WMS GIRLS’ SOCCER CRITERIA

**You must have a physical on file in order to try-out.**

Try-Outs Begin October 22th.

We look at the following categories when evaluating players:

1. Technical Skills – a player’s comfort level with the ball

-Dribbling, receiving, passing, heading, shooting, tackling (getting the ball back from the

opponent or regaining possession of the ball).

2. Tactical Decision Making – the decisions that a player makes

-When, where, why, & how to dribble, receive, pass, shoot and tackle the ball.

-What to do when our team has possession of the ball

-What to do when our team does not -have possession of the ball.

3. Physical Abilities – Speed, Endurance, Quickness, Strength, Agility & Balance

4. Psychological / Mental Skills – Involvement in the activity

- Knowledge of game formations and their role in them

-Wants to be involved all the time in or out of direct play - Work ethic

-Takes charge in the activity - Discipline

-Loves the competition - Commitment

-Personality in game competition – Coachabililty & Sportsmanship

5. Offensive Ability – helps to keep possession of the ball for the team

-Comfortable with the ball

-Finds a way to keep possession of the ball and/or move the ball forward toward the opponent’s goal

-Finds a way to be a part of goal scoring opportunities.

-Positional awareness (positioned to support teammates who have the ball)

6. Defensive Ability – helps win the ball back from the opponents

-Recovers to a defensive position after his/her team losses possession of the ball

-Good tackler of the ball

-Show restraint/patience when outnumbered by attackers

-Applies appropriately timed pressure to opponent to win the ball back

-Communicates with other players on the team

If you have any questions or concerns, please contact Justin GIrard, girls soccer coach at [Justin.Girard@apsva.us](mailto:Justin.Girard@apsva.us) or 703-228-5450.