

TRYOUT FORMAT

STATIONS

1) SKILL STATION # 1:

U10 – CHANGE OF PACE

U12 – CHANGE OF PACE

U14 – PASSING & RECEIVING

2) SKILL STATION # 2:

U10 – DRIBBLE & SHOOT

U12 – PASSING & RECEIVING

U14 – SHOOTING DRILL

3) Small Sided Game / Scrimmage # 1

4) Small Sided Game / Scrimmage # 2

5) Small Sided Game / Scrimmage # 3