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# Youth Football Tryouts – Checklist

90-minute tryout planning template

*This document was provided by areacopa.com.*

TEAM

DATE

LEAD COACH

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## One week before

Prep so that nothing is missing on the day.

- Confirm date, pitch, and time
- Finalise the participant list and send the parent email with the agenda
- Brief the observer team (at least two per station)
- Print scoring sheets, one stack per observer
- Prepare bibs with numbers and a number-to-name list
- Pack equipment (cones, balls, goals, pens, clipboards)

## 30 minutes before kick-off

Last steps before the whistle.

- Set up the stations and walk them through
- Assign observers per station and hand out the sheets
- Run through the welcome briefing for the children
- Mark the parent area clearly

## Station setup

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Dimensions, player counts, and observer rules per station.

- Station 1: 8×8-metre square, 4 players, 2 balls, alternating pass and reception
- Station 2: 1-v-1 with a free teammate behind the defender
- Station 3: 4-v-4 plus 2 floaters, small goals, 4-minute games
- Station 4: 6-v-6 or 7-v-7, 20 continuous minutes with rolling subs
- Two observers per station, taking notes separately
- One standardised scoring sheet per station
- 3 to 5 criteria per station, scale of 1 to 4
- Player bibs with numbers on chest and back

## During the 90 minutes

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Timing and break rules.

- Warm-up for 10 minutes, loose, with no scoring pressure
- Stations 1 to 4, 15 minutes each plus 2 minutes for transitions
- Quiet breaks for drinks, no parent conversations in between
- Treat the closing game as a deliberate observation phase, not a wind-down

## Observation focus per player

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Watch these five reliably visible cues.

- First touch (foot choice, ball still playable)
- Scanning before the ball arrives (shoulder check, pre-orientation)
- Decision speed (touches between control and the next action)
- Body language after a mistake and under load
- Coachability after a short cue during the drill

## Right after the whistle (30 minutes)

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Debrief as a coaching team before going home.

- Pull the coaching team together and compare sheets
- Mark the unambiguous cases (top and bottom)
- Discuss diverging observations and note the reasons
- Note the provisional selection; tell parents the next day, not now

