

News Of Sports

Helping Athletes Perform Up To Their Potential

(NAPSA)—There's good news for those who get a kick out of soccer and are trying out for a team in the near future. Taking a few practical steps before the tryout can help them stand out on the field and make the most of their opportunity.

To help, here are a few tips.

Always be moving. From the very start of tryouts, be known as the player who's always hustling. Juggle or pass the ball around before tryouts begin. Jog to and from the field in between drills or water breaks. Your team coach will notice your enthusiasm and eagerness to play, which will leave a lasting impression.

Be vocal. Tryouts can be nerve racking, but make sure you are communicating with your teammates during each play. By being vocal, you will demonstrate leadership and confidence. Your teammates will appreciate the direction and feel more at ease working with you. As a result, the ball will come your way more often, giving you prime opportunities to demonstrate your skills. Practice this skill even when casually playing with friends or family and it will become second nature.

Demonstrate position-specific expertise. Know what position you are trying out for and make sure to demonstrate the skills required of that position.

Coaches are looking for how well a forward finishes, a midfielder's first-touch and short pass, and how a keeper handles straight-forward shots. Leading up to tryouts, focus on drills that reinforce those positions' fundamentals.

Brush up before tryouts. Don't let tryouts be a surprise happening. Memorize and practice in advance the drills needed to make you stand out. You can even simulate a tryout on your own. Ask your coach what drills will be performed that day or if it is pos-



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sible for him or her to share the tryout plan with you.

Ask for help. The more practice and feedback you can get before tryouts, the better your chances will be for performing at a high level under pressure.

Consider booking a few sessions with a private soccer coach to review your technique and consistency in the weeks leading up to any tryout.

A private coach can use his or her experience and specialty to help you make improvements and then show you where to make the necessary adjustments in your game.

The one-on-one training environment helps many feel more comfortable about asking questions and practicing a skill multiple times the right way, which will allow the skill to sink in faster and become second nature.

Athletes who don't know a private soccer coach can find one on a website called CoachUp.com. The site connects athletes with private sports coaches across the country for one-on-one and small-group coaching sessions.

Tryouts do not have to be a stressful time for athletes. With the help of an expert coach and these tryout tips, athletes can often elevate their level of play in just a few weeks and demonstrate their true potential on the field.

To learn more, visit the website at www.coachup.com/sports/us/soccer.