**Modified Girls Soccer: Pre-Season Info**

**Tryouts**

* **First Day of Tryouts**: August 28th, 2024
  + We will practice the following days before school starts:
    - **8/28** (3:00pm - 5:00pm)
    - **8/29** (3:00pm - 5:00pm)
    - **8/30** (10:00am - 12:00pm)
    - **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 back field behind the school. We will meet by the tennis courts.
* **What to Wear**:
  + Shorts, Shin Guards, Soccer Socks over the shin guards, Cleats and a T-shirt.
    - We encourage players to wear a shirt with their name on it but this is not a requirement.

**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**

* To participate, all players must sign up through <https://account.students.arbitersports.com/>.
* 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,

**Coach Hendry Coach Petrie**

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