



Where Players dare to D.R.E.A.M.™

Discipline, Responsibility, Effort and Attitude
coming together to Motivate today's athlete.

TRYOUT WELCOME PACK '22

Welcome to the 2020/2021 summer tryouts! Once you have registered, you are able to take part in the Blast tryouts that will be used to select players for the 2020 and 2021 summer seasons. We look forward to seeing you at tryouts In this packet:

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1. **Weather information:**

Be prepared to play in rain. Should there be lightning, we will seek shelter. If weather turns threatening (lightening strikes, high wind, reported thunderstorm warning, etc...we will ask parents to pick up players.

2. **Parent Spectator:**

We encourage any parents wanting to stay to watch from the designated area. We also ask that no comments be shouted at players and that parents only observe tryout sessions. The good news is that for any player not familiar with our club and expectations, this is exactly how we encourage our parents to handle every game we play as well ;)

3. **What You Will Need:**

When you arrive for your **first** session, please bring the following:

- Water bottle * We will have water jugs available to refill waterbottles
- Shirt, shoes & shin guards. * You will receive ONE tryout shirt with a number on back - bring/wear it each day.
- Any registration information (receipt, confirmation, etc... We will likely have you on our sheets, but just on case.
- Soccer Balls WILL BE Provided. Do NOT bring a ball. It may get lost or misplaced.

4. **Tryout Mission & Message:**

The Blast Soccer Club is a high development club, focused on helping young, developing soccer players gain the necessary skill sets and confidence to compete at as high a level of play as possible. Our mission is to assess current players and potential incoming players on the basic passing, receiving and dribbling fundamentals as well as being able to assess a players awareness, comfort, confidence and consistency in executing these basic fundamentals in tactical situations.

Above all, at tryouts, we ask that players simply play. Take the skill sets you have developed to date and execute them to the best of your ability. Do so with the comfort and confidence that truly demonstrates your love of the game and your desire to work hard. We expect and anticipate mistakes. In fact, in our training environment, we encourage mistakes as they prove a players desire to continue to try new skills and try harder to execute more difficult skills. When you have fun and play hard, you will be revealing the type of player the club hopes to help develop.

5. **Tryout Check-in:**

If you have already paid, you will simply sign in. If you have not paid, you can bring payment (check payable to NOSC or cash). You will receive your tryout shirt with a number at that time. Please bring your shirts to each tryout session you attend.

6. **TRYOUT FEES:** *Fees may change.*

U9 - U11 – \$45.00; U11 - U18 – \$45.00

7. **Tryout Overview:**

Tryouts will be comprised of 50% technical assessment (passing, receiving, dribbling/footskill) and 50% tactical and competitive awareness. The clubs trains for a high possession game, requiring solid technical skills to manage ball under pressure. We will spend a good deal of time assessing individual play, with time to assess tactical awareness and the ability to support teammates off-ball.

8. **Tryout Process:**

Players will be evaluated for proficiency and completeness of defined skill sets. Evaluators will be assessing at least two of the "D.R.E.A.M. development objectives, Effort and Attitude. Players will receive marks for the rate of effort at tryouts. So, we encourage you to continue to play hard and do not give up should, you fail or stumble. We expect and encourage failure as long as it is accompanied by a solid effort, as this is how we learn and improve.

a. **Footskills/Dribbling:** We will have footskill grids or channels set up where players will execute a series of simple footskill pieces to demonstrate a players ability to use the right and left feet to maintain control of a ball.

b. **Passing & Receiving:** We will do our Blast "Z" drill that will have players getting between 400-600 repetitious touches on a ball. Players will be asked to use 2-3 touches to pass a ball and to receive a ball with one foot, transfer to the other and play again tight the second foot. Players are able to demonstrate additional comfort and control by playing with both feet and potentially showing creativity by playing with outside of foot when warranted.

c. **1v1 and 2v1 situational play:** Players will work in grids to try and get ball past opposing players and through to "goal." Defending players will be asked to first minimize options for attacking player, then, when able, separate ball from player and try and initially gain control vs simply destroying attack (kicking ball out of bounds).

d. **Stacked "even" and "overloaded" play with support:** Players work in grids matched in 3v3/4 or 4v4/5 situations. Attackers can use "bumpers" or support players on outside of grid to maintain possession while continuing to find open space. Goal for attacking players is to move ball quickly and accurately, gain advantage, dribble for goal, or execute a number of passes as "goal." Defending players will be asked to again, disconnect ball and gain control, execute a pass to outside players.

e. **Even up (6v6, 8v8, 11v11) Free play:** Players will be placed in larger grids where they will play even up against opponents that will attempt to keep ball from being played through goals. Attacking players will be asked to use "dynamic" movement to create opportunities to score. Pace of ball and balance of defending will be key criteria.

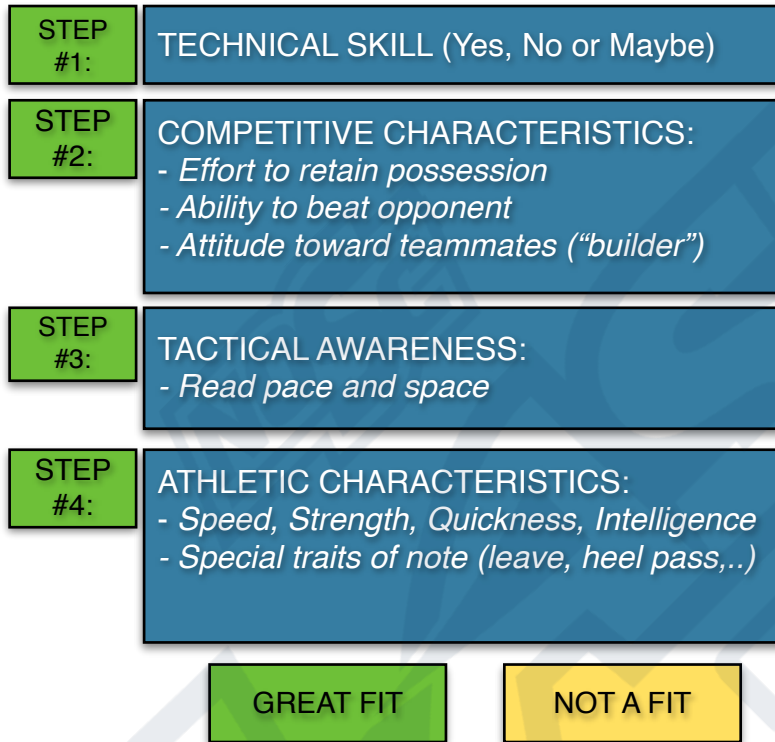
9. **Player Identification and Selection to Teams:**

Following the tryout sessions, we will determine the teams we will place into competition, the players we wish to assign to these teams and address any questions from parents and players. Please take however long you need to decide. However, roster spots will be assigned on a first come-first serve basis and we anticipate all rosters will be full on August



PLAYER EVALUATIONS - TYPICAL DECISION PROCESS

We use our FNR process to assess players in selecting them for team placement and to help them grow throughout the year. Specifically for player selection we use the following observations:



- **F = Forward**
Player is moving forward in their technical delivery and tactical awareness. They have established or are showing positive progress around engagement, effort, work rate and showing a consistently positive attitude toward development.
- **N = Neutral**
Players execution rate has leveled off. They are executing, but with a static level of delivery. This is not a negative characteristic if very consistent and effective. Neutral status becomes a negative characteristic if no adjustments are made after repeated failures or when a lack of execution persists.
- **R = Reverse**
Player is revealing a growing inability to engage and deliver a high work rate. Player's effort lacks energy or is sporadic, only increasing when player is motivated. Player is becoming less positive and less willing to make necessary situational sacrifices to increase team success.

NEW PLAYERS: For players new to a Blast experience, it is easy for us to see their response to being introduced to a new skill set, their level of execution effort, willingness to fail, make adjustments, try again. Over a short time, you see a players ability to embrace this process or hide from it.

EXISTING PLAYERS: Assessing execution rate comes with execution rate history. This can be seen as a positive or negative when it comes to player evaluation. It can be positive if history has shown a player to be active and engaged, delivering a high work rate and positive attitude. However, if historically, the player shows opposing traits, it can negatively impact their overall assessment.

READY, SET, GO!: Once the environment has been arranged and technical and tactical sets explained, players are allowed to engage and execute. The exercises are designed to have ample time to see increased "pace and rate" of execution. Work hard, stay engaged.

CHANGE: On occasion, variables are changed and players must alter course. Change is an effective way to assess player growth potential. Change provides existing players with leadership opportunity to assist everyone in engaging effectively. Change provide new players opportunity to show flexibility and learning potential. Change is a constant challenge in high-level competition.

DECIDE: After all exercises have been completed and some level of collective competition takes place, the following decision process can begin.



PLAYER EVALUATIONS - PLAYER CHARACTERISTICS



"We're not looking for the best players, we're looking for the right ones."



FOUNDATIONAL PLAYER

FOUNDATIONAL PLAYER CHARACTERISTICS:

FOUNDATIONAL PLAYERS are players that show a strong support for D.R.E.A.M. development by consistently revealing a high work rate, strong effort, high level skills and athletic qualities that are likely to advance their personal development and the successful development of their team.

We expect foundational players to be "builders" actively inclusive and not exclusive in their relationships with all teammates and in their interaction with players. They facilitate or initiate activities whenever possible.

These players show an ability to stay positive through adversity and put team first.

"FP" PLAYER ATTRIBUTES:

- **F = Forward**
Development is progressing. Player is on time, engaged, inclusive, has high work rate and positive builder" attitude".
- **N = Neutral**
Players development has stagnated Sporadic participation, Confused, Avg. effort, Apathy.
- **R = Reverse**
Players development has regressed with less engagement and a diminishing work rate and/or level of effort.



EVOLVING PLAYERS

EVOLVING PLAYER CHARACTERISTICS:

EVOLVING PLAYERS are either existing players actively supporting or new players demonstrating an ability to adopt D.R.E.A.M. Development. Evolving player either demonstrates high level skill sets, athletic qualities or unique athletic intelligence that suggests they are fully capable of high level performance.

If they are an existing player, we expect them to be showing strong personal investment with broader engagement with teammates. They accept development challenges with a positive attitude and embrace a committed effort to continued improvement.

New players demonstrate an ability to engage and contribute to overall team success, still knowing when it is appropriate to lead certain situations. They are highly invested in their effort and appropriately demand the same level from their teammates.

"EP" PLAYER ATTRIBUTES:

- **F = Forward**
Player is showing increased foundational player traits with positive, engaged attitude.
- **N = Neutral**
Players motivation has paused. Desire to embrace execution expectations has slowed and or stopped.
- **R = Reverse**
Player is moving away from foundational player traits and is becoming less positive and less engaged in development.



DEVELOPMENTAL PLAYER

DEVELOPMENT PLAYER CHARACTERISTICS:

DEVELOPING PLAYERS are either existing players still new to the expectations (one season) and recognize a development philosophy is in place, but not completely aware of all the characteristics.

If these are new players, they clearly demonstrate high level skill sets, athletic qualities or unique athletic intelligence that suggests they are fully capable of high level performance. While they may not reveal these skills consistently, they attempt them with high effort and without a fear of failure limiting their intensity. They show a positive attitude with as much engagement that seems comfortable.

"DP" PLAYER ATTRIBUTES:

- **F = Forward**
Showing skillsets and/or athletic traits as well as supportive attitude for teammates.
- **N = Neutral**
Not able to see enough skill, athletic or soccer intelligence to have opinion.
- **R = Reverse**
What skillsets or athletic traits have been revealed have shown an inability to easily adopt the development demands or personal investment necessary at this time.

10. Directions to Field and Field Layout:



Wilkinson Field
Address: 5909 Centerville Road, North Oaks, MN 55127



PLEASE DO NOT PARK IN PRESBYTERIAN HOMES PRIVATE/RESIDENTIAL PARKING LOT

Parent Area
 Please stay behind roped area

Field Coord Tent

Registration & Check-In Pavillion

Player Drop-off Area

Main Entrance off Centerville Road

First Aid tent

Players Area (bags & water)

Centerville Road

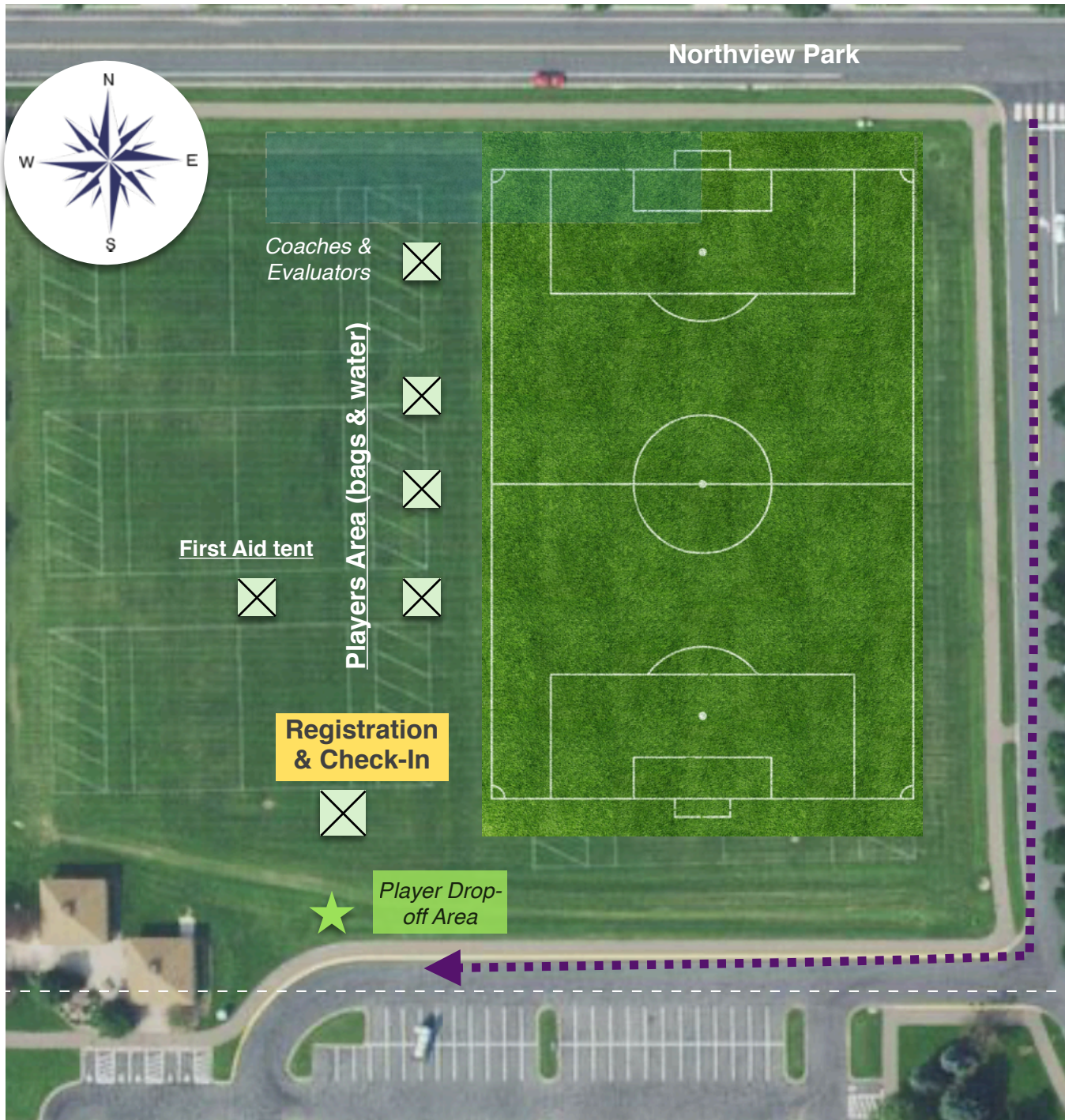
Coaches & Evaluators

PLEASE PARK IN SCHWING SOUTH PARKING LOT FOR BLAST OVERFLOW

PLEASE DO NOT PARK IN SCHWING CORPORATE HQ ACROSS STREET

Northview Park - Eagan

Address: 980 Northview Park Road, Eagan, MN 55122



11. **Club Contacts:**

Should you have questions or need assistance, please contact any of the following people:

Blast Soccer Tryout Coordinators:

Emily Michaelson - Tryout Administrator (Blast North) (651) 955-8883

Josh Okoampa - Director of Coaching (Blast North) (763) 498-1861

Blast Soccer:

John Michaelson - Executive Director (651) 323-7454 [click [HERE](#) to email John]

Thank you very much for your interest and willingness to participate in this years Blast tryouts. We hope you enjoy the experience and that you find a soccer home that best fits your desire and ability to be challenged and improve.

See you soon!

—

John Michaelson
NOSC Blast Executive Director
doc@northoakssoccer.org.



Dare to dream. The Blast journey requires commitment and a deep dedication to attaining high-level goals. In this quest, players discover what they are capable of achieving not only as athletes, but as teammates and as people. Through discipline and responsibility they put forward a high effort with a positive attitude to learn about achieving success in other areas of their lives.

D.R.E.A.M.™
Development
Philosophy

"Let your dreams be bigger than your fears and your actions speak louder than your words."



DISCIPLINE

Are you at every session, with the same high work rate, truly wanting to get better? Discipline is about consistency. It's about doing the things you need to do, when you have reasons not to do them.

"Discipline is the bridge between goals and accomplishment."

- Do I go to training even though it is cold, rainy? Did I take care of my homework or study for the test so I could make training?
- Will I go to class even though I stayed up late to study for finals?
- Will I get into work early to work on that proposal due next week?
- Will I set aside funds each month I can use someday for a downpayment on a house?



RESPONSIBILITY

Are you prioritizing the commitments you made to the team appropriately? Responsibility is about following through. It's about making good on commitments when doing so is inconvenient or difficult.

"The price of greatness is responsibility."

- Do I carry out my team duties without being reminded?
- Do I do my chores at home without being asked?
- Did I make it to study group even after a hard training session to help my classmates and I prepare for finals?
- Will I pull together my part of the company presentation for the meeting next week?



EFFORT

Is your effort high enough to see the level of improvement you are hoping for? Effort is about working harder than you thought possible. It's knowing high-level of efforts will increase the level of effort from others.

"Anything worth doing, is worth doing well."

- Do I hit the field with energy, ready to work?
- Am I proud of the things I do at home - are they my best effort?
- When I study, did I read everything; and not just what I hoped would be on the test?
- Will I give a full 100% effort on a "small project" that might be the one that gives me a chance at a bigger project later?



ATTITUDE

As you understand the discipline and responsibility it takes, and the high level of effort required, is your attitude positive and encouraging? Attitude is not simply how you do things, but the way you do them.

"Our life is what our thoughts make it."

- Do I take on fitness challenges believing I will excel?
- Did I grumble about doing dishes, not believing it was my turn?
- When my roommate asked for help, did I do it willingly, without future expectations?
- Will I be the one in our company people want to work with?



MOTIVATION

Strong discipline, great responsibility, high effort and a positive attitude will continue to affirm our desire and commitment to being the best we can be. Working hard not only for ourselves, but for those who share in our beliefs, defines us as players and as a team.

"Half of what separates successful people from non-successful people is perseverance."

- Do I truly wish to become better today than I was yesterday?
- Did I look back proudly at my efforts at home, ready to do even more for my family tomorrow?
- Are my efforts exceeding others expectations; and will they inspire others to increase theirs?
- Will I be called on to lead others? Will I do well when asked?