



Shaker High School

Varsity Girls Soccer 2011

Varsity Head Coach - Tara O'Keefe

Assistant Varsity Coach - Leslie Kassel

518-729-7788(C)

518-447-4565(w)

Varsity Girls Soccer Candidate:

Welcome to the 2011 Varsity Girls Soccer season! This year is going to be a very competitive year and the varsity team will be expected to be physically and mentally ready to play and compete once try-outs start. As this is my first year with taking over as the Varsity girls soccer coach I am very excited with this years coaching staff that we have in place. I am looking forward to the opportunity to lead the Varsity Shaker Blue Bison to a successful 2011 campaign for the girls.

We begin our season on Monday, August 22nd at 6:30am on the high school track so please have your running shoes along with a pumped up soccer ball, soccer cleats, water and proper shin guards. We will be running double sessions for the first two weeks of our tryout. The morning session will consist of general conditioning and technical work with the ball. The afternoon sessions will focus on the tactical part of the game including small group drills, small sided matches, and full field 11v11 matches etc. During week 1 and week 2 (Aug 22nd & Aug 29th), we will practice Monday-Friday morning session 6:30am-8am Saturday 9-11am and evening sessions will run Monday-Friday 5:30pm-7pm.

You should begin conditioning today!!! You will need to have the capacity to do a minimum continuous run of 3 miles and two hours of vigorous play. Start working on juggling, speed dribble (under control), long balls with both left and right feet, shooting on goal both left and right feet and overall touches on the ball.

There will be times on Thursday evenings at the North Colonie Soccer fields for general conditioning pick up games; all are welcome 9th-12th. They will run from 6:30pm-to 8:30pm every Thursday beginning July 7th and running through August 18th. There are many opportunities for you to attend camps in the area this summer, including Shaker Girls Team Camp, which will be held at Afrims Sports in Latham August 8th-August 12th from 9am-12pm. Please contact Afrims directly at 518-438-3131

**** Please note, that the girl's soccer program will not be offering open tryouts this year, however the varsity coach may offer underclassman the invite to tryout for certain levels.**

**** Make sure that you turn in physical forms and parent permission paper work on time or you will not be eligible for the first day of tryouts. These can be turned in to the high school nurse no earlier than July 15th.**

Once again this is going to be an exciting year for the Shaker Girls soccer program, and the entire coaching staff is looking forward to working with you all, to lead the Lady Bison to a Section II title.

Remember hard work and dedication= Results!

Sincerely
Coach O'Keefe

