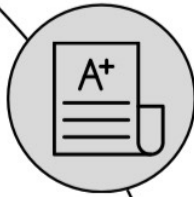


# PHS

## Boys Soccer

### Tryouts 2024

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



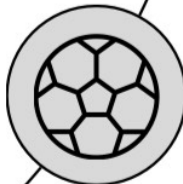
Turn in sports physical dated after 5/1/23 to Mr. Qualls



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 20 @ 2:30 pm on the grass field

# PHS

## Boys Soccer

### Tryouts 2024

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



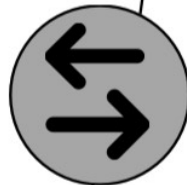
Mile Rest Mile:  
Varsity sub 7 min miles  
JV sub 7:30 min miles



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.