

What the Coaches are looking for in a Varsity Player

The Top things we look for in a Player

1. **Attitude**, have a positive attitude, wanting to be a part of the team. Having good grades, showing you are committed to the school and program. Not thinking you're better than everyone. **Are you Coachable**
2. **First Touch**, being able to receive and play the ball in 1 to 2 touches, not allowing the ball to bounce or defect off your body.
3. **Reading the Game**, being able to **anticipate** the game, seeing how the game moves and flows, and knowing how to play your position.
4. **What does your hustle look like?**
5. **Speed**, Game endurance and Explosive Speed (20 to 40 yards)

Other things we look for....

****Speed of play** (really important, since we play games on turf)

1. Receiving the ball and passing it with quickness.
2. Receiving a pass and not letting it bounce away from you.
3. The speed of your decision making on the field, what to do with the ball.

**** Skills**

1. **Quality First touch (what we look for the most in a player)**
2. Heading the ball-Trapping the ball, high or low balls
3. Making accurate passes with both feet
4. Good dribbling skills, not losing the ball at your feet.

**** Hustle**

1. What did your summer training look like?
2. Are you in shape for the 1st day of camp?
3. How many minutes a day do you work on your skills?

**** Positions on the field*****

Forwards

1. Anticipation of the play
2. Being able to shoot well, having an aggressive attitude about shooting and going to goal.
3. Heading and dribbling skills
4. Off the ball work rate

Midfielders

1. Controlling the game
2. Passing skills, and receiving skills
3. Vision of the field
4. Attitude to win balls
5. Off the ball work rate

Defenders

1. Marking a player, being in the right position
2. NO BOOM BALL, being able to control the ball out of the back with passing
3. Defensive heading, trapping and passing skills
4. Attitude to win balls

Keepers

1. Talking, how vocal are you in telling players what to do, and where they need to be.

2. Good work rate

3. Receiving the ball, catching/ distributing the ball, and diving skills

*** They are numbered in order of importance.