag and book bag in case of rain. Please do not allow your child to bring any expensive items. These may get damaged, lost, or stolen. Marsteller is not responsible for damaged, lost, or stolen items.

It is the responsibility of the player to bring a bottle of her own water. She will be able to fill it up in the locker room before we go out to practice. There will be water provided during tryouts, but it is easier for players to have their own water.

There is only one team as 6th, 7th, and 8th graders will try out to be on one team. Players will be playing on a big field, 11 vs. 11.

All players should have:

- Shin guards and cleats/shoes. They are not required to have these, but they are strongly encouraged for tryouts. The player will be required to purchase these if she makes the team.
- Players are not allowed to wear their P.E. uniform during tryouts.

There will be two main categories, which will help determine the selection of the team:

- Attitude- This is the most important. A player needs to have a positive attitude in order to work with her teammates.
- Skills- Every player needs to have the skills in order to keep up with the level of play. This is in the best interest of the team as well as a safety issue for the player. An unskilled player could risk injury if she is unable to move with the pace of the game. These are the specific skills will be critiqued:

Endurance - Players will run the mile and sprints on the first day of tryouts.

Trapping - Players will be assessed on their trapping using feet, thighs, chest, and head.

Positioning - Players will be assessed on their knowledge and positioning during a 5 offense vs. 3 defense drill. This drill will also assess passing, shooting, and talking on the field.

Talking - Players will be assessed on their ability to communicate well with other players on the field.

Dribbling - Players will be assessed on their dribbling skills and one vs. one skills.

Small Scrimmage - Players will be assessed in a game-like situation. This drill will assess how players work with a team, their spacing on the field, and scenarios that present themselves in a game.

Shooting – Players will be assessed on the strength and accuracy of their shot.

If there are any questions or concerns, you can reach Coach Livengood at livengpf@pwcs.edu or by calling (703)-393-7608.

Coach Paul Livengood