

Incoming 2021 Freshman Tryout Information



TRYOUT INFORMATION

Any member of the class of 2025 who would like to try out for the soccer team in the fall **must** have a completed physical on file and attend practice on the following four dates beginning August 9, 10, 11, 12. Practice will be on the soccer field at SLUH from 10:00 am – 12:30 pm on Aug 9, 10, 11. Due to faculty meetings, the final tryout will be Aug 12 2:00-3:30. All practices will be on the SLUH soccer field. After these days the practice dates and times will be communicated through our freshmen coach Dr. Brock Kesterson. Please see the SLUH soccer website for the most up to date information.

Students will need to have a WHITE T Shirt with your number on both front and back. Please use a sharpie so your number can be easily seen. If you signed up for camp you were assigned a number from the camp list. (The list is also on the SLUH soccer website under FRESHMEN TRYOUT INFORMATION.) If you are not on the list **DO NOT WORRY OR EMAIL** you will be assigned a number the afternoon of August 9.

How do I prepare for tryouts?

1. At camp you received 3 simple sessions of ball work. If done with intensity this will help aid in your preparation. It is recommended you do one session a day. Each session should take about 20 minutes.
2. Also be prepared to start practice on both Aug 9 and Aug 10 with a 1 mile timed run. Prepare accordingly. On these days start the session in your running shoes. Do some long runs to prepare. Come into tryouts FIT!
3. Consider attending a "Freshmen Kickaround" at SLUH on July 13, July 20, and July 27 from 3-4:30 on the soccer field. SLUH coaches will be there to only organize fitness and manage kids. No coaching will take place. It is just an opportunity to prepare for tryouts. It is not mandatory in any way. You do not have to email anyone if you are not going to attend.

What do I do if I make the team? What dates do I need to be around for?

1. If you make the team assume you have practice every weekday and on Saturday mornings. Communication about practice will come from Dr. Kesterson.
2. There will be a mandatory parent meeting after an evening training on Aug 15.
3. August 16 there will be a Freshmen/ Varsity Dinner after the Freshmen practice at Coach O'Connell's house. Varsity players will drive freshmen to my house in Webster Groves. Parents will pick up from here. More details to follow.

What do I do if I don't make the team?

1. Don't let it ruin your Freshmen year or all the disappointment to start your SLUH career on a sour note. (easier said than done I know!) Cutting kids is the hardest thing we do as coaches. Please know this. It is not personal in anyway!
2. Stay involved in the game. Ask to be a manager. Continue to play for your teams. Tryout again next year. Players who were cut Freshmen year have teams later in their sluh career.
3. Consider another fall sport! Coach Porter has taken many soccer players and helped them to become elite runners.

ALL OF THIS INFO CAN BE FOUND AT
<https://www.sluh.org/athletics/teams/soccer>

Footskills Session one

One minute each Ball Control

- | |
|--|
| 1. Toe touches forward and backwards |
| 2. Toe touches w/crossover |
| 3. Pull to inside of foot |
| 4. Pull to Shoelaces |
| 5. Pull to Outside of foot |
| 6. Pull to inside of foot into Swerve |
| 7. Pull to Outside of foot into Castro |
| 8. Pull to Outside pull behind |
| 10. Pull into stepover |
| 11. Pull into shuffle |

One minute each Juggling

- | |
|---------------------------------------|
| 1. Right, left catch |
| 2. Right, left thigh, R, L foot catch |
| 3. Head to foot |
| 4. Outside of foot |
| 5. Outside to outside |
| 6. Outside High, Low |
| 7. Inside R, Inside L catch |
| 8. Inside of foot, High, Low |
| 9. Shoelace to outside |
| 10. Outside to shoelace |
| 11. Outside shoelace, inside |
| 12. Thigh, High, Low |
| 13. One thigh, Don't touch foot down |
| 14. Switch thighs |
| 15. Foot locked low |
| 16. Foot locked high |
| 17. Foot locked high, low |
| 18. Fast juggle 2 minutes |

**Footskills
Session two**

**90 seconds each
Attacking Moves**

1. Swerve
2. Fake Swerve
3. Scissors
4. Lunge
5. Shuffle
6. Castro
7. Preki

**90 Seconds each
Change of Directions Moves**

1. Block
2. Steppover
3. Sole of foot
4. Cruyff
5. Pull behind foot
6. Snap Cut
7. Reverse Cruyff
8. Flying Cruyff

**1 minute each
Ball Control
Need Helper**

1. Volley Shoelace
2. Receive Shoelace and Catch
3. Receive Shoelace and Volley
4. Volley Inside of foot Alternate feet
5. Receive inside and catch
6. Receive inside and Volley shoelace
7. Volley Outside of foot
8. Receive Outside and catch
9. Receive Outside and Volley shoelace
10. Receive on Thigh and Volley shoelace
11. Receive on Chest and Volley shoelace
12. Side Volley
13. Jump Head

**Footskills
Session three**

**1 minute each
Flank Moves**

1. Inside, Outside of foot start
2. Inside, Inside, Inside Explode Outside
3. In, In, In, Explode Inside of other foot
4. In, In Rivellino w/same foot
5. In, In Rivellino w/other foot
6. Outside, Out Explode outside
7. Out, Out Scissors
8. Out, Out Double Scissors

Same Flank moves with Crosses

15 times each both sides of the field

30 yards out to the end line

40 yards out to the end line

*3 different Flanks moves then Change of direction (COD) move with cross. Both side of the field.

10 times each w/ 3 different (COD) Moves

30 yards out with COD at the end line

Freshman Candidates SLUH Soccer

- 1 Matteo Abbate
- 2 Theo Agniel
- 3 Steven Baudendistel - GK
- 4 Henry Birkmeier - GK
- 5 Gabriel T Chambers
- 6 Ryan Crowe
- 7 Miles Deck
- 8 Dominic Duran
- 9 Aiden Erard
- 10 Michael Fallert
- 11 Owen Gruninger
- 12 William Hamlin
- 13 Nicholas Hammond
- 14 Nolan Harris
- 15 John Hasemeier
- 16 Drew Hawley
- 17 Carson Heller
- 18 Kiran Hunt
- 19 Max Jacobsmeyer
- 20 Blake Jones
- 21 Anderson Kramer
- 22 Ian Kuehner
- 23 Mason Lauber
- 24 Henry Lauer
- 25 Will Martin - GK
- 26 Evan Mullins
- 27 Henry Neff – GK
- 28 Derek Nester
- 29 Logan Phillips
- 30 Jack Reh - GK
- 31 Otto Reitenbach - GK
- 32 Nicholas Ridgway
- 33 José Rincón
- 34 Luca Rogan
- 35 Luke Ruyle
- 36 Cameron Schlueter
- 37 Tom Skouby - GK
- 38 Joseph Stoeckel
- 39 Gavin Smith
- 40 Caleb Treadwell
- 41 Max Tieber
- 42 Rulie Uribe-Sidki
- 43 Niko Vojčić
- 44 Tommy Wagner
- 45 Jakob White
- 46 Daniel Williams
- 47 Tim Wilmes
- 48 Joshua Wilmsmeyer
- 49 Marco Wilson