

## CDH Girls Soccer 2016 -- Player Information

**Name:**

**Current Grade:**

**Phone Number:**

**Smart Phone? Y N**

**Which CDH soccer team did you play on last year?**

9th grade    B-squad    JV    Varsity    Did not play last year

**Current Club Soccer Team & Level:**

**Position(s) you play (list in order of highest level of comfort/experience) :**

**List any other sports, activities, or jobs you are involved in (inside or outside CDH):**

### Strength/Fitness Levels

**How often do you train strength and/or conditioning on your own?**

2-3 times per week    1 time per week    2-3 times per month    Do not train

**What types of strength or conditioning do you most often train on during this time?  
(circle those that apply)**

Long-distance running    Sprints    Speed/Agility/Quickness Drills  
Free weights    Weight machines    Body weight strength exercises  
(push-ups, burpees, etc.)  
None of these    Other:

**Where do you most often train strength & conditioning?**

CDH Fitness Center    CDH Phy Ed Class    Raider Edge    Other:

**How comfortable do you feel using the CDH Fitness Center?**

Completely comfortable    Somewhat comfortable    Uncomfortable    Very uncomfortable

**If you do not feel completely comfortable, what makes you feel this way?**

During this summer’s soccer sessions, the focus will mainly be on developing individual technical skills, especially ones that are not yet your strengths. Circle 3--4 of the technical skills below that you would like to become more confident and masterful in.

### Technical Skill Sets

(adapted from the standards the US Soccer Federation uses to evaluate national team players)

<p style="text-align: center;"><b><u>Passing</u></b></p> <ul style="list-style-type: none"> <li>• <b>Passing foot:</b> <ul style="list-style-type: none"> <li>• Left</li> <li>• Right</li> </ul> </li> <li>• <b>Types of Passes:</b> <ul style="list-style-type: none"> <li>• Chipped</li> <li>• Bent</li> <li>• Driven</li> </ul> </li> </ul>	<p style="text-align: center;"><b><u>1v1 Attacking</u></b></p> <ul style="list-style-type: none"> <li>• <b>Moves to Beat a Defender:</b> <ul style="list-style-type: none"> <li>• Hip Swivel</li> <li>• Stepover</li> <li>• Rivolino</li> <li>• Vee Cut</li> <li>• Cruyff</li> <li>• Other:</li> </ul> </li> </ul>	<p style="text-align: center;"><b><u>Solving Pressure Individually</u></b></p> <ul style="list-style-type: none"> <li>• Receiving &amp; 1st Touch</li> <li>• Orientation when Receiving</li> <li>• Next Several Touches to Free Player from Pressure</li> </ul>
<p style="text-align: center;"><b><u>Ball Control:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Receiving out of the air:</b> <ul style="list-style-type: none"> <li>• Head</li> <li>• Chest</li> <li>• Thigh</li> <li>• Laces</li> <li>• Inside of foot</li> </ul> </li> </ul>	<p style="text-align: center;"><b><u>Crosses/Services</u></b></p> <ul style="list-style-type: none"> <li>• <b>Types:</b> <ul style="list-style-type: none"> <li>• Driven Low → Near Post</li> <li>• Driven High → Center or Back Post <ul style="list-style-type: none"> <li>• Chipped to Back Post</li> <li>• Early Service: curled behind back four &amp; bending away from the goalkeeper</li> <li>• Endline Service: 45°→ 6 yards out and near post</li> </ul> </li> </ul> </li> </ul>	<p style="text-align: center;"><b><u>Finishing</u></b></p> <ul style="list-style-type: none"> <li>• <b>Placement Finishing:</b> Bending, Chipping, Volleys</li> <li>• <b>Types of Finishing:</b> <ul style="list-style-type: none"> <li>• Breakaways</li> <li>• 1 Touch from Wide Service</li> <li>• 1 Touch in a Crowded Penalty Box</li> <li>• Shots &gt; 18</li> </ul> </li> </ul>

#### **Getting to Know You!**

**What has been the best moment of your CDH soccer experience so far? If this will be your first time playing at CDH, what is a favorite moment from your soccer career?**

**What is one thing that’s on your mind about the upcoming season?**