

# Medfield Boys Soccer Program

Twitter @medfieldsoccer

## Coaches

Coach: Jason Heim – jheim@medfield.mec.edu

Coach: Travis Taliaferro – ttaliaferro@medfield.mec.edu

Coach: Paul Coutinho – pcoutinho@medfield.mec.edu

Coach: Shawn Chlebda – chlebda14@yahoo.com

## Varsity Captains

Kevin McCordic – kmccordic@gmail.com

Sean Conroy – sean.conroy14@gmail.com

Connor Kilkenny – Kilkenny@hotmail.com



## Tryouts

**Thursday, August 21**

**Times TBD – Based on level**

**Friday, August 22**

**Times TBD – Based on level**

**Saturday, August 23**

**Times TBD – Based on level**

**Monday – Friday 3:30-5:30**

*\*\* Please bring a soccer ball, cleats, running shoes, and water to EVERY practice!*

## REQUIRED FORMS

Everyone who would like to play Soccer NEEDS to make sure you have the appropriate paperwork in. All forms can be downloaded at the Athletic trainer's website on [www.medfield.net](http://www.medfield.net) before summer. In order to be eligible to play, you need:

1. **Physical (physician form)** – Must be filled out **by your doctor**, that shows that you have had a **physical** within the past year. Make sure that your physical is valid for the entire FALL season. Physicals are good for 13 months.
2. **Consent to treat and medical information release Form** (Yellow)– This needs to be signed by you and a parent. Again, even if you have played another sport, fill one out.
3. **Concussion Statement– Concussion history**
4. **Emergency Contact Information (Blue)**– Every player should fill one in, regardless of whether or not you have played a sport in the fall or winter.
5. **Money** - \$225 Check made out to Medfield High School.

If you do not have your papers in you will not be cleared for tryouts. Do **NOT** bring us any papers on the day that tryouts begin.

## **Play soccer over the summer**

It is essential that you play soccer over the summer in order to prepare for the upcoming season. You need as much exposure to the game as possible – you cannot rely on fitness alone!

*The game is the best teacher.*

### **Captain's Practices (optional)**

- Will run twice a week for the entire summer. It is highly beneficial that you attend these sessions – it does not matter what year you are! Check your E-mail, twitter or facebook for dates and times.
- **Likely times: Tuesday and Thursday evenings.**
- If the day and time changes, the captains will let you know.

### **Camps and clinics (optional)**

- There are various camps and clinics across New England.
- Leagues – join a team
- Clinic - TBD

## **Tryouts and Cuts**

Due to the increasing popularity of soccer and the increasing enrollment at Medfield over the past few years, the soccer program has unfortunately had to make cuts. **Be prepared.** It is your job to display your soccer talent to us during tryouts.

### **Varsity Tryouts**

**ALL Juniors & Seniors must attend**

- *Sophomores and freshmen by invitation ONLY. You will be called or emailed and asked to attend Varsity tryouts.*
- *All J.V. 1 players are invited to tryout for Varsity.*

\*\* Freshmen and sophomores who are not invited to varsity tryouts may still make the varsity team. Teams are subject to change, and we will move any player up to varsity if they show they are ready.

All sessions will be demanding, competitive, and run at a fast pace.

**Freshman and Sophomores** – Developmental years

- JV2, JV1 or Varsity

**Juniors** – This is a deciding year.

- **ALL juniors must** try out for the varsity team. If you are a junior, and are not ready for the pace, quickness, and intensity of the varsity level, there is a possibility you will be cut.

**Seniors** – You will be on Varsity if you are going to be a contributor.

- Three consecutive years of JV does not automatically ensure you make the varsity squad.

Varsity roster does not guarantee playing time.

### **Evaluation**

During tryouts, all of the coaches will be evaluating you on different attributes in order to do our best to place you on the appropriate team. As we continue to watch your development, we may move and shift players throughout the season.

You will be evaluated on the following:

1. **Fitness and Athleticism**

- Endurance - Timed long distance run (aerobic fitness)
  - Agility - Recorded Sprint Test –Beep test-(anaerobic fitness)
  - Speed, Quickness– evaluated during drills and scrimmages.
  - Strength – on and off the ball - evaluated during drills and scrimmages
2. **Technical Skill** – Some skills may be measured and recorded, and others will be evaluated by the coaching staff.
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|--|---|
| <ul style="list-style-type: none"> <li>○ Dribbling</li> <li>○ Passing</li> <li>○ Trapping</li> <li>○ Tackling</li> </ul> | <ul style="list-style-type: none"> <li>○ Shooting</li> <li>○ Finishing</li> <li>○ Marking</li> <li>○ Heading</li> </ul> |
|--|---|
3. **Tactical Skill**
- Defensive awareness and positioning
  - Offensive awareness and positioning
4. **Work Ethic and Attitude** – You are expected to work hard every day in practice, and to pay attention to the directions given by coaches. This will be evaluated by the coaching staff.

## *Fitness Tests*

1. **Long Distance run**
- 4 laps around the back Wheelock fields
2. **Full field sprints** – 10 in a row, in the following pattern
- 100 yard **sprint** (full field) in 17 seconds
  - **Recover** back in 25 seconds (Jog)
  - **Rest** for 30 seconds
  - **We will record how many sprints / recoveries you were able to complete on time.**
3. **Beep Test**
- This is a continuous sprinting drill
  - You will run continuously between 2 cones, approximately 20 yds. apart
  - You will continue to run at a faster pace, dropping out when you can no longer keep pace with the “beep” on the tape.
- We will record how many sprints you were able to complete before stopping.**

## **Soccer Fitness and Skills**

### **1. Ball Skills**

**\*\*You MUST prepare for soccer tryouts by working with a soccer ball.** If you only prepare for tryouts by getting into shape physically, it will be quite obvious to the coaches on day one. In order to maintain your touch on the ball, you should be working on coerver moves – this works your fitness level as well!

- **Coerver Training** – Coerver moves involve the ball, and should be practiced at full speed for 15 – 20 seconds at a time. If you practice 10 moves for 15 – 20 seconds at a time, and go through the rotation twice, it will only take you approximately 15 minutes to get a GREAT workout in, and it will improve your skills dramatically. Some of the moves are:
  - Step over
  - Lean and Push
  - Fake Kick
  - Sharp Cut
  - Top of the ball (pull with sole of foot), outside (push ball away at an angle with the outside of the same foot)

### **2. Offensive and Defensive Soccer Skills**

#### Basic Defense

- How to contain an attacker –stall the offense

- How to properly mark an opponent – (distance, vision, support)
- Effective tackle
- How to stop a give and go
- Communication

#### Basic Offense

- Receiving the ball facing the field
- Creating space – open up to the ball
- Movement – Effective runs
- Vision -
- Communication

### 3. Athletic Fitness

In order to be in shape for soccer, you MUST run **SPRINTS** this summer! The biggest mistake players make in their training, is to only spend their summer jogging, in order to prepare for the long run. While jogging is important, sprinting is as important, if not more important!

**Strength** – Upper body as well as leg strength.

**Aerobic Training** – Long Distance Running. You should run at a relatively quick pace, in order to prepare realistically for a soccer game.

**Anaerobic Training** – Sprinting until you are short of breath, rest, repeat, rest, repeat....It hurts!!! But you must sprint this summer!!

#### Examples:

- **Sprints (Suicides)** = Sprint to 6 and back, 18 and back, 50 and back. Rest 45 seconds and repeat 5 times. (As you progress, shorten your rests, and increase repetitions)
- **Soccer Field** = trace all lines in a clockwise pattern – sprint vertical lines, jog horizontal lines
- **Soccer Field** = Start at half field – sprint to one 18, sprint to other 18, turn and sprint to endline, turn and sprint to other endline, sprint back to half field. Repeat!
- **30 yard Sprints** – Sprint 30 yards and back, 3 times in a row without a break. Rest 1 minute, and repeat. Start with 3 repetitions, and work to 6 repetitions.
- **Interval Training** – Run for 20 minutes. Run in the following pattern: jog, 75% sprint, full sprint, jog. Each leg should be approximately 10 – 15 seconds. Follow this same pattern for 20 minutes.

## To Parents of Players

*One of the most important objectives of our athletic program is to meet the needs of the student-athletes. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program*

### Communication you should expect from the coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the entire team
3. Locations and times of all practices and contests
4. Team requirements, i.e. practices, games, weekends, vacations, etc.

### Issues not appropriate to discuss with coaches

1. Playing time at the varsity level
2. Team strategy
3. Play calling
4. Other student-athletes

*There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.*

1. Contact the coach the coach via email to set up an appointment.
2. If the coach cannot be reached, speak to the Athletic Director through email [escott@medfield.mec.edu](mailto:escott@medfield.mec.edu) or by phone (508) 359-4809. A return call from the coach will be arranged, or a meeting set up for you.
3. **Do not call a coach at home!!!** A coach's time with family is severely limited during the season. The family's privacy should be respected.
4. **Please do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.

### If the meeting did not provide a satisfactory resolution

1. Call and set up an appointment with the Athletic Director.
2. The Athletic Director will listen carefully to concerns and mediate a resolution.

If you are not satisfied with the decision of the Athletic Director

1. Call and set up an appointment with the Principal (508)359-4367
2. The Principal will listen carefully to your concerns and attempt to mediate a resolution.

**Remember-** Your concerns are important to us. Please follow the above procedures to make those concerns known. Together we can work to improve our athletic programs.