



Shaker High School Varsity and Junior Varsity Women's Soccer

Welcome!

Welcome to the 2017 soccer season! The coaching staff is excited and looking forward to a competitive soccer season at Shaker High School. The coaching staff will have high expectations for the program and push each player technically, tactically, physically, and mentally as we build from a successful 2016 season.

In order to tryout you must (Parent/Student-Athlete Responsibility):

1. Have a physical completed.
 - *Free Physical Dates:*
 - Wednesday, June 7th and Wednesday, August 2nd.
 - Located at Capital Region Health Park – 711 Troy-Schenectady Rd., Latham. Time: 5:30 pm
2. Submit recheck forms (permission forms) **in-person** between July 17th–August 10th, 2017 for Varsity, JV, and Freshman student-athletes.

*Recheck/Permission forms will be available anytime on the district website at www.northcolonie.org on the athletics tab.

*Shaker High School Summer Health Office Hours:

- July 17th-August 18th: 8:00am-12:00pm.
- Evening hours: July 31st-August 3rd from 6-8:00pm.
- Additional hours: August 21st - 31st from 8-10:00am.
(Monday, Tuesday, & Thursday only)

*7th and 8th grade students who have been invited to try out for a Shaker High School level team must receive Health Office Clearance from Shaker Junior High School Nurse and must be cleared by August 10th.

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Summer Captain(s)/Coaches Practice:

Starting in July, the Shaker High School varsity captain(s)/coaches will be holding practice at the North Colonie Soccer Complex (Boght Road). These practices are not mandatory. Please do your best to attend these practices to remain fit and technically sharp.

We will utilize www.remind.com to notify the program of any updates and cancellations to the summer schedule. To receive these updates, please sign up and join our group: @shakergs.

Pre-registration required: <http://latham.sportssignup.com/site>
Please sign up for: [Shaker HS Pre-Season Captain's Practices 2016](#).

*full schedule attached.

Preseason:

Preseason will run from August 14th-August 23rd at Shaker High School on the Varsity & JV fields. The tryout portion of preseason will run from August 14th-August 17th. Players must come into preseason fully fit. This will help reduce the risk of injury and allow the coaches to focus more on technical and tactical areas.

- *Players should expect to be tested in various fitness tests, which may include: cooper test, beep test, gauntlet, gassers, Illinois test, and/or sprint fatigue test.*
- *Players must provide the following for training: running shoes, indoor shoes, cleats, shin guards, soccer ball, and water.*

*full preseason schedule, fitness testing, and tryout criteria descriptions attached.

2nd Annual Varsity Overnight Preseason Trip

Student-athletes chosen for the varsity girls' soccer team will attend a 2-night preseason trip to Camp Echo Lake in Warrensburg, NY. The trip will provide an opportunity for the team to work on technical and tactical training, team bonding activities, and complete a ropes course. Meals and housing will be provided.

There will be a per player fee of \$99 to help defray trip costs.

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Shaker High School Women's Soccer
Varsity & Junior Varsity
Summer Captain & Coach Practice

~ July 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
All July practices will be at the Latham Circle Soccer Complex.						1
2	3	4	5	6 Captains Practice 8:30-9:45am	7	8
9 Captains Practice 6:30-7:45pm	10	11	12	13 Captains Practice 8:30-9:45am	14	15
16 Captains Practice 6:30-7:45pm	17	18	19	20 Captains Practice 8:30-9:45am	21	22
23 Captains Practice 6:30-7:45pm	24 *Markovic Team Camp 5:30-8:00pm	25 *Markovic Team Camp 5:30-8:00pm	26 Fall Athletic Placement Process (APP) Testing 9:00am F Gym *Markovic Team Camp 5:30-8:00pm	27 Captains Practice 8:30-9:45 *Markovic Team Camp 5:30-8:00pm	28	29
30 Captains Practice 6:30-7:45pm	31					

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Shaker High School Women's Soccer
Varsity & Junior Varsity
Preseason Schedule

~ August 2017 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 Athletic Placement Process (APP) Testing 9:00am F Gym	10	11	12
13	14 8:30-11:00am <i>Varsity & JV Tryout</i>	15 8:30-11:00am <i>Varsity & JV Tryout</i>	16 8:30-11:00am <i>Varsity & JV Tryout</i> <i>*Team Selections*</i>	17 JV Practice 8:30-11:00am Varsity Practice 4:00-6:00pm Varsity Parent Meeting At Varsity Field 6:00pm	18 Varsity & JV Practice 8:30-11:00am	19 Varsity: Off Day JV Practice: 8:30- 11:00am
20 Varsity Team Trip: Depart TBD JV: Off Day	21 Varsity Team Trip JV Practice 8:30-11:00am	22 Varsity Team Trip Return TBD JV Practice 8:30-10:00am	23 Preseason Festival 11:00am-1pm Varsity & JV @ Shaker	24 Varsity Off Day JV Practice 8:30-10:00	25 Varsity & JV Practice 8:30-9:45am	26 Varsity & JV Game 11:00am vs. Queensbury @ Shaker
27 Varsity & JV Off Day	28 Varsity & JV Practice 3:00-4:30pm	29 League Game	30 Varsity & JV Practice 3:00-4:30pm	31 League Game	Sept. 1 Varsity & JV Practice 8:30-10:00am	Sept. 2 Varsity Off Day JV Practice 8:30-10:00am
Sept. 3 Varsity & JV Off Day	Sept. 4 Varsity & JV Practice 4:30-6:00pm	Notes: <i>*Pool sessions may be added</i> <i>*Training session(s) and times may change unexpectedly.</i>				

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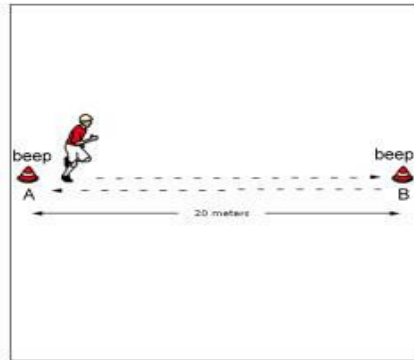
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Fitness Descriptions

Beep Test

This test involves continuous running between two cones 20 meters apart in time to recorded beeps. The time between recorded beeps decreases each minute (level). See diagram below:



1. A brief explanation of the test is provided leading into a 4 second countdown to the start of the test itself. Thereafter, the CD emits a single beep at regular intervals. The player begins their shuttle from cone **A** to cone **B** and places one foot on or beyond the cone.
2. If the player arrives at cone **B** before the beep, the player must wait for the beep and then resume running back to cone **A**.
3. The player continues to run between cones **A** and **B** until they are not able to keep up with the speed set by beep recording. NOTE: If player misses **two** runs in a row (e.g. not arriving at cone before or at beep), the player is done.

***Preseason Target: Level 10**

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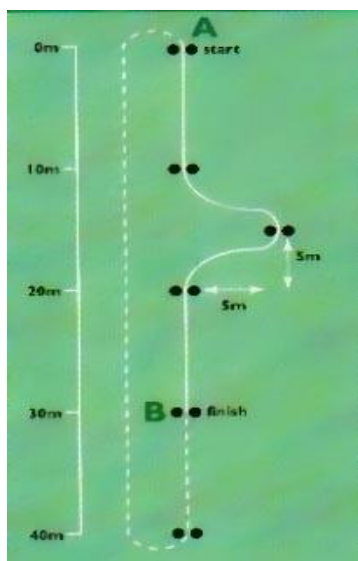
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In soccer, players often have to reproduce sprints in quick succession. The ability to recover between sprints and produce the same level of power over and over is a measure of sprint fatigue.

For this test, you require 12 cones or markers and a stopwatch. Look at the figure below to see how to set the cones:



1. Sprint from **A** to **B** between the cones deviating 5 meters sideways in the middle of the sprint. Have a training partner start you off and time your sprint between **A** and **B**.
2. Jog slowly for 10 meters after point **B** and then back to point **A** taking 30 seconds to do so.
3. As soon as you reach point **A**, repeat the sprint.
4. Complete a total of 10 sprints and have your training partner note down all the times.
5. Subtract your fastest time from your slowest time. This is your sprint fatigue. For example, if your slowest sprint was 7.8 seconds and your fastest sprint was 6.9 seconds, your sprint fatigue is 0.9 (7.8 - 6.9).
6. Find the average speed of the first three trials and divide it by the average speed of the last three trials. Multiply the result by 100 to find the percentage. For example, your times were: **7.1, 6.9, 6.9**, 7.0, 7.2, 7.1, 7.3, **7.3, 7.4, 7.5** The average for the first 3 sprints is 6.97 and the average of the last 3 sprints is 7.4. Divide 6.97 by 7.4 = 0.94 X 100 = 94%
7. Compare final percentage with table below:

Power Maintenance		
Level	Category	%
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%

Cooper Test (Endurance)

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The purpose of the Cooper test is to assess the player's general endurance. To undertake this test you will require a 400 meter track (marked every 100 meters) and a stopwatch.

1. The test comprises of determining how far an athlete can run in twelve minutes. The assistant should record the total distance covered to the nearest 100 meters.
2. Compare the total distance covered with the table below:

Age	Excellent	Good	Average	Below Average	Poor
Females 13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
Females 15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m
Females 17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m

The Gauntlet (Endurance)

This test is performed on a running track.

1. One mile (four laps) in 7 minutes 30 seconds
Rest 1 Minute
2. Half Mile (two laps) in 4 minutes 30 seconds
Rest 1 Minute
3. 400m (one lap) in 2 minutes 25 seconds
Rest 1 Minute
4. 200m (half lap) in 1 minute
Rest 1 Minute
5. 100m (quarter lap) in 30 seconds

*To pass the gauntlet the athlete must pass at least 4 of the 5 standards.

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Tryout Evaluation

PLAYER:						
COACH:						
FIELD PLAYERS	Needs Focus (1)	Work On (2)	Good (3)	Very Good (4)	Excellent (5)	Comments
CHARACTER						<u>Comments</u>
Coachability						
Attitude						
Aggressiveness						
Concentration						
Competitiveness						
Mental Toughness						
ATHLETICISM						<u>Comments</u>
Strength						
Speed						
Agility						
Endurance						
TACTICAL AWARENESS						<u>Comments</u>
In Attack						
In Defense						
TECHNICAL SKILLS						<u>Comments</u>
Dribbling						
Ball Control						
Passing						
Finishing						
Heading						
Juggling						
Ball Striking w/both feet						
Field Player Points						
Total Possible Points	95					
GOALKEEPERS	Needs Focus (1)	Work On (2)	Good (3)	Very Good (4)	Excellent (5)	Comments
Positioning						
Hands						
Diving						
Footwork						
Close Shots						
Shot Stopping						
Crosses						
Communication						
Attitude						
Coachability						
Aggressiveness						
Concentration						
Competitiveness						
Mental Toughness						
Strength						
Speed						
Agility						
Endurance						
Goalkeeper Player Points						
Total Possible Points	90					

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