

# NCC TRYOUT EVALUATION FORM

**Player Name:** \_\_\_\_\_

		Excellent	Good	Average	Below Avg	Needs Imp.
<b>I Conditioning:</b>	Distance					
	Player should be able to complete a 1.5 mile run in under 12 Minutes. 100M and 400M may be added.					

	400M					
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	Game					
Player should be able to complete an entire soccer match.						

<b>II Technique:</b>	Dribbling					
	Looking for the ability to use both feet, dribble with your head up, turning the direction of the ball and speed. Perform moves.					

	<b>Juggling</b>					
<b>Player must be able to start juggling without using hands and control for over 25 touches.</b>						

	Trapping					
Looking for the ability to use all parts of the body to control the ball from the ground and air.						

	Passing					
Looking for the ability to use both feet to pass and use of the correct pace.						

	Finishing					
Looking for the ability to finish using both feet and head. Must be able to look up and place the ball past the keeper.						

<b>III Tactics:</b>	Use & Create Space					
	Player must understand the flow of the game. Player should show the ability to check back and show to the ball and create space.					

	Make Runs					
Player should be able to perform diagonal and overlapping runs.						

	Defense/Marking					
Player should be able to defend an opponent in a game situation.						

	Communication					
Player should demonstrate the ability to positively communicate to her teammates in a game situation.						

	<b>Small - Sided Games</b>					
<b>Player should demonstrate the ability to use the techniques and tactics listed above in small sided games.</b>						

<b>IV Aggressiveness:</b>	Win 50/50 Balls					
	Player should be able to win any 50/50 ball from an opponent and not shy away from contact.					

	<b>Go To Goal</b>					
<b>Player should be able to go to goal aggressively and not shy away from contact.</b>						

<b>V Attitude:</b>						
Player should maintain a positive attitude towards the tryouts, teammates and coaches. <b>PAY ATTENTION TO COACHES - 100% OF TIME!</b>						

<b>VI Effort:</b>						
Player should give 110% effort to each activity 100% of time.						