

First Year Player Expectations:

- If you are considering playing Varsity your Freshman year; you will be expected to be able to complete most of the following items by the beginning of season and try-outs AND ALL OF THEM BY THE END OF THE SEASON
  - If you are on JV and want to make varsity, these are the things you need to strive for to make varsity your sophomore year.

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| Juggle the ball 50 times continuously   | Be able to understand better food choices  |
| Run 5-120's in a row @ 22 seconds   | Arrange schedule to get on average 8 hours of sleep                              |
| Front Squat 50 % of your body weight 3 times  | Arrange schedule to maintain a 3.0 or higher                                     |
| Bench 50% of your body weight 3 times   | Understand and learn the strategies we are teaching                              |
| Hex bar Deadlift 100% of body weight  | Get iron serum levels checked at least once                                      |
| Be able to complete the 7 minute drill on your own in less than 10 minutes                      | Learn the Program Core values  |
| Be able to run 3 laps in min of 6 minutes   | Clear the ball in the air with both feet   |
| Be able to complete the leg circuit on your own   | Head the ball properly   |
| Run a fly 10 yard average of less than 1.35 seconds   | Understand shape and responsibilities of a 4-3-3 , 3-5-2, and a 3-4-3 formations |
| 40 yard dash 6.0 or faster  |  |
| Control a pass with both feet in a proper position using your "BACK" foot and play fast 2 touch | Understand the basics of a wall pass   |
| Shoot with both feet  | Understand the basics of an overlap  |
| Pass accurately up to 10 yards to the correct foot  | Volley the ball out of the air   |
| Dribble at speed for 1 v 1's  | Start Researching Colleges   |
| Use the defensive stance properly   | Receive ball with back to goal (inside,outside, push and turn)                   |
| Learn how to attack end line short cross  | UP back through basics   |
| Learn difference between attacking keeper or Early Cross  |  |
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Sophomore (or 2nd Year) Expectations

#1) If you are a returning Varsity Sophomore; these are the items that you will be held accountable to at the BEGINNING OF THE SEASON.

#2) If you are a returning JV player wanting to make Varsity, you need to strive to have all these met before the season.

#3) If you are a JV player and want to make Varsity your Junior Year; These are the items you need to work on.

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| Juggle the ball 50 times with just the feet  | Apply better food choices   |
| Run 10-120's in a row @ 22 seconds   | Arrange schedule to get on average 8 hours of sleep   |
| Front Squat 70 % of your body weight 3 times   | Arrange schedule to maintain a 3.0 or higher ( if you want scholarship/UC/or Private it needs to be as high as possible)                                      |
| Bench 75% of your body weight 3 times  | Apply the strategies we have been teaching you  |
| Hex bar Deadlift 150% of body weight   | Get iron serum levels checked at least once   |
| Be able to run a minimum 3.5 laps in 6 minutes   | Be able to recite Core values   |
| Be able to complete the 7 minute drill on your own in less than 7 minutes                | Be introduced to the off season Training program  |
| Be able to complete the leg circuit on your own in its entirety BEFORE THE SEASON STARTS | Volley the ball out of the air in a specific direction accurately   |
| Run a fly 10 yard average of less than 1.30 seconds                                      | Understand the shape and responsibilities of a 4-3-3 , 3-5-2, and a 3-4-3 formation according to EUHS philosophies<br>**Be able to play 2 different positions |
| 40 yard dash 5.9 or faster   | Apply the basics of a wall pass and overlap drill together on the attack  |
| Control a pass on the run with both feet   | Head the ball properly and fearlessly   |
| Shoot with both feet on the turn   | Push a through ball with the correct pace and accuracy  |
| Pass accurately up to 15 yards to the correct foot                                       | Research specific college classes and Plan your junior year   |
| Control a pass with both feet using your back foot and then create space by dribbling    | Receive ball with back to goal (inside, outside, push and turn) and shoot within 3 seconds  |
| Clear the ball in the air for 20 yards   |   |
| Apply endline pass properly and accurately   |   |
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### Junior (or 3rd Year) Expectations

#1) If you are a returning Varsity Junior; these are the items that you will be held accountable to at the BEGINNING OF THE SEASON.

#2) If you are a returning JV Junior player wanting to make Varsity, you need to strive to have all these met before the season.

#3) If you are a JV player and want to make Varsity your Senior Year; These are the items you need to work on.

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| Juggle the ball 25 times with each foot and thigh continuously without using hands for transition                                    | Have a plan for better food choices   |
| Run 10-120's in a row @ 21 seconds   | Arrange schedule to get on average 8 hours of sleep   |
| Front Squat 80% of your body weight 3 times  | Arrange schedule to maintain a 3.0 or higher ( if you want scholarship/UC/or Private it needs to be as high as possible)  |
| Bench 100% of your body weight 3 times   | Be able to explain the strategies we are teaching   |
| Hex bar Deadlift 200% of body weight   | Get iron serum levels checked at least once   |
| Be able to run a minimum 3.75 laps in 6 minutes  | Be able to teach the Core values  |
| Be able to teach the 7 minute drill on your own  | Lead the summer training program  |
| Be able to complete the leg circuit on your own  | Understand the shape and responsibilities of a 4-3-3 , 3-5-2, and a 3-4-3 formation according to EUHS philosophies:<br>**Be able to <b>PLAY</b> different positions |
| Run a fly 10 yard average of less than 1.25 seconds  | Apply the basics of a wall pass and overlap drill from a distance through verbal and off ball communication and runs  |
| 40 yard dash 5.8 or faster   | Head the ball with accuracy   |
| Control a pass on the run with both feet and immediately change directions   | Control the ball out of the air   |
| Shoot with both feet on the run  | Finalize College plans and plan your senior year  |
| Pass accurately up to 20 yards to the correct foot   | Contact College coaches if you want to play   |
| Control a pass with both feet using your back foot and then create space by dribbling and incorporating wall pass/overlap techniques | Clear the ball 30 yards in the Air  |
| Use endline attack and shoot or pass accurately  | Receive ball with back to goal (inside, outside, push and turn) and turn and read defense to execute wall pass overlap  |

Senior (or 4th year) Expectations:

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| Juggle the ball 50 times with each foot and thigh continuously and finish with 15 head juggles                                       | Be able to teach and help teammates make better food choices  |
| Run 10-120's in a row @ 20 seconds   | Arrange schedule to get on average 8 hours of sleep   |
| Front Squat 100% of your body weight 3 times   | Arrange schedule to maintain a 3.0 or higher ( if you want scholarship/UC/or Private it needs to be as high as possible)r |
| Bench 125% of your body weight 3 times   | Be able to teach the strategies we are teaching   |
| Hex bar Deadlift 225% of body weight   |   |
| Be able to run a minimum 4 laps in 6 minutes   |   |
| Be able to explain and teach the 7 minute drill on your own without a paper  | Get iron serum levels checked at least once   |
| Be able to teach and explain the leg circuit on your own   | Live by and Leave a legacy based on our Core values   |
| Run a fly 10 yard average of less than 1.20 seconds  | Teach and Lead our off season training program  |
| 40 yard dash 5.7 or faster   |   |
| Control a pass on the run from the AIR with both feet and immediately change directions OR SHOOT                                     | Apply for colleges  |
| Shoot with both feet on the run including a VOLLEY   | Apply for FAFSA   |
| Pass accurately from any distance or situation   | APPLY for Scholarship   |
| Control a pass with both feet using your back foot and then create space by dribbling and incorporating wall pass/overlap techniques |   |
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