



# SHAKER HIGH SCHOOL

## BOYS' VARSITY & JUNIOR VARSITY SOCCER

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### Prospective Boys' Varsity & Junior Varsity Soccer Players,

I hope the 2010-2011 school year finished up on a positive note for all of you. I wish everyone luck on the upcoming final exams, and hope that the outgoing seniors have a good resolution to their respective transitions out of high school, wherever they may be going.

I am extremely excited to get started as the new Boys' Varsity Soccer coach. We should all expect to build on the success of last year's squad. In order to do so, players will need to be mentally and physically prepared to meet the demands of the game, as set forth by both the opponents and myself. Preparation and focus are absolutely necessary to have success on the pitch and in life.

We will begin Varsity and Junior Varsity preseasons on Monday, August 22<sup>nd</sup>. Varsity will need to report at 10am. JV will be required to report at 7:30am. **Both teams will report to the Blue Creek fields for all of their sessions unless otherwise notified.** For the first two weeks of preseason training, the varsity team will be doing double sessions, Monday through Friday, 10–11:30am & 3:30-5pm. Saturday's training session for the varsity will be 3-5pm. The junior varsity team will be in double sessions for the first week of preseason, Monday through Friday, 7:30-9am & 3:30-5pm. Saturday's training session for the JV will be 7:30-9am. Players should come to every session prepared with **plenty of water, a properly inflated soccer ball, shin guards, cleats, and flats.** Though I am not planning on having the players do any work on the track, everyone should have flats just in case.

**9<sup>th</sup> grade boys are invited to try out for the junior varsity team if they so desire, but there will be a round of cuts before freshman soccer begins so that those who are deemed better suited for freshman soccer can attend the first day of freshman tryouts. Only those exceptional 9<sup>th</sup> graders who can be an impact player on the Junior Varsity team will be allowed to play up. 9<sup>th</sup> graders who miss the JV tryouts before Freshman starts because of being ineligible will not be afforded the opportunity to try out for Junior Varsity Soccer.**

You should all begin conditioning and touching a soccer ball immediately! Those who are not currently participating in any athletics are already behind the curve. Players will be evaluated on their ability to run with the ball, pass short push passes with the inside of the foot, play longer driven passes with the laces, receive the ball with both feet, shoot on frame, and

**juggle on the move** (no speed requirement, just how far can players advance without dropping the ball). Physical testing will include timed circuit runs on and around the perimeter of the field **with the ball at your feet**, rowboats (v-ups), push-ups, sprints, and speed and agility circuits. The following tests will be administered ...

\*Players should be able to speed dribble to the top of the 18 yard box and back three times in under 25 seconds (30 sec JV), to the half field and back in under 25 seconds (30 sec JV), to the end of the field and back in under 50 seconds (55 sec JV), around the half field in under 45 seconds (50 sec JV), and around the full field perimeter in under 75 seconds (80 sec JV). These runs will be tested as a continuous circuit with a work-to-rest ratio of 1:1.

\*Players must be able to do 200 row boats in sets of 25, 50, and 100.

\*Players must be able to do 100 pushups in sets of 25. Players will also be expected to do 55 push-ups without a rest.

\*Players must be able to sprint the full field 18 times in under 20 seconds (25 sec JV) with a work-to-rest ratio of 1:1.

\*Players should be able to participate in a speed & agility circuit at full speed, spending 2 minutes at each station, with a work-to-rest ratio of 1:3. **\*\*See sport-fitness-advisor.com for speed & agility drills. Go to “Soccer Training” under “Sport Specific Fitness” and practice the exercises under the articles “Six Soccer Agility Drills” and “Using Soccer Plyometrics to Increase Your Speed and Explosive Power.”**

Keep checking the Latham Circle Soccer Club website for details on captains’ practices. 9<sup>th</sup>–12<sup>th</sup> graders will all be welcome to attend in order to stay fit. I am also running the **Top XI Summer Soccer Academy** throughout the summer at the North Colonie Soccer Complex. Flyers were handed out in school and at the soccer meetings. You can refer to TopXISoccer.com or the Latham Circle Soccer Club website for information and sign ups. Though attendance at my camp by no means guarantees you a spot on the team, nor does choosing not to attend hurt your chances, this is a fantastic way to get yourself prepared for the preseason.

Please, for my sake and certainly yours, make sure that you do your due diligence in making sure that you are eligible to play on the first day of tryouts. You must have a current physical, a signed parent permission form, and clearance from the high school health office in order to be eligible. Forms can be handed in to the health office no earlier than July 15<sup>th</sup>. I look forward to seeing you all out on the pitch. Let’s make this a memorable year for Shaker Blue Bison Soccer Program!

Coach Jake Boland

Shaker Boys’ Varsity Soccer

