



## Hastings Girls Soccer

Hello Hastings High School Girls Soccer Players and Parents!

Welcome to the soccer season! As always, the season begins with tryouts, which this year are August 11, 12, and 13 from 8 am to 11 am, and each day will be split up into two "sessions". The first sessions will primarily consist of skill testing and small-sided games, while the second sessions will feature controlled and coached scrimmages. At the end of Wednesday, the Varsity, JV, and C Squad teams will be announced. The players of the Varsity team will then head over to the High School for jersey pickup. Details of the skill tests can be found at the bottom of the letter for reference and practice.

Please be ready to go by the start time: boots on and ready for warmups, wear a blue shirt, and bring a water bottle. If players cannot attend tryouts, 9th graders will be automatically placed on C-Squad while 10th, 11th, and 12th graders will be placed on JV until they can be assessed.

I am very excited for the year ahead of us and I invite all students to be part of this wonderful program, so spread the word and invite your friends. Please let me know if you have any questions or concerns. Go Raiders!!

Paul Armstrong

### Skill Tests

#### 1) Turn and Pass:

- a) A player is given one minute to receive and pass through gates. They will receive a 15 yard pass. She will then turn, and pass into a 1 yard gate that is 15 yards away. She will be awarded a point for every ball passed through the gates.



#### 2) Long Ball Accuracy:

- a) A player will kick 10 balls over a soccer net from 15 yards away into a 10x10

square. The player will receive a point for every ball completed into the square.

4) T-Drill with a ball:

a) A player will run straight for 10 yards then turn one direction for 5 yards. She will then turn 180 degrees and run 10 yards across the top of the “T”.

