

**DUBLIN COFFMAN BOYS SOCCER**  
**2011 Pre-Season Handbook**

**Table of Contents**

Program philosophy	pg. 1
Contact Information	pg. 2
Season Calendar	pg. 3-7
Player Events & Timeline	pg. 8
Pre-season Costs and Fees	pg. 9
Fitness Testing	pg. 10
Tryout Sessions	pg. 11
Player Evaluations – samples	pg. 12-13
2011 Game Schedules	pg. 14-15
Stanford Fitness	pg. 16-27
Forms	Separate
Contact Info Sheet ( <b>please complete &amp; hand in tonight</b> )	
Emergency Medical Authorization (due by June 28 <sup>th</sup> )	
Physical Form (if needed)	

# **Dublin Coffman Boys Soccer** **Program Philosophy**

**Every decision made and action taken by the coaches, players, and Booster Organization of the Dublin Coffman Boys Soccer program will be motivated by two concurrent, overarching goals:**

- 1) Will the decision/action take us a step closer to winning a State Championship?**
- 2) Is the decision/action in the best interest of the long-term health of the program?**

## **Dublin Coffman Boys Soccer**

### **CONTACT INFORMATION**

#### **Coaching Staff Information**

##### **Varsity Head Coach—Steve Watts**

Email address: Steven\_Watts@hboe.org

Phone: 614-929-8833

##### **Varsity Assistant Coach— Brett Neiderman**

Phone: 614-209-9038

##### **JV Coach—Nate Balzer**

Phone: 614-579-2481

##### **JV Coach—TBA**

#### **Google Groups page for Coffman Boys Soccer**

- Important announcements and information will be emailed throughout the pre-season and regular season
- **This is our primary communication method—Please register ASAP**
  - Go to **<http://groups.google.com/group/dublin-coffman-boys-soccer?hl=en>**.
  - You will need to create a Google account, and then send a request for membership.

#### **Coffman Boys Soccer Webpage**

- **[www.rocksmenssoccer.com](http://www.rocksmenssoccer.com)**
- Will contain rosters, game schedules and photos from each game
- Will also post important documents & announcements, so check frequently.

#### **School Mailing Address**

Dublin Coffman High School

6780 Coffman Rd.

Dublin, OH 43017

**Coffman Boys  
June 2011**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5/29	5/30	5/31	6/1	6/2	6/3	6/4
6/5	6/6	6/7	6/8	6/9	6/10	6/11
6/12	6/13	6/14	6/15	6/16	6/17	6/18
6/19	6/20 Open Field 5PM-7PM	6/21	6/22 Open Field 5PM-7PM	6/23	6/24	6/25
6/26	6/27 Open Field 5PM-7PM	6/28 Conditioning 10AM-11AM <b>Booster Meeting 7PM PAC@ Coffman HS</b>	6/29 Open Field 5PM-7PM	6/30 Conditioning 10AM-11AM		

**Open Field Practices held at Coffman HS Practice Fields; Conditioning held at Coffman HS track/stadium**

**Coffman Boys  
July 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7/1	7/2
7/3	7/4	7/5 Conditioning 10AM-11AM	7/6 Open Field 5PM-7PM	7/7 Conditioning 10AM-11AM	7/8	7/9
7/10	7/11 Open Field 5PM-7PM	7/12 Conditioning 10AM-11AM	7/13 Open Field 5PM-7PM	7/14 Conditioning 10AM-11AM	7/15	7/16 <b>COSA Scrimmages</b> All players
7/17 <b>COSA Scrimmages</b> All players	7/18	7/19 <b>Rocks Training Camp @ Coffman HS Mandatory—all players 8:00-10:00AM 5:00-7:00PM</b>	7/20 <b>Rocks Training Camp @ Coffman HS Mandatory—all players 8:00-10:00AM 5:00-7:00PM</b>	7/21 <b>Rocks Training Camp @ Coffman HS Mandatory—all players 8:00-10:00AM 5:00-7:00PM</b>	7/22 <b>Rocks Training Camp @ Coffman HS Mandatory—all players 8:00-10:00AM 5:00-7:00PM</b>	7/23
7/24	7/25 Open Field 5PM-7PM	7/26 Conditioning 10AM-11AM	7/27 Open Field 5PM-7PM	7/28 Conditioning 10AM-11AM	7/29 <b>Dublin Invitational</b> Varsity only	7/30 <b>Northmont Scrimmages / Dublin Invitational</b> All players
7/31 <b>Northmont Scrimmages</b> New / some returning players						

- **Open Field Practices held at Coffman HS Practice Fields; Conditioning held in Coffman HS Weight Room**
- **Rocks Training Camp held at Coffman HS Stadium & practice fields**
- **COSA Scrimmages held at Cooper Park in Westerville**
- **Northmont Scrimmages held at Ward Soccer Complex near Dayton**
- **Dublin Invitational held at Coffman and Jerome High Schools**

**Coffman Boys  
August 2011**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	8/1 Tryouts 7AM-9AM 5PM-7PM	8/2 Tryouts 7AM-9AM 5PM-7PM	8/3 Tryouts <b>Scrimmage</b> <b>H-Westerville S.</b> <b>JV 5:00</b> <b>V 7:00</b>	8/4 - Evaluations 10AM - Training all teams 3:30- 5:00PM - 6:30 Player Parent Meeting	8/5 Team meeting 2:00 Training 3:30-5:30	8/6 <b>Scrimmage</b> <b>A-Reynoldsburg</b> <b>JVA 10:00AM</b> <b>V 12:00PM</b>
8/7	8/8 Training 8:00-9:30 3:30-5:00	8/9 Training 8:00-9:30 3:30-5:00	8/10 <b>Scrimmage</b> <b>A-Olentangy</b> <b>Liberty</b> <b>JVB &amp; JVA 5:00</b> <b>V 7:00</b>	8/11 Training 8:00-9:30 - Uniform distribution 10AM - Training 3:30-5:00	8/12 - Training all teams 8-10AM - Team Picnic 6PM @ Scioto Park	8/13
8/14	8/15 Training 8:00-9:30 3:30-5:00	8/16 Training 8:00-9:30 3:30-5:00	8/17 <b>Scrimmage</b> <b>H-Big Walnut</b> <b>JVA 5:30</b> <b>V 7:15</b>	8/18 Training 8:00-9:30 3:30-5:00	8/19 Training 3:30-5:00	8/20
8/21	8/22 <b>A-Westerville</b> <b>Central</b> <b>JVB 5:15</b> <b>JVA 5:15</b> <b>V 7:00</b>	8/23 Training 3:30-5:00	8/24 Training 3:30-5:00	8/25 Training 3:30-5:00	8/26 Film 3:30-5:30	8/27 <b>H-Lakewood St.</b> <b>Edward</b> <b>JVB 1:00</b> <b>JVA 1:00</b> <b>V 3:00</b>
8/28	8/29 Training 3:30-5:00	8/30 <b>A-Central</b> <b>Crossing</b> <b>JVA 5:30</b> <b>V 7:15</b>	8/31 Training 3:30-5:00			

**Coffman Boys  
September 2011**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				9/1 Training 3:30-5:00	9/2 Film 3:30-5:30	9/3 <b>H-Bexley</b> <b>JVB 3:00</b> <b>JVA 5:00</b> <b>V 7:00</b>
9/4	9/5 OFF	9/6 <b>H-Westland</b> <b>JVA 5:30</b> <b>V 7:15</b>	9/7 Training 3:30-5:00	9/8 Training 3:30-5:00	9/9 Film 3:30-5:30	9/10 <b>A-Gahanna</b> <b>JVB 3:00</b> <b>JVA 5:00</b> <b>V 7:00</b>
9/11	9/12 Training 3:30-5:00	9/13 <b>A- Thomas</b> <b>Worthington</b> <b>JVB 5:15</b> <b>JVA 5:15</b> <b>V 7:15</b>	9/14 Training 3:30-5:00 <b>A-Dublin Jerome</b> <b>JVB 5:15</b>	9/15 <b>A-Dublin Jerome</b> <b>JVA 5:15</b> <b>V 7:15</b>	9/16 Film 3:30-5:30	9/17 Varsity
9/18	9/19 Training 3:30-5:00	9/20 <b>H-Hilliard Darby</b> <b>JVB 5:15</b> <b>JVA 5:15</b> <b>V 7:15</b>	9/21 Training 3:30-5:00	9/22 <b>H-Olentangy</b> <b>Orange</b> <b>JVB 5:15</b> <b>JVA 5:15</b> <b>V 7:15</b>	9/23 Film 3:30-5:30	9/24 <b>H-Westerville N.</b> <b>JVB-3:00</b> <b>JVA-3:00</b> <b>V@Crew</b> <b>Stadium 11am</b>
9/25	9/26 Training 3:30-5:00	9/27 <b>A-Hilliard</b> <b>Davidson</b> <b>JVB-5:30</b> <b>JVA 5:30</b> <b>V 7:15</b>	9/28 Training 3:30-5:00	9/29 Training 3:30-5:00	9/30 Film 3:30-5:30	

**Coffman Boys  
October 2011**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
						10/1 <b>H-DeSales</b> <b>JVA 5:00</b> <b>V-7:00</b>
10/2	10/3 Training 3:30-5:00	10/4 <b>H-Worthington</b> <b>Kilbourne</b> <b>JVB 5:15</b> <b>JVA 5:15</b> <b>V 7:15</b>	10/5 Training 3:30-5:00	10/6 Training 3:30-5:00	10/7 Film 3:30-5:30	10/8
10/9 Tournament Draw	10/10 Training 3:30-5:00	10/11 <b>A-Upper</b> <b>Arlington</b> <b>JVB 5:15</b> <b>JVA 5:15</b> <b>V 7:15</b>	10/12 Training 3:30-5:00	10/13 <b>Senior Night</b> <b>H-Worthington</b> <b>Christian</b> <b>JVA 5:15</b> <b>V 7:15</b>	10/14 Film 3:30-5:30	10/15
10/16	10/17 <b>Tournament</b> <b>begins—Varsity</b> <b>only</b>	10/18	10/19	10/20	10/21	10/22

# Dublin Coffman Boys Soccer

## PLAYER EVENTS AND TIMELINE

### Open Field / Conditioning voluntary practices

Soccer practices led by the senior captains; at least one coach will be present.

- Where: Coffman HS Stadium / Practice Fields
- When: Open Fields Mondays & Wednesdays beginning June 20, 5:00-7:00PM; Conditioning Tuesdays & Thursdays beginning June 28, 10:00-11:00AM
- Bring: Water, soccer ball, shin guards, BOTH soccer cleats AND running shoes
- Wear: Black shorts, white t-shirt, white socks.
- If unable to attend, please notify Coach Steve

### Rocks Training Camp

Mandatory training camp for all players. Practice sessions run by the coaching staff.

- Where: Coffman HS Stadium and practice fields
- When: Tuesday July 19-Friday July 22
- Time: 8-10AM, 5PM-7PM each day
- Players: All players
- Bring: Water, soccer ball, shin guards, BOTH soccer cleats AND running shoes
- Wear: Black shorts, white t-shirt, white socks.

### Pre-Season Tournaments

To attend, fees must be paid and all forms received by the Booster Organization by June 29<sup>th</sup>.

#### COSA Invitational

- Where: Cooper Park in Westerville, OH
- When: Saturday July 16<sup>th</sup> – Sunday July 17<sup>th</sup>
- Players: All players (taking 3 teams)
- Bring: Water, soccer ball
- Wear: Black shorts, Tournament t-shirt, soccer cleats, black socks, shin guards.

#### Dublin Invitational

- Where: Coffman and Jerome High Schools
- When: Friday July 29<sup>th</sup> – Saturday July 30<sup>th</sup>
- Players: Returning varsity & invited players
- Bring: Water, soccer ball
- Wear: Black shorts, Tournament t-shirt, soccer cleats, black socks, shin guards.

#### Northmont Good Samaritan Soccer Classic

- Where: Ward Field/Englewood Complex in Clayton, OH
- When: Saturday July 30<sup>th</sup> & Sunday 31<sup>st</sup>
- Players: All players not attending the Dublin Invitational (taking 2 teams)
- Bring: Water, soccer ball
- Wear: Black shorts, Tournament t-shirt, soccer cleats, black socks, shin guards

### Tryouts

For all soccer players interested in trying out. Attendance at all 5 sessions is mandatory.

- Where: Coffman HS Stadium and Practice Fields
- Monday, August 1<sup>st</sup> : 7AM-9AM and 5PM-7PM
- Tuesday, August 2<sup>nd</sup> : 7AM-9AM and 5PM-7PM
- Wednesday, August 3<sup>rd</sup> : Scrimmage vs. Westerville South. JV 5:00, Varsity 7:00
- Thursday, August 4<sup>th</sup> : Evaluations 10AM in Coffman HS Commons
- Bring: Water, soccer ball, BOTH running shoes AND soccer cleats.
- Wear: Black shorts, white t-shirt, white socks, shin guards.

## Dublin Coffman Boys Soccer

### PRE-SEASON COSTS AND FEES

#### Pre-Season Tournament Entry Fees and T-Shirt

All players will be attending 2 pre-season tournaments. Each player must purchase matching t-shirts with numbers to participate.

- **Team T-shirts and tournament fees (all players)=\$50** per player
  - If only able to attend one of the tournaments = **\$30** per player
  - Make checks payable to “Rocks Men’s Soccer Boosters”. Payment due by June 28<sup>th</sup> to the Booster Organization.

## **Dublin Coffman Boys Soccer**

### **FITNESS TESTING**

#### **Philosophy**

A major part of the evaluation of each player during tryouts will consist of a fitness test. Each player's performance will be measured in each individual fitness activity. The fitness tests are one way to measure each player's physical abilities and conditioning levels. The fitness tests are one factor in the coaching staff's evaluation of each player.

Hopefully, you are playing soccer during the spring. In addition, it is an expectation that you will be conditioning on your own, working towards achieving the fitness targets and goals below.

#### **Fitness Targets**

Two parts of the Fitness Test have required targets that each player must achieve (the mile and the Cooper Test—see below). A team rule for the 2010 season will be that no player may participate in a varsity contest until both Fitness Targets are met.

Though the other parts of the Fitness Test do not have target requirements, they are used to measure a player's physical abilities.

- **Mile**
  - **Target = 6:00 minutes**
- **Cooper test: 12 minute run, maximum distance within time limit**
  - **Target = 1.75 miles**
- 50 m run
- 20 yd shuttle / agility test
- 300 yd shuttle / endurance test
- Dribbling slalom

## **Dublin Coffman Boys Soccer**

### **TRYOUTS**

#### **Sessions**

- Monday 8/1 AM:
  - Fitness Testing: mile; dribbling slalom, 300 yd shuttle
- Monday 8/1 PM:
  - 1v1, 3v2, 4v4, 6v6
- Tuesday 8/2 AM:
  - Fitness Testing: Cooper; agility; 50m
- Tuesday 8/2 PM:
  - 8v8, 11v11
- Wednesday 8/3
  - Scrimmage home vs. Westerville South
  - Top 30 in Varsity Scrimmage 7:00
  - Everyone else in JV Scrimmage 5:00
- Thursday 8/4
  - Teams announced / Player Evaluations @ 10AM at Coffman High School Commons

**Dublin Coffman Boys Soccer**  
**2011 Player Evaluation**

**Player** \_\_\_\_\_

**Year** \_\_\_\_\_

	Needs Improvement		Average		Excellent	
<b>Physical Abilities</b>						
Speed	1	2	3	4	5	6
Endurance	1	2	3	4	5	6
Strength	1	2	3	4	5	6
Aggressiveness	1	2	3	4	5	6
<b>Technical Skills</b>						
Touch / Ball Control	1	2	3	4	5	6
Passing	1	2	3	4	5	6
Shooting	1	2	3	4	5	6
Heading	1	2	3	4	5	6
Defensive Technique	1	2	3	4	5	6
<b>Tactical Knowledge and Awareness</b>						
Offensive Tactical Knowledge	1	2	3	4	5	6
Defensive Tactical Knowledge	1	2	3	4	5	6
Soccer IQ	1	2	3	4	5	6
<b>Personality and Intangibles</b>						
Attitude	1	2	3	4	5	6
Work Ethic	1	2	3	4	5	6
Coachability	1	2	3	4	5	6

**Fitness Testing**      Passed mile (>6 min)      Passed Cooper (<1 ¾ miles in 12 min)

**Team Assignment**      Varsity      JV/Reserve

**Dublin Coffman Boys Soccer**  
**2011 Player Evaluation--Goalkeeper**

**Player** \_\_\_\_\_

**Year** \_\_\_\_\_

	Needs Improvement		Average		Excellent	
<b>Physical Abilities</b>						
Speed	1	2	3	4	5	6
Endurance	1	2	3	4	5	6
Strength	1	2	3	4	5	6
Aggressiveness	1	2	3	4	5	6
<b>Technical Skills</b>						
Foot skills	1	2	3	4	5	6
Hands	1	2	3	4	5	6
Agility / diving	1	2	3	4	5	6
Positioning	1	2	3	4	5	6
Technique	1	2	3	4	5	6
<b>Tactical Knowledge and Awareness</b>						
Vocal / leadership	1	2	3	4	5	6
Defensive Tactical Knowledge	1	2	3	4	5	6
Soccer IQ	1	2	3	4	5	6
<b>Personality and Intangibles</b>						
Attitude	1	2	3	4	5	6
Work Ethic	1	2	3	4	5	6
Coachability	1	2	3	4	5	6

**Fitness Testing**      Passed mile (>6 min)                  Passed Cooper (<1 ¾ miles in 12 min)

**Team Assignment**                  Varsity                  JV/Reserve

# Dublin Coffman Shamrocks

## BOYS COFFMAN SOCCER 2011

### Varsity / JVA

<u>Date</u>	<u>Team</u>	<u>Location</u>	<u>Time</u>	<u>Bus</u>
Wed 8/3	Westerville South (part of tryouts)	Home	5:00/7:00	
Sat 8/6	Reynoldsburg (scrimmage)	Away	10AM/12:00	8:30/10:30
Wed 8/10	Olentangy Liberty (scrimmage)	Away	5:00/7:00	3:45/5:30
Wed 8/17	Big Walnut (scrimmage)	Home	5:30/7:15	
Mon 8/22	Westerville Central	Away	5:30/7:15	
Sat 8/27	Lakewood St. Edward	Home	1:00/3:00	
<b>Tue 8/30</b>	<b>Central Crossing</b>	<b>Away</b>	<b>5:30/7:15</b>	
Sat 9/3	Bexley	Home	5:00/7:00	
<b>Tue 9/6</b>	<b>Westland</b>	<b>Home</b>	<b>5:15/7:15</b>	
Sat 9/10	Gahanna	Away	5:00/7:00	
<b>Tue 9/13</b>	<b>Thomas Worthington</b>	<b>Away</b>	<b>5:15/7:15</b>	
Thur 9/15	Dublin Jerome	Away	5:15/7:15	
<b>Tue 9/20</b>	<b>Hilliard Darby</b>	<b>Home</b>	<b>5:15/7:15</b>	
Thur 9/22	Olentangy Orange	Home	5:15/7:15	
Sat 9/24	Westerville North	Crew Stadium	11AM/3:00 (JVA)	
<b>Tue 9/27</b>	<b>Hilliard Davidson</b>	<b>Away</b>	<b>5:30/7:15</b>	
Sat 10/1	DeSales	Home	5:00/7:00	
Tue 10/4	Worthington Kilbourne	Home	5:15/7:15	
<b>Tue 10/11</b>	<b>Upper Arlington</b>	<b>Away</b>	<b>5:15/7:15</b>	
Thur 10/13	Worthington Christian (Senior Night)	Home	5:15/7:15	

# Dublin Coffman Shamrocks

## COFFMAN SOCCER 2011 JVB

<u>Date</u>	<u>Team</u>	<u>Location</u>	<u>Time</u>	<u>Bus</u>
Wed 8/10	Olentangy Liberty (scrimmage)	Away	5:00	3:45
Mon 8/22	Westerville Central	Away	5:30	
Sat 8/27	Lakewood St. Edward	Home	1:00	
Sat 9/3	Bexley	Home	3:00	
Sat 9/10	Gahanna	Away	3:00	
Tue 9/13	Thomas Worthington?????	Away	5:15	
Wed 9/14	Dublin Jerome	Away	5:15	
Tue 9/20	Hilliard Darby??????	Home	5:15	
Thur 9/22	Olentangy Orange	Home	5:15	
Sat 9/24	Westerville North	Home	3:00	
Tue 9/27	Hilliard Davidson	Away	5:30	
Tue 10/4	Worthington Kilbourne?????	Home	5:15	
Tue 10/11	Upper Arlington??????	Away	5:15	