

Montgomery Blair Soccer



<http://www.mbhs.edu/~grossmam/Blair%20Boys%20Soccer.htm>

Blair Soccer Off-Season Expectations:

Captains' Practices:

Voluntary captains' practices will take place every

Saturday between 4pm and 6pm at Blair behind the school. All players, JV and Varsity are expected to attend practices.

Seniors and in particular Greg Kohn, Jose Sarmiento and George Noubossie will be the contact people for any questions regarding summer practices. The more you play together the better we'll be come the fall. Captains will be chosen based on leadership demonstrated over the summer.

Panther Summer League:

Blair will also sponsor one team for the Panther Summer League. Fifteen players are needed for the 7 v. 7 league. All waivers need to be signed and delivered to Mr. Grossman by Wednesday, June 4th. There will be an envelop placed next to Grossman's desk in room 146 in which you can submit the waiver.

When: The league begins on Tuesday, June 17th and games take place through the end of July on Tuesdays and Thursdays between 4pm and 7pm. A schedule will be distributed when we have more information.

Directions : All games take place at Burtonville Elementary which is just off route 29 at Old Columbia Rd and route 198. Take 29 North or South to route 198 west. Go past McDonalds to the next light at Old Columbia Rd. Turn right onto the access road for the school. Field 1 is the furthest from the road and field 2 is the closest to the road.

Summer League Coaches: A parent coach, Howard, Grossman and Baez will coach each game. A schedule will be worked out later.

Other Summer Practices:

There will be no soccer practices during the first week of August.

On August 11th, 13th and 15th we will hold conditioning in the morning followed by scrimmages in the afternoon between 8- 10am and 4-6pm at _____ field.

Official Tryouts – You must attend everyday!

Beginning Saturday, August 16th at 7:30am at Nolte Field. We will hold 2 practices a day the week of August 18-22. These practices are mandatory! You must have a valid physical and medical card filled out by August 16th in order to try out. Blair will offer low cost physicals. The forms can be found the Blair Soccer Website or at <http://www.montgomeryschoolsmd.org/departments/forms/pdf/SRS-6.pdf>

Low Cost Physicals: Blair will offer \$25 physicals on Thursday, June 11th in the SAC at 1:00pm. We recommend you take advantage of this option to get your physical completed and immediately hand it to Mr. Grossman in room 146.

Recommended Soccer Camps

U.K. Elite	<u>July 27- 31</u> <u>Residential@UKElite.com</u>	\$500 (if we can get more than 10 players) (973) 631-9802 Ext 209
University of Maryland	<u>www.marylandsoccercamp.com</u>	(301) 314-7005

Contacts Sheet

Mr. Baez	301 332 1174	
Mr. Grossman	202 412 5698	Marc_i_grossman@mcpsmd.org
Howard	240 461 6921	kohn@erols.com
Greg Kohn	240 246 5313	greg7kohn@gmail.com
Jose Sarmiento	240 643 9137	josei16@hotmail.com
George Noubossie	240 442 0019	noubossie@hotmail.com

Blair Soccer Team Tryout Criteria

By the time try outs begin you should be able to perform the following exercises:

1. Run 3 miles in under 25 minutes
2. Run a 1/4th of a mile in less than a minute
3. Juggle the ball 100 times without it touching the ground
4. Nearly perfected at least two individual dribbling moves
5. Put the ball in the lower corner of the net from the penalty line 7 out of 10 times
6. Chip the ball 3/4th the width of the field
7. Strike the ball in two touches upon receiving a cross into the side of the net
8. **Master the following passes:** Wall pass, Over-lap pass, Takeover pass

At tryouts players will be evaluated according to the following criteria:

Soccer Skills:

- 1-10 Ball control skills
- 1-10 Passing Skills (wall passes, overlaps, takeovers, vision)
- 1-10 Off-ball running (wall passes, overlaps, takeovers, vision)
- 1-10 Communication
- 1-10 Shooting
- 1-10 Defensive skills: (slide tackling, containment, vision, passing, vision, marking off the ball)
- 1-10 Falling (clearly demonstrating that you were fouled) & conditioning

/70

Life Skills:

- 1-10 Ability to work with team & ability to accept constructive criticism and follow instructions
- 1-10 Academic consistency
- 1-10 1-5 Ability to turn in all paperwork on time

/30

/100 Total

