

Massachusetts Youth Soccer Tryout Suggestions



Prepare

Double and triple check your bag the night before each tryout to make sure you have everything you need to participate and perform at your best. Players must bring their own soccer ball, water bottle, shin guards, hand sanitizer, face mask, gloves, and bring a dark and light shirt. You are the only one responsible for your success.

Expect the Unexpected

Bring a pair of running sneakers in case the tryout consists of a surface not conducive for cleats. Being prepared for the unexpected puts you one step ahead.

Footwear

Do not wear brand new cleats to a tryout. New cleats on most occasions will create blisters which can affect your performance. If you have a new pair of cleats, break them in about 2 weeks before the tryout so that the cleat will have time to mold to your foot. If you are unable to break them in prior to the tryout, make sure the cleats you buy properly fit your foot. You can also apply skin lubricant to the friction area of your foot to prevent blisters from forming while you break in your cleats.

Attitude

On tryout day be positive, polite, and conduct yourself with character. Be authentic and courageous, especially if you are uncertain about the specifics of a drill or game. Asking questions means you aspire to search for understanding while making sure you are clear of the objective which helps your teammates. It is better to be curious and clear than confused. Adopt a “Rise above” attitude and be determined to overcome any and all obstacles.

Communicate

Communicate and remember names. Communicating with peers on and off the field, and remembering a teammates name means you are engaged in making connections with other players during the tryout process. Communication, connection, and chemistry are all key components of successful teams.

Character

Refrain from talking about another player or the coach during the tryout. Everyone is there to do their best. Everyone is a human being above being an athlete. Players should conduct themselves with kindness, character, and create an environment that is competitive, yet welcoming.

Leadership

Take care of your equipment and clean-up your area after your tryout. Encourage other players to do the same, displaying care and consideration within the tryout environment. This simple act reflects leadership.

Gratitude

Thank the coaches for their time in organizing an effective and efficient tryout at the conclusion. Establish good eye contact, smile, and speak clearly when letting them know how much you enjoyed the tryout. Simple gestures such as these show respect and gratitude.

Social Media Responsibility

Be direct in your communication with your teammates and coach. If you have a question, concern, a bad day, or an unpleasant experience, never post this on social media where coaches and teammates can see it. Exhibit courage and maturity by trying to ask or work things out with the players or the coaches directly.

Example of an acceptable post: "Tryouts were difficult today but I did my best and am excited for the opportunity to do better tomorrow." #Opportunity

Example of an unacceptable post: "Tryouts today were the worst. The coach does not know what he is doing and nobody passed me the ball. What a joke." #WasteOfTime

The Big Picture

If you did your best, and you do not make the team, remember that your value as a human being is far more important than anything you can ever do on the soccer field. Showing up and trying out reflects bravery and courage which are qualities that will help anyone become successful in life.