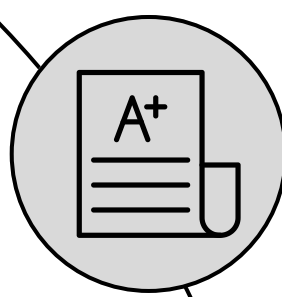


PHS

Boys Soccer

Tryouts 2023

Each day of tryouts, you must bring water, a soccer ball, shin guards, cleats, and running shoes.



Pass 5 classes last semester & currently enrolled in 5 classes



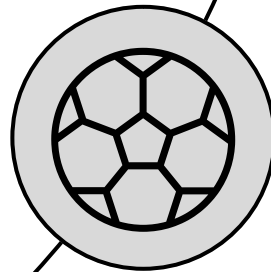
Turn in sports physical dated after 5/1/22 to Mr. Qualls



Complete and turn in concussion training (online) to Mr. Qualls



Submit eligibility form (half sheet of paper) to Mr. Qualls



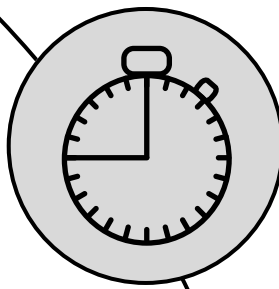
Arrive to tryouts on Tues., February 21 @ 2:30 pm on the grass field

PHS

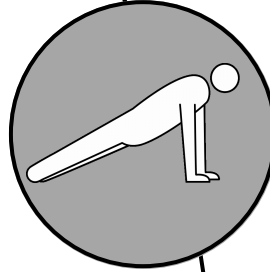
Boys Soccer

Tryouts 2023

Each day of tryouts, you must bring water, a soccer ball, shin guards, cleats, and running shoes.



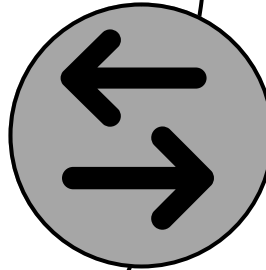
Mile Rest Mile:
Varsity sub 7 min miles
JV sub 7:30 min miles



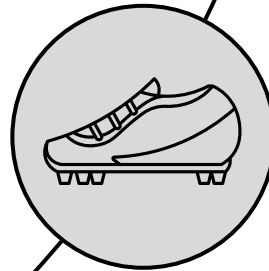
Countdown:
Alternating between
pushups and situps



120s:
120 yard sprints (end line
to end line)



Shuttle Run:
Approx 50 yard sprint
(back and forth) x 6



**Speed drills with ball at
your feet. Agility through
cones, ladders, etc.**