

# **Modified Boys Soccer: Pre-Season Info**

## **Tryouts**

- **First Day of Tryouts:** August 28th, 2024
  - We will practice the following days before school starts:
    - **8/28** (9:00am - 11:00am)
    - **8/29** (3:00pm - 5:00pm)
    - **8/30** (9:00am - 11:00am)
    - **9/3** (3:00pm - 5:00pm)
  - Players will need a ride to and from these practices.
- **Practices Once School Starts**
  - Once school starts **practices** will be held each school day after school from 3:15pm - 5:15pm.
  - After practice students can either get picked up or ride the sports bus home.
- **Location of Practices:** Central Square Middle School front field.
- **What to Wear:**
  - Shorts, Shin Guards, Soccer Socks over the shin guards, Cleats and a T-shirt.

## **Sports Physicals**

- All players need a sports physical by their physician or through the school before the season starts.
- Players cannot participate until their physical is completed, sent to the nurse and the nurse approves them.

## **Signing Up for Soccer (Family ID)**

- To participate, all players must sign up through <https://account.students.arbitersports.com/>.
- Sign-ups will begin a month before the season starts, **Jul 29, 2024**
- If you have any issues signing up, please contact the [athletic department](#).

## **Pre-Season Workouts**

### **Running**

- We recommend that players run 3 to 4 times a week.
- We recommend either running for a certain distance or a specific amount of time.
  - **Distance:** 1 or more miles per run
  - **Time:** 10 min or more per run. Do a combo of walking and running if needed.

### **Soccer Ball Work**

- We recommend that players spend 4+ days a week working on dribbling, ball touches and shooting drills.
  - Ex: Toe Touches (stationary, forward & backward), Foundations (stationary, forward & backward), Triangles, etc.
- Even walking around with a soccer ball at their feet each day will help.

If you have any questions or concerns, please contact one of the coaches below.

Thank You,

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