



RSA Elite Players

Please read and understand how to approach the tryouts, physically and mentally. Remember this going into tryouts
“Fail to prepare, prepare to fail”

My objective as a Director of Coaching this year is to develop and prepare experienced players to compete at the highest level of competitive and have the opportunity to be placed into the College Circuits if they have the potential. This year will provide a unique and quality service that will enhance the Player's Development. My expectations are to develop Elite players in preparation for their realistic futures. I will achieve the following with a quality program, assertiveness, interconnection and superb training service. I have added my fitness guide in preparation for the tryouts procedure.

13 Tips for Tryouts.

Coaches look for many things during the soccer tryout, and it's not always about the skill and speed. Here are 13 tips that will help you shine:

Soccer Tryout: Tip #1. Think ahead and be prepared. The absolute best thing you can do to prepare for your soccer tryout is to be in good physical condition. You should be practicing your skills to the best of your ability every day. Make sure you have a ball that's the correct size for your age. Wear your shin guards when you practice so you'll be comfortable with them. Make sure your shoes fit and you have a pair of soccer sox.

Keep yourself hydrated and make sure you have a nutritious snack about two hours before the soccer tryout. Make sure you bring your own water. Many times a big cooler of water will be provided, but it never hurts to be prepared. Besides, if you work your butt off during the soccer tryout, you'll need something to drink on the ride home.

Soccer Tryout: Tip #2. Be on time. That means getting to the field with enough time to park the car, find the coaches and the field, and get signed in. It's disrespectful to be late. Besides, being on time and knowing where you are supposed to go, lets you stress less and be more confident. Stressing uses up some of the valuable energy you're going to need on the field.

Soccer Tryout: Tip #3. Make sure you are already dressed with your shin guards and shoes on before stepping on the field. Then, make sure that you're warmed up **BEFORE** the soccer tryout starts. Also, all long hair should be up and out of your face. Do not wear any necklaces, rings, earrings, toe rings or any other jewelry when you play soccer.

Soccer Tryout: Tip #4. Introduce yourself to the coach. Don't let your mom or dad do it. Don't interrupt him if he's talking to someone else. Wait until he's done. It might be scary, but just walk up to the coach and say, "Hey, Coach. My name is Renaldo. Where do you want me?"

Soccer Tryout: Tip #5. Be respectful. If the coach introduces himself as "JJ Bishop," you can call him either "Coach Bishop" or "Coach JJ." You can always address him as "Coach." Coaches like it when you call them coach - especially if this is their first year. You should always use "sir" or "ma'am" when answering a direct question from the coach.

Soccer Tryout: Tip #6. Don't mess around with your soccer ball while the coach is explaining things. Stand with the ball cradled between your elbow and your hip, or place it on the ground between your feet. If someone kicks or hits your ball away, let it go. You can retrieve it AFTER the coach is done talking.

Soccer Tryout: Tip #7. Make eye contact with the coach. As he is addressing all the players there for the soccer tryout, keep your eyes on his face and eyes. Just like if he was sitting across the kitchen table from you. Many of the other kids will be messing around, not paying attention. If you make eye contact with the coach, he will soon be talking directly to you. He might look around at all the other players, but he will come back to you. He'll know that you care about what he is saying and he'll see that you are paying attention. He will notice who you are.

Soccer Tryout: Tip #8. Stay focused and remember why you are there. You are at the field for a soccer tryout. You are not there to hang out with your friends. You are not there to play tag, chase butterflies or do cartwheels in the grass. Mind your own business. Don't let the other players distract you.

Soccer Tryout: Tip #9. When you line up to do the activity, and if you know exactly what you are supposed to do, do not be afraid to go first. Coaches respect kids who are willing take the lead.

Soccer Tryout: Tip #10. On the other hand, you don't have to be first all the time. If you don't go first in the drills, try to do it faster and better than the kids that do go first.

Soccer Tryout: Tip #11. Throughout the soccer tryout, the coaches will give you opportunities to take water breaks. Be the first one back from the water break. Do not lollygag and play around during water breaks.

Soccer Tryout: Tip #12. Keep your shirt tucked in. You'll have to do it during games, so you might as well get used to it. Tucking in your shirt makes you look taller, more muscular and in better shape. Long, sagging shirts make you look dumpy and lackadaisical. Wear your shorts how they are designed to be worn, with the waistband at the waist. Every coach I know has no patience with "sagging." If your shorts have a cord, keep it tucked into the waistband of your shorts.

Soccer Tryout: Tip #13. Don't whine and complain. A coach doesn't want to hear how hot it is. A coach doesn't care if Johnny is jabbing you in the back. He doesn't want to hear that you can't find your ball. He knows you're thirsty; you don't have to keep reminding him. He doesn't want to hear "I can't do it." Don't tattle on the other players. Don't ever excuse bad behavior on your part because "Johnny did it!"

When your soccer tryout is over, pay attention to what happens next. Many times tryouts are conducted over several days. Sometimes the coach will tell you right then if you made the team. Sometimes they will notify you with a letter or call you at home. Make sure you gather up everything you brought to the field. It's perfectly okay to say good-bye to the coach and even thank him. Do not ask him if you made the team. If you followed all of these Soccer Tryout Tips, he knows who you are.

The waiting to find out if you made the team can be excruciating. If you followed all the Soccer Tryout Tips, the coach is going to love you. But, if it doesn't work out for you this time, find yourself another team to tryout for, and keep working on those skills. Even Michael Jordan didn't make the team the first time he tried out.