

Oakton Girls' Soccer Tryout Guidelines **(2015 Season)**

Program Overview & Coaching Staff

Head coach: Juan Carlos Gutierrez
J.V coach: John Moriarty
J.V asst. coach: Colleen Anderson

Tryout/Location

Feb. 23rd (First cuts on 25th)
Tryout location – Oakton H.S (Stadium Field)

Criteria used for team selection

All eligible players will be considered for Varsity, and all eligible players not making varsity will be considered for Junior Varsity.

Program Selection Criteria

Sport specific skills: Dribbling at speed and under pressure with control, ability to shield opponent from ball, ability to strike ball with both feet, heading (offensive & defensive), ability to read the game (offensive & defensive), high level of fitness, ability to defend, ability to play within multiple systems of play (i.e. 4-4-2, 4-3-3, 4-5-1), decision making at game speed and under pressure.

Goalkeepers: ability to catch (all levels of shots), control penalty area, defend crossed balls, communication, reading the game effectively, kicking and throwing skills, and in addition to the sport specific skills.

Attitude – Demonstrates a strong work ethic, keeps positive attitude and body language, encourages others, knows when to work and when to play, leadership qualities, shows class on and off the field.

Number to be selected (Target)

Varsity 18 - 22
J.V. 18 - 22

Practice commitments if a student makes the program

Players are expected to be at all practices from the start of the season on.

Practices: Varsity & J.V. Monday – Friday 3 – 5 pm

Exceptions: College visits, weddings, funerals, court dates

Any conflicts with practices must be discussed with coaches prior to tryouts.

Game commitments

Must attend every game, no exceptions

Any conflicts with games must be discussed with coaches prior to tryouts.

Eligibility requirements

Must meet VHSL requirements.

- A student is not permitted to participate in tryouts while serving an out-of-school suspension. Local school extracurricular participation policies are in effect.**
- Tryouts are open and available to all students that meet the VHSL eligibility criteria.**
- If a student is going to miss tryouts due to extenuating circumstances, e.g., extended sport season, sickness, injury, or another compelling reason, he or she must have prior approval of the coach.**

Cuts will be made over the try-out period and each player will personally be addressed by a member of the coaching staff as to their status in the program.

Fitness Testing

Fitness will be determined by the individual coaches and may include long distance and short distance running.