

RICE Boys Soccer



PRESEASON & TRYOUT EXPECTATIONS

Preseason begins on Thursday, August 14, 2025 @ 7:30 a.m.

All players are expected to participate in Preseason in order to be considered for Varsity (*if a student athlete is unable to attend any portion of pre-season, they need to notify the coaching staff immediately*). International players will obviously be treated on a case-by-case basis due to the nature of their enrollment processes.

During preseason, we will build off of the skill work and conditioning you perform during the summer. Team selections are a fluid and dynamic aspect of the start of the season. We utilize various metrics (*see below*) to evaluate athletes during the selection process. Taking the summer conditioning program *seriously* is key to your success.

Over the past several years we have seen program grow significantly. We have a depth of players in all positions and competition will be tough among players vying for a Varsity spot. Even more so for starting positions. Please note that there are approximately 18 Varsity spots and 20-25 JV spots. If we cannot roster everyone, there will unfortunately have to be some cuts. This all will make the selection process challenging but the coaching staff likes to be challenged! Under the Vermont Principal Associations guidelines, Seniors cannot play JV so if a senior fails to qualify for selection to the Varsity team they will be cut.

Parents/guardians should prepare their student athletes for the possibility that they may not make the Varsity team. It's not the desired outcome, but it can be the reality of the situation and it's critical as a parent to encourage your student to be realistic about their chances and to emphasize their pride and support regardless of the outcome.

Athletes will be evaluated by the following criteria:

- 1) Attitude / Work Ethic / Coachability
- 2) Fitness
- 3) Individual Skills
- 4) Team Play
- 5) Game Intelligence / Tactical Knowledge

ATTITUDE is *EVERYTHING*

Having the right mindset is key in anything one does. Be a positive force on and off the field as you are always representing yourself, your family and of course RICE. Have respect for yourself, your teammates, your opponents and the game! Give 110%.

FITNESS

Athletes will run through a series of fitness tests during the selection process. Below are those tests. Note that the summer conditioning program will prepare you for these fitness tests.

YoYo Intermittent Recovery Test - Provides insight into a player's overall cardiovascular fitness ([YoYo Intermittent & Endurance Testing](#))

Standard of Player	Distance	Level
Top Elite Players	2420m	20.1
Moderate-Elite Players	2190m	19.3
Sub-Elite Players	2030m	18.7
Moderately Trained Players	1810m	18.2
Recreational Players	1200-1300m	16.3-16.5

10 Meter Sprint Test - Gauges acceleration and quickness

Player Position	Time
Goalkeepers	2.31s
Defenders	2.25s
Midfielders	2.19s
Strikers	2.17s

40 Meter Sprint Test - Provides insight as to an athlete's speed potential. Most players reach their maximum speed between 40-60 meters.

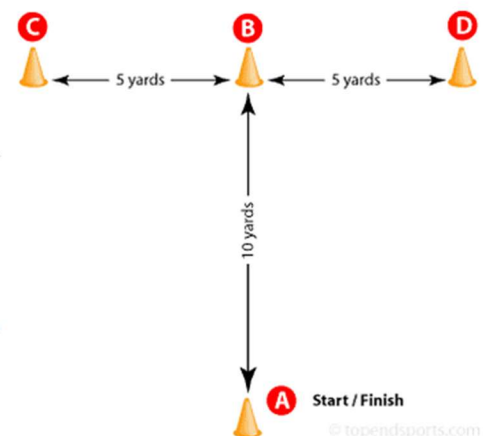
Standard of Player	Time
Excellent	<4.4
Good	4.5s-4.8s
Average	4.9s
Below Average	5.0s-5.4s
Poor	+5.5s

T-Agility Test - Provides insight into an athlete's stopping and change of directions skill.

Standard of Player	Results
Excellent	< 9.5s
Good	9.5s – 10.5s
Average	10.5s – 11.5s
Poor	> 11.5s

Procedure: The athlete starts at cone A. On the command of the timer, the athlete sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touches its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

Scoring: The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of two successful trials to the nearest 0.1 seconds.



300 Meter Shuttle Test - Measures cardiovascular fitness, agility and speed. A cone is placed at the start and one at 25 meters. An athlete sprints to the 25-meter cone and back six (6) times to equal 300 meters. The athlete will make two attempts and the best score will be recorded.

Standard of Player	Time
Excellent	<48
Very Good	48s-54s
Average	54.1s-65s
Below Average	65.1s-71s
Poor	+71.1s

1 Mile Run – Measures endurance & mental toughness

Standard of Player	Time
Excellent	<5:30
Good	<6:00
Average	6:30
Poor	+6:30

INDIVIDUAL SKILLS

An assessment of a player's ability to receive; pass (*short & long balls*); dribble (*in tight spaces & at pace*); shoot; attack the ball in the air; and defend.

TEAM PLAY

An assessment of a player's field vision/awareness; movement on & off the ball; and communication.

GAME INTELLIGENCE / TACTICAL KNOWLEDGE

An assessment of a player's understanding of the game of soccer; the ability to read the game, anticipate what will happen next and make quick & competent decisions during play.