



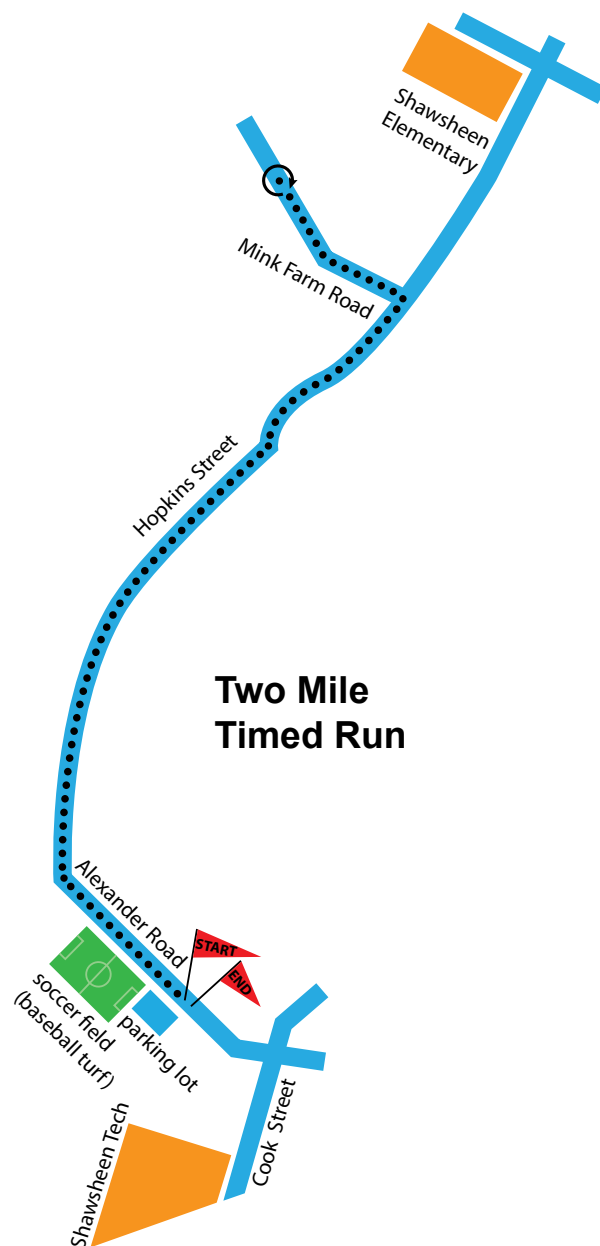
Girls Soccer Tryouts 2025

Click on the Yellow highlighted text to access more information.

Fall Tryout's Information

No positions are set in stone (All varsity spots are up for grabs).

- **First Day of Tryouts:** Monday, August 18
 - Tryouts starts at 8:00 and runs until 11:00.
 - Missing any of the practices without prior notification to one of the coaches may result in being cut from the team.
 - *Most important, make sure you eat in the morning before practice (cereal with a fruit and milk is perfect).*
- **Where's Tryouts:** Meet at the Carrozza Fieldhouse at the end of the parking lot. (The softball / JV soccer grass field). Tryouts will be up at the baseball/soccer turf field.
- **What to Bring:** Cleats, Shin pads, Water bottle, and sneakers every day. (The first day we will be doing the annual timed 2 mile run.)
- **Where to get Updated Information**
 - As always I will be checking my email over the summer, dmichaud@shawtech.org please feel free to email me with any questions.
- **Registration Online:** All necessary documents and Online Registration must be completed by Friday, August 15, 2025. How to Register: Go to the Shawsheen website, click on the Athletics button, then scroll down to Fall Sports Registration.
 - MUST provide a copy of his/her most recent physical exam (valid for 13 months) PRIOR TO TRYOUTS. You can upload your physical directly through Arbiter, email a scanned copy to the Athletic Administrative Assistant or drop-off a hard-copy to the Athletic Office.
 - MUST complete the mandatory free online Concussion in Sports Course
- Shawsheen's **FREE physical day** on Thursday, August 14th from 1:00-4:00 pm in the Nurses Office. This is only for grades 10, 11 & 12 only. (no incoming Freshman - Class of 2030)



2025 Fall Tryout Schedule August

Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
	Tryouts 8:00-11:00 2 mile run	Tryouts 8:00-11:00 50 sprints	Tryouts 8:00-11:00 1 mile run	Tryouts 8:00-11:00	Scrimmage G·Lowell & NDA time TBD	
Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
	Practice 8:00-11:00	Practice 8:00-11:00	Practice 2:30-4:30	Practice 2:30-4:30	Scrimmage LCA TBD	
September						
Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	Practice 4:00-6:00	A - Game vs Gr · Lowell 4:00	Practice 2:30-4:30	Practice 2:30-4:30	H - Game vs NDA 4:00	



One month away from when tryouts start. This workout schedule has conditioning and skills. Start this workout schedule on **Monday July 21st.**

Day 1: Conditioning: Half-field sprints. From the goal-line: Sprint to half-field then slow-jog to the far end of the field's goal-line. Rest 30 second (do this, count "1 one-thousand, 2 one-thousand, 3 one-thousand", ...) Repeat. Complete 5-8
Ball-Work choose 1

Day 2: Conditioning: Take the day off from running. Walk for 20 to 30 minutes, or pick another light cardio activity
OR Ball-Work choose 2

Day 3: Conditioning: Half-field sprints. From the goal-line: Sprint to half-field then slow-jog to the far end of the field's goal-line. Rest 30 second (do this, count "1 one-thousand, 2 one-thousand, 3 one-thousand", ...) Repeat. Complete 5-8
Ball-Work choose 1

Day 4: Rest day

Day 5: Conditioning: Half-field sprints. Goal-line sprint to Half-field then slow-jog to other goal-line. Rest 30 sec. Repeat. Do 5-8.
Ball-Work choose 1

Day 6: Conditioning: Run 1.5 miles at an easy pace. (if needed: run-walk-run with 30 second intervals) If your in better shape double the distance overall.
Ball-Work choose 1

Day 7: Ball-Work choose 2

Day 8: Conditioning: Half-field sprints. Goal-line sprint to Half-field then slow-jog to other goal-line. Rest 30 sec. Repeat. Do 5-8.
Ball-Work choose 1

Day 9: Rest day

Day 10: Conditioning: Run 2.5-3 miles. Easy pace, occasionally pick-up pace for 20 to 30 seconds at a time just to keep your legs feeling springy. Aim for 6-8 pick-up short accelerations. **Ball-Work** choose 1

"Winning 60% of One vs One's in a full-field game, wins the game."

~Anson Dorrance Head Women's Soccer Coach, University of North Carolina at Chapel Hill. 934 wins 88 loses 53 ties

Day 11: Conditioning: Half-field sprints. Rest 30 sec. Repeat. *** INCREASE REPS Do 8-12.

Ball-Work choose 1

Day 12: Ball-Work choose 2

Day 13: Rest

Day 14: Conditioning: Half-field sprints. Rest 30 sec. Repeat. Do 8-12
Ball-Work choose 1

Day 15: Ball-Work choose 2

Day 16: Day Conditioning: Run 2.5-3 miles. Easy pace

Day 17: Conditioning: Half-field sprints. Rest 30 sec. Repeat.*** INCREASE REPS Do 10-15. **Ball-Work** choose 1

Day 18: Rest day

Day 19: Conditioning: Full-field sprints. Rest 30 sec. Repeat. Do 3-5.
Ball-Work choose 1

Day 20: Ball-Work choose 2

Day 21: Conditioning: Run 2.5-3 miles. Easy pace, occasionally pick-up pace for 20 to 30 seconds at a time just to keep your legs feeling springy. Aim for 6-8 pick-up short accelerations.
Ball-Work choose 1

Day 22: Rest

Day 23: Day Conditioning: Run 2.5-3 miles. Easy pace
Ball-Work choose 1

Day 24: Conditioning: Full-field sprints. Rest 30 sec. Repeat. Do 3-5.

Day 25: Ball-Work choose 2.

Day 26: 4 mile run
Friday before tryouts!
Run the 4 miles at an easy pace. (if needed: run-walk-run with 30 second intervals.)

If you run the 4-miles too close to tryouts you may jeopardise your result because you will have needed the rest. If you missed the Friday window, run an easy 1 to 1-1/2 miles on Saturday.

Ball-Work

Choose from the different options below.

8 Cone Dribbling

8 cones in an "L", then place a cone 10-yards away. Dribble through cones, then leave the ball and sprint to the far cone, jog back to the ball and dribble back through the cones to where you started. Complete 3-4 sets using left, right, then both 3-4 sets.
(Inside-outside little touches when dribbling)

Wall Passing

Using a wall, practices hitting a target, shooting and passing. 10-20 with right then switch feet. Complete 2-5 sets. Focus on 3 touches (pass then settle the ball from the wall setup the ball then pass) Or 2 touch (pass settle pass) *Focus on being in control.*

Juggling

Juggle. Right foot only, then left only, using just thighs. Complete by spending 5-7 minutes on each, do 2 sets. Try to beat the max of the first set. *Focus on being in control.*

1v1

One vs One setup, place two cones 10-15 feet apart. Score by hitting the opponents cone. Modified 1v1, if the opponent(s) are not equal. Larger goal vs small goal or 2 younger players vs 1.

1000 Touch example 1

1000 Touch example 2 30 seconds each

Start by doing the first 8-10 then add a new one each workout session.

- Toe Touches //** alternate tapping the top of the ball
- Rotating Toe Touches //** Rotate halfway around the ball while tapping the top of the ball then rotate the other way.
- Forwards 3 + Backwards 3 Toe Touches //** moving the ball with top pushes then pulls on ball
- Quick Feet //** toe touch the ball between your feet keeping ball underneath body
- Rotating Quick Feet //** (Quick Feet) 180 then rotate back.
- 3 Quick Feet touches + Quarter Turn + Drag-back //** (3 Quick Feet) then drag ball back by pulling the ball back from the top of the ball
- Drag & Push //** drag-in with toe on top of ball and push out with laces just a lite touch will work
- Drag & Heel //** drag-in with toe on top of ball then push forward with your instep-heel
- Instep instep, Rollover //** tap the ball with the instep of the foot twice (Quick Feet) then roll the ball inward
- Outside, Outside, Rollback //** with lace push ball away to a side then roll ball back with foot on top of the ball back to start then switch feet
- Outside, Outside, Stop, hop-over //** similar to last push twice but then stop the ball with same foot, hop over/step past the ball and then start over in other direction
- Outside, Inside (rt-foot) //** push out then tap in
- Outside, Inside (lft-foot) //** same as previous but with left-foot
- Outside, Inside (switch feet) //** similar to previous two except alternate feet. Inside-Outside-Inside pattern (three touches per foot)
- Drag-Back and through//** roll ball back then tap the ball behind left-foot then roll ball back then tap behind right-foot
- Lace, Lace, Inside Cut //** push twice using right-foot laces then cut ball back with inside right-foot
- Lace, Lace, Outside Cut //** push twice using right-foot laces then turn cut with outside
- Instep, instep shuffle //** tap-shuffle the ball with the instep of the foot twice to the right then tap-shuffle twice to the left

Don't be discouraged if you find these difficult. The objective of these drills are to get you to be more familiar with different ways to maneuver the ball.

Two Mile Run

This workout schedule is taken from an article on how to prepare for a 5K roadrace in two weeks. If you want to focus on completing the 2-mile run without having the need to stop, this is the workout for you. Start this 2-weeks before tryouts. (5K equals 3.1 miles)

Monday August 4th

Day 1: Run 1 mile at an easy pace. (run-walk-run with 30 second intervals) If your in better shape double the distance overall.

Day 2: Take the day off from running. Walk for 20 to 30 minutes, or pick another light cardio activity. **OR Ball work:** Setup 8 cones in an "L", 3 feet apart. Dribble up and back only using your right foot, then left, then both feet, 3-4 sets. Tap the ball with your instep then the outside of your foot each step.

Day 3: Run 1.5 miles at an easy pace. (run-walk-run with 30 second intervals) If your in better shape double the distance overall.

Day 4: Take the day off from exercise.

Day 5: Run 1.5 miles at a comfortable pace.

Day 6: Walk or cross train (bike) for 20 to 30 minutes. Biking is good when riding in a low gear and pedaling at a continues speed, comfortably. (80 rpm)

Day 7: Run at an easy pace for a half-mile, then pick up the pace to about 70 percent of your max effort. Run at the 70% pace for 1 to 1 1/2 miles. Cool down for a half-mile for a total of 2 to 2 1/2 mile run. *The faster pace can help you experience what a race-day pace might feel like.*

Day 8: Take the day off from exercise.

Day 9: Run 2.5 to 3 miles. Go at an easy pace, but occasionally pick up your pace for 20 to 30 seconds at a time just to keep your legs feeling springy. Aim for six to eight of these short accelerations.

Day 10: Cross train with 20 to 30 minutes of non-impact cardio. Biking or swimming!

Day 11: Ball work: 8-cones in "L", then place a cone 10-yards away. Dribble through cones, leave ball, then sprint to the far cone, Jog back to the ball and dribble back through the cones. Left foot, Right foot, then both 3-4 sets. (inside-outside-inside-outside).

Day 12: Run easy for 1 to 2 miles, depending on your experience level and how you're feeling. If you're in decent shape, 2 miles will probably feel OK. If you're new to running or your legs feel sore, tired and heavy, 1 easy mile is plenty.

Day 13: Rest so your legs are fresh for the race.

Day 14: First day of TRYOUTS, 2-mile run!

How to sprint faster (click the links to see the exercise using weights)

To increase your speed in the long-term, Human Kinetics recommends you sprint at least twice a week and time it. Perform compound exercises such as parallel squats, straight-leg dead-lifts and power cleans three times a week on non-consecutive days. (3-5 sets 10-15 reps).



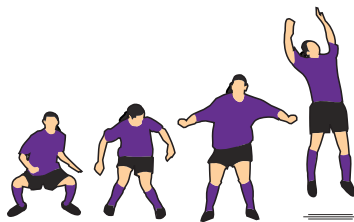
Parallel squats

Stand with your feet shoulder-width apart or slightly wider, toes pointing slightly outwards. Lower your body as if you are sitting back into a chair, keeping your back straight and chest up. Continue lowering until your thighs are parallel to the ground.



Straight-leg dead-lifts (with or without weights)

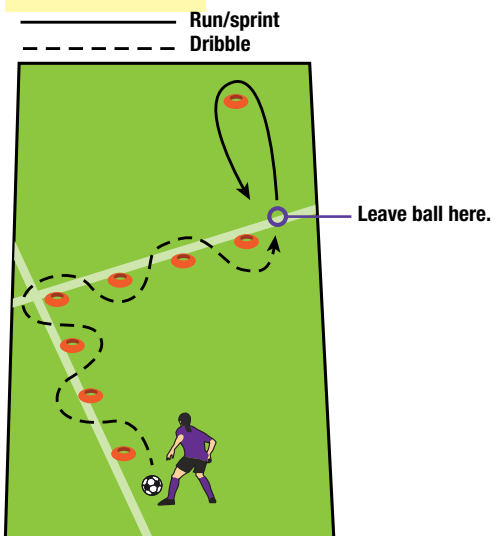
Feet hip-width apart with slight bent knees, barbell(s) in front of your thighs, hinge at the hips with back straight. Allow the barbell(s) to move away from body. Lower barbell towards your feet, keeping your legs nearly straight, until you feel a stretch in your hamstrings and stop. Lift by driving through your heels, extend your hips, and bring your torso back to the starting position, squeezing your glutes at the top of the movement.



Power cleans (Squat Jumps)

Stand with feet shoulder-width apart and knees slightly bent. Bend your knees and descend to a full squat position. Explode up into a jump extending your arms and hands above your head then control your landing.

8 Cone Dribbling (2-3 sets right only, left, then both)



Half-field sprints (after 3 sprints take a 60 second rest)

