

Tips for Parents and Players for a Positive Tryout Experience

We realize tryouts can be a stressful time for both players and parents. Below are a few things to keep top of mind to help prepare your child for a stress free and fun tryout experience:

- The goal of the tryout process is to place players with the team and in the environment that will be best for their continued player development: physically, mentally, emotionally, socially. This is a positive thing!
- Kids grow and develop at different rates. Players grow and develop at different rates. Successful development is not always a straight line. What each player needs each season may vary. Some players may need to be challenged, some players may need to develop more confidence. All of these factors play a role in the team selection process.
- For returning players, your child has been trying out all year. Their team selection is based on their body of work over the entire season, not just tryout week. Coaches at their age group have watched them play and train, discussed their development, and have their best interest in mind when placing them on a team. We want the best for YOU!
- We take a holistic approach to player development. Some of the characteristics we are looking for in a City SC player include:
 - Technical skills
 - Movement skills
 - Attitude
 - Speed of decision-making
 - Focus & Engagement
 - Communication
 - Game Intelligence
 - Game Awareness

Tips to help your child have a positive tryout experience:

- 1) Let your child drive the process and set their own goals. Most parents want their child to make the highest team. That's normal. But that may not match what your child wants from their soccer experience at this stage. Playing in an environment where they love to play is a key aspect of the player development process. Allow them a voice in what kind of environment brings them joy and fosters that love of the game right NOW.
- 2) Our kids feed off our emotions, so don't stress! If you project as a parent that there is nothing to be stressed about, your kids are more likely to adopt that same mentality and attitude towards the tryout process.

- 3) Remind kids to focus on the things that they can control. You can't control which coach picks you or what other players can do. You can control your own effort, attitude and mindset.
- 4) Remind kids to be themselves! Tryouts are about showcasing your strengths. Talk to your child about what they think their strengths are as a player and encourage them to go out and show off their best stuff! Are you a good dribbler? Take players on! A good passer? Distribute! A strong leader? Be vocal and encourage the players around you! Fast? Make runs! A strong defender? Win tackles and pick off passes!
- 5) Have fun! Don't worry about who is on which field, if you get moved fields, who is watching or not watching... go out and enjoy the opportunity to just PLAY!

Post Tryouts. If your player doesn't get what they want...

We get it. It's tough to watch your child experience disappointment if their best effort does not get them what they want. As a parent, consider how you can use this opportunity to teach valuable life lessons through soccer. If your child's team selection does not match their tryout goal, help them focus on the positives.

- 1) Celebrate their effort! It's a brave thing to put yourself out there for others to evaluate in pursuit of a goal. Remind them that you are proud of them for that! The outcome is secondary.
- 2) Remind them that the coaches have placed them on the team that they feel will help them reach their long term goals as a player. This is just one stop along that journey.
- 3) Talk about the positive things from the team selection. Will you be a top player on the team? Have an opportunity to be a leader? Play a specific position? Get to play with a friend from school? Do you like the coach?
- 4) Ask the selecting coach any questions you have about how your child's team placement will help their long term player development. Share this with your child.
- 5) Involve your child in the decision making process and help them feel good about their decision.