



PSPL Surf Academy Future Player

Please read and understand how to approach the tryouts, physically and mentally. Remember this going into tryouts "*Fail to prepare, prepare to fail*" Playing time- entitlement are earned at practice. We are not looking for players who are part of the program by name association only.

The PSPL Surf Academy program will give an incentive for proper practice habits and completing the fitness requirements. The players will appreciate and acknowledge the work required to play at the competitive level. We want everyone to play, but they all have different strengths and weaknesses. Certainly at the younger age groups we want all players enjoying the game through participation. The players have to understand as they become older, that they earn the right to be on the field. This promotes proper training habits at practice.

My objective as a Director of Coaching this year is to develop and prepare experienced players to compete at the highest level of competitive and have the opportunity to be place into the College Circuits if they have the potential. This year will provide a unique and quality service that will enhance the Player's Development.

My expectations are to develop Elite players in preparation for their realistic futures. I will achieve the following with a quality program, assertiveness, interconnection and superb training service. I have added tips for try outs and a detailed fitness guide in preparation for the tryouts procedure.

13 Tips for Tryouts.

Coaches look for many things during the soccer tryout, and it's not always about the skill and speed. Here are 13 tips that will help you shine:

Soccer Tryout: Tip #1

Think ahead and be prepared. The absolute best thing you can do to prepare for your soccer tryout is to be in good physical condition. You should be practicing your skills to the best of your ability every day. Make sure you have a ball that's the correct size for your age. Wear your shin guards when you practice so you'll be comfortable with them. Make sure your shoes fit and you have a pair of soccer sox.

Keep yourself hydrated and make sure you have a nutritious snack about two hours before the soccer tryout. Make sure you bring your own water. Many times a big cooler of water will be provided, but it never hurts to be prepared. Besides, if you work your butt off during the soccer tryout, you'll need something to drink on the ride home.

Soccer Tryout: Tip #2

Be on time. That means getting to the field with enough time to park the car, find the coaches and the field, and get signed in. It's disrespectful to be late. Besides, being on time and knowing where you are supposed to go, lets you stress less and be more confident. Stressing uses up some of the valuable energy you're going to need on the field.

Soccer Tryout: Tip #3

Make sure you are already dressed with your shin guards and shoes on before stepping on the field. Then, make sure that you're warmed up **BEFORE** the soccer tryout starts. Also, all long hair should be up and out of your face. Do not wear any necklaces, rings, earrings, toe rings or any other jewelry when you play soccer.

Soccer Tryout: Tip #4

Introduce yourself to the coach. Don't let your mom or dad do it. Don't interrupt him /her if they are talking to someone else. Wait until they are done. It might be scary, but just walk up to the coach and say, "Hey, Coach. My name is Renaldo. Where do you want me?"

Soccer Tryout: Tip #5

Be respectful. If the coach introduces themselves as "JJ Bishop," you can call him either "Coach Bishop" or "Coach JJ." You can always address him as "Coach." Coaches like it when you call them coach - especially if this is their first year. You should always use "sir" or "ma'am" when answering a direct question from the coach.

Soccer Tryout: Tip #6

Don't mess around with your soccer ball while the coach is explaining things. Stand with the ball cradled between your elbow and your hip, or place it on the ground between your feet. If someone kicks or hits your ball away, let it go. You can retrieve it **AFTER** the coach is done talking.

Soccer Tryout: Tip #7

Make eye contact with the coach. As he is addressing all the players there for the soccer tryout, keep your eyes on his face and eyes. Just like if he was sitting across the kitchen table from you. Many of the other kids will be messing around, not paying attention. If you make eye contact with the coach, he will soon be talking directly to you. He might look around at all the other players, but he will come back to you. He'll know that you care about what he is saying and he'll see that you are paying attention. He will notice who you are.

Soccer Tryout: Tip #8

Stay focused and remember why you are there. You are at the field for a soccer tryout. You are not there to hang out with your friends. You are not there to play tag, chase butterflies or due cartwheels in the grass. Mind your own business. Don't let the other players distract you.

Soccer Tryout: Tip #9

When you line up to do the activity, and if you know exactly what you are supposed to do, do not be afraid to go first. Coaches respect kids who are willing take the lead.

Soccer Tryout: Tip #10

On the other hand, you don't have to be first all the time. If you don't go first in the drills, try to do it faster and better than the kids that do go first.

Soccer Tryout: Tip #11

Throughout the soccer tryout, the coaches will give you opportunities to take water breaks. Be the first one back from the water break. Do not lollygag and play around during water breaks.

Soccer Tryout: Tip #12

Keep your shirt tucked in. You'll have to do it during games, so you might as well get used to it. Tucking in your shirt makes you look taller, more muscular and in better shape. Long, sagging shirts make you look dumpy and lackadaisical. Wear your shorts how they are designed to be worn, with the waistband at the waist. Every coach I know has no patience with "sagging." If your shorts have a cord, keep it tucked into the waistband of your shorts.

Soccer Tryout: Tip #13

Don't whine and complain. A coach doesn't want to hear how hot it is. A coach doesn't care if Johnny is jabbing you in the back. He doesn't want to hear that you can't find your ball. He knows you're thirsty; you don't have to keep reminding him. He doesn't want to hear "I can't do it." Don't tattle on the other players. Don't ever excuse bad behavior on your part because "Johnny did it!"

When your soccer tryout is over, pay attention to what happens next. Many times tryouts are conducted over several days. Sometimes the coach will tell you right then if you made the team. Sometimes they will notify you with a letter or call you at home. Make sure you gather up everything you brought to the field.

It's perfectly okay to say good-bye to the coach and even thank him. Do not ask him if you made the team. If you followed all of these Soccer Tryout Tips, he knows who you are.

The waiting to find out if you made the team can be excruciating. The best way to handle that stress is to get outside and continue to work on your dribbling, juggling and shooting skills. If you followed all the Soccer Tryout Tips, the coach is going to love you. But, if it doesn't work out for you this time, find yourself another team to tryout for, and keep working on those skills. Even Michael Jordan didn't make the team the first time he tried out.

Try Out Preparations

Ø The running distance goal of the Category I is to work up to 16 miles per week.

Ø After you have achieved this goal, you will be ready to tackle the Category II goal of 30 miles per week.

CATEGORY I

Week 1 Monday, Wednesday, Friday

- 2 miles per day, 8:30 pace
- 6 miles/week
- Sets of Repetitions
- 4 x 15 Push-ups
- 4 x 20 Sit-ups
- 3 x 3 Pull-ups
- Swim continuously for 15 minutes or Elliptical/Bike

Week 2 Monday, Wednesday, Friday

- 2 miles per day, 8:30 pace
- 6 miles/week
- 5 x 20 Push-ups
- 5 x 20 Sit-ups
- 3 x 3 Pull-ups
- Swim continuously for 15 minutes

Week 3 No running. High risk of stress fractures

- 5 x 25 Push-ups
- 5 x 25 Sit-ups
- 3 x 4 Pull-ups
- Swim continuously for 20 minutes

Week 4 Monday, Wednesday, Friday

- 3 miles per day
- 9 miles/ Week
- 5 x 25 Push-ups
- 5 x 25 Sit-ups
- 3 x 4 Pull-ups
- Swim continuously for 20 minutes

Week 5 *Monday - 2 mi, Tuesday - 3 MI, Thursday - 4 MI, Friday - 2 MI*

11 miles Week

- 6 x 25 Push-ups
- 6 x 25 Sit-ups
- 2 x 8 Pull-ups
- Swim continuously for 25 minutes

Week 6 *Monday - 2 MI, Tuesday - 3 MI, Thursday - 4 MI, Friday - 2 MI*

11miles week

- 6 x 25 Push-ups
- 6 x 25 Sit-ups
- 2 x 8 Pull-ups
- Swim continuously for 25 minutes

Week 7 *Monday - 4 MI, Tuesday - 4 MI, Thursday - 5 MI, Friday - 3 MI*

16 miles/week

- 6 x 30 Push-ups
- 6 x 30 Sit-ups
- 2 x 10 Pull-ups
- Swim continuously for 30 minutes

Week 8 *Monday - 4 MI, Tuesday - 4 MI, Thursday - 5 MI, Friday - 3 MI*

16 miles/week

- 6 x 30 Push-ups
- 6 x 30 Sit-ups
- 2 x 10 Pull-ups
- Swim continuously for 30 minutes

Week 9 *Monday - 4 MI, Tuesday - 4 MI, Thursday - 5 MI, Friday - 3 MI*

16 miles/week

- 6 x 30 Push-ups
- 6 x 30 Sit-ups
- 3 x 10 Pull-ups
- Swim continuously for 35 minutes

Ø For best results, alternate exercise. Do a set of push-ups, then a set of sit-ups, followed by a set of pull-ups. Do not rest between sets.

Ø If you have access to a pool, swim as often as possible.

Ø Your initial work-up goal is 4-5 days per week and 200 meters distance per session.

Ø Develop your sidestroke on both right and left sides.

Ø Try to swim 50 meters in one minute or less.

Ø If you DON'T have access to a pool, ride a bicycle for twice as long as the recommended swim duration.

RUNNING SCHEDULE

Week 1 M/Tu/Th/F/Sa

Monday - 3 mi, Tuesday - 5 MI, Thursday - 4 MI, Friday - 5 MI, Saturday - 2 MI

· 19 miles/week

Week 2 M/Tu/Th/F/Sa

Monday - 3 MI, Tuesday - 5 MI, Thursday - 4 MI, Friday - 5 MI, Saturday - 2 MI

· 19 miles/week

Week 3 M/Tu/Th/F/Sa

Monday - 4 MI, Tuesday - 5 MI, Thursday - 6 MI, Friday - 4 MI, Saturday - 3 MI

· 22 miles/week

Week 4 M/Tu/Th/F/Sa

Monday - 4 MI, Tuesday - 5 MI, Thursday - 6 MI, Friday - 4 MI, Saturday - 3 MI

· 22 miles/week

Week 5 M/Tu/Th/F/Sa

Monday - 5 MI, Tuesday - 5 MI, Thursday - 6 MI, Friday - 4 MI, Saturday - 4 MI

· 24 miles/week

Week 6 M/Tu/Th/F/Sa

Monday - 5 MI, Tuesday - 6 MI, Thursday - 6 MI, Friday - 6 MI, Saturday - 4 MI

· 27 miles/week

Week 7 M/Tu/Th/F/Sa

Monday - 6 MI, Tuesday - 6 MI, Thursday - 6 MI, Friday - 6 MI, Saturday - 6 MI 30 miles/week

Ø For Weeks 8 and beyond, you need not increase the distance of your runs. Instead, work on the speed of your 6-mile runs with an eye toward decreasing your time to 7:30 per mile or less.

Ø If you wish to increase the distance of your runs, DO SO GRADUALLY. Do not increase your distance more than one mile per day for every week beyond Week 9.

CATEGORY II PHYSICAL TRAINING SCHEDULE

Ø Monday, Wednesday, Friday

Ø Sets of Repetitions

Week 1 6 x 30 Push-ups

6 x 35 Sit-ups

3 x 10 Pull-ups

3 x 20 Dips

Week 2 6 x 30 Push-ups

6 x 35 Sit-ups

3 x 10 Pull-ups

3 x 20 Dips

Week 3 10 x 20 Push-ups

10 x 25 Sit-ups

4 x 10 Pull-ups

10 x 15 Dips

Week 4 10 x 20 Push-ups

10 x 25 Sit-ups

4 x 10 Pull-ups

10 x 15 Dips

Week 5 15 x 20 Push-ups

15 x 25 Sit-ups

4 x 12 Pull-ups

15 x 15 Dips

Week 6 20 x 20 Push-ups

20 x 25 Sit-ups

5 x 12 Pull-ups

20 x 15 Dips

Ø By performing high-repetition workouts, muscle fatigue will gradually take longer to develop.

Ø For best results, alternate exercises each set to rest affected muscle groups for a short period.

Ø Once you've met Categories I and II running you may vary your exercise program with the pyramid and swimming workouts below.

CATEGORY II SWIMMING SCHEDULE

(4-5 days per week)

Week 1 Swim continuously for 35 minutes

Week 2 Swim continuously for 35 minutes

Week 3 Swim continuously for 45 minutes with fins

Week 4 Swim continuously for 45 minutes with fins

Week 5 Swim continuously for 60 minutes with fins

Week 6 Swim continuously for 75 minutes with fins

Ø Your goal is to swim 50 meters in 45 seconds or less.

Ø 50 meters = 55yards

Pyramid Workouts

You can apply the pyramid method to any exercise. The object is gradually to build towards a target, then ease down to the level at the workout start. For instance, pull-ups, sit-ups, and push-ups can be alternated as in previous workouts. But with the pyramid workout, choose a numerical goal and build up to it. In the sample table below, each number counts as a set. Work your way up and down the pyramid. The sample goal below is five sets.

SAMPLE PYRAMID WORKOUT

Goal: 5 Sets

Number of Repetitions

Pull-ups 1, 2, 3, 4, 5, 4, 3, 2, 1

Push-ups 2, 4, 6, 8, 10, 8, 6, 4, 2

(2 x number of pull-ups)

Sit-ups 3, 6, 9, 12, 15, 12, 9, 6, 3

(3 x number of pull-ups)

Dips 1, 2, 3, 4, 5, 4, 3, 2, 1

Stretch PT

Since Monday, Wednesday, and Friday are devoted to PT, dedicate at least 20 minutes on Tuesday, Thursday, and Saturday to stretching. Always stretch for at least 15 minutes before beginning any workout. Just stretching the previously worked muscles will make you more flexible and less likely to get injured.

Ø Start your stretch at the top of your body and work downward. Stretch every muscle in your body from neck to calves, concentrating on your thighs, hamstrings, chest, back, and shoulders.

Ø Stretch to tightness, not to pain. Hold the stretch for 10-15 seconds. DO NOT BOUNCE