



All-Star Program - Tryout Assessment Policy

September 2025

Open tryouts shall be conducted once a year, in the Fall (September or October). Players who did not participate in the tryouts may be allowed at any point in the pre-season for evaluation as potential players to join competitive teams or become alternate players (AP), if space is available. Players who are not available to join the tryouts due to injury, travel, or other reasons are still required to register to maintain a “to be evaluated” status.

If interested in a late evaluation, please email technical_director@pcspminorsoccer.ca.

Keywords:

All-Star Program: Consists of U12, U13, U15 and U17 teams who will be playing in either the NL Premier League or the NL Championship League.

Technical Committee: Committee formed by the club's Technical Director, Metro/All-Star Director, and board-approved volunteers.

Tryouts & Evaluations Processes

- Each group will have an open tryout (2-3 sessions) to evaluate players for our U15 and U17 teams, including Premier and Championship.
- The tryout will primarily consist of small-sided and/or full-field games, and may include technical and/or physical individual assessments.
- Players are required to attend all sessions (unless specifically instructed otherwise) to be considered for a team. Consideration may be made for medical reasons that prevent attendance (a doctor's note is required, and notice must be given to the technical director). In such cases, alternate arrangements may be made for an evaluation.
- Evaluations will be carried out by the following method:
 - Board-approved, screened Club Staff/Coaches/Volunteer(s) will be at all sessions for evaluation purposes.
 - All-Star-assigned coaches will be present at the tryouts to take notes to assist with the team's selection.
 - All the processes are to be overseen and finalized by the Technical Committee.

Selection Process:

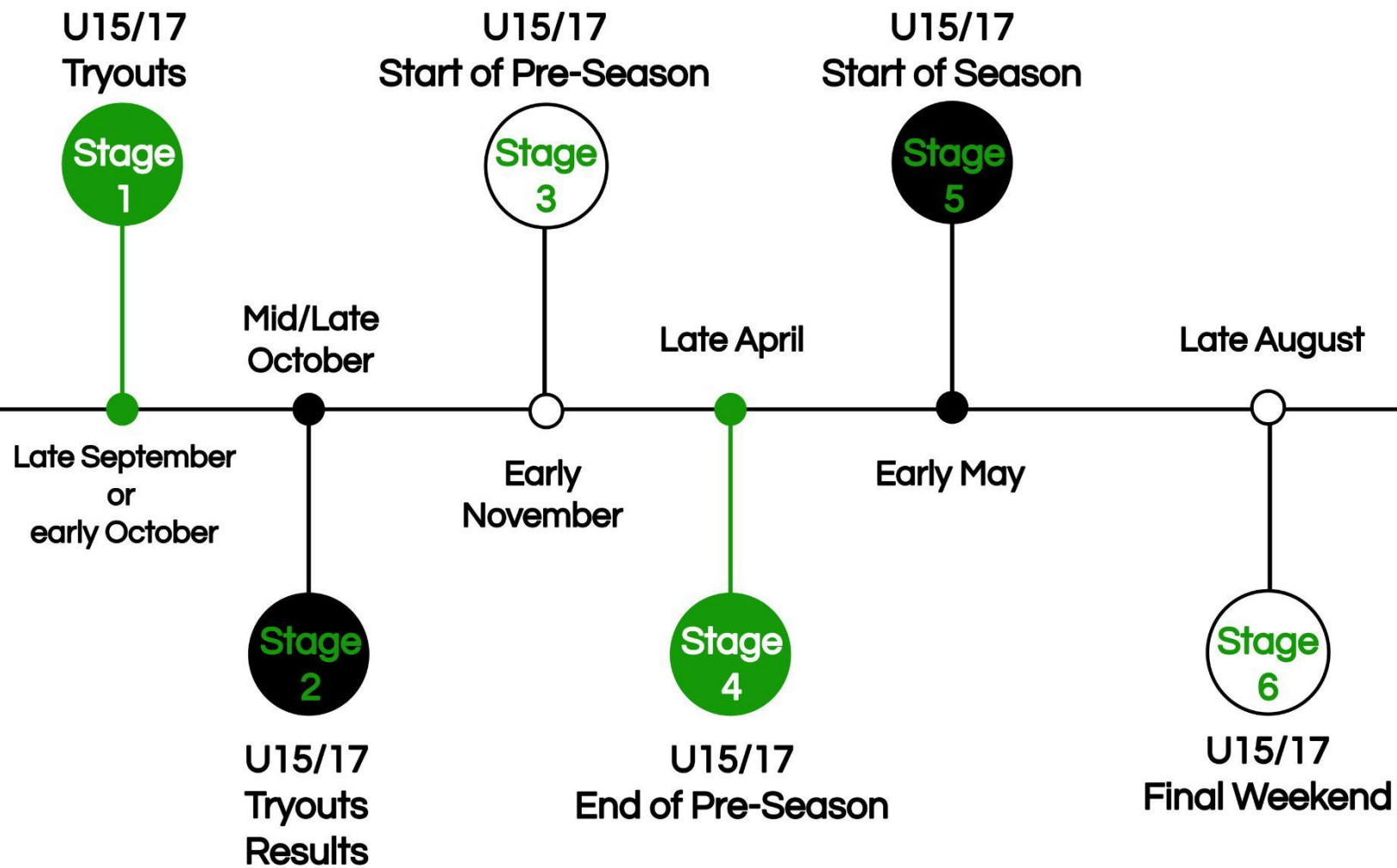
- The scores of each evaluator will be totalled, resulting in an overall score for each player. After the results are available, this score can be requested and shared with parents/players.
- The top 14 players will be automatically selected for the primary team based on their overall ranking. A pool of players may be created to select the remaining players for a squad of 20 or to finalize a PL and CL team. Squad sizes are expected to range from 14 to 20 players. Please note that teams are chosen based on the best interests of the players and their level of play. Therefore, teams won't be populated with 20 players if, for example, only 14 are at the

program's level. Players may be required to remain in the training pool close to the end of the pre-season.

- Once selections have been made, teams will be announced on our website (players who make a Premier team, if they decide not to accept their placement, are required to request a transfer to NLSA and are subject to a fee paid to NLSA). Within the following days, players must register for the team to secure their spot. More information will be emailed to players who have been selected for the program.
- After all teams have been formed and positions have been accepted, those not selected for a competitive team will receive an invitation to register for the appropriate program (Spurrs Academy/Metro) for the following season.
- Some players may be selected as Alternate Players (AP). The requirements and expectations for this position will be sent to selected players prior to their addition to the roster.
- Players who do not make a Premier team may be invited to an older-age Championship team if it is deemed to be in their best interest for development.
- **Under-age players:**
 - Players must register for the appropriate age group as described in the tryouts registration, unless the club's Technical Director recommends otherwise. (For example, a U12 player may register for a U13 tryout if the Technical Director recommends it and deems it in the best interest of the player's development.)
 - U10 players may only register for U12 tryouts if they are invited by the club, at which point they will receive an email with an invitation to participate.
 - All players allowed and registered for a particular age group tryout will be evaluated based on their performance, not their age. Moving a player or group of players up to an older age group will be at the sole discretion of the Technical Committee and requires consent from the club's Technical Director, who must approve it in accordance with NLSA guidelines.

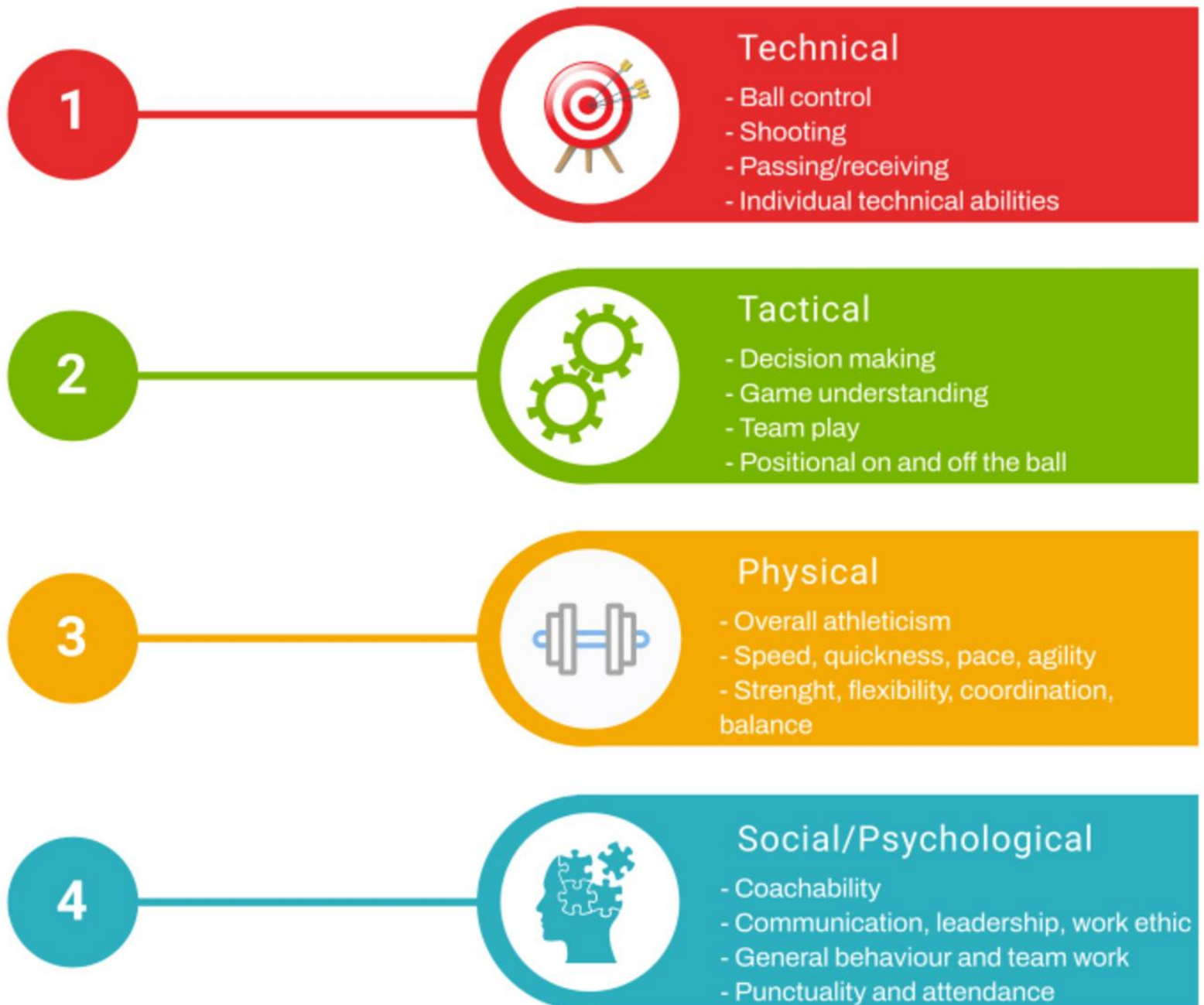
Tryouts & Evaluations Timelines

*Timeline may be altered due to NLSA changes on the league schedule, club logistics, or other extenuating circumstances.



Criteria Considered

All players are evaluated using a four-cornered approach considering their Technical/Tactical, Physical, Psychological, and Social abilities.



- Technique, accuracy and quality of passes with both feet.
- Versatility of passes.
- Long passing ability with both feet.
- Quality of first touch when receiving the ball.
- The versatility of their first touch.
- Ability to receive with different parts of both feet.
- Various distances of touch (close touch when in tight areas, bigger touch to beat players, changing direction with the first touch, etc.).

- **Dribbling:**
- Comfort with the ball at the feet.
- Using both feet and various parts of the feet to dribble the ball at various speeds and directions.
- Ability to scan their surroundings.
- 1v1 moves (both at low and high speeds).
- Ability to use the body to shield/win the ball.

- **Shooting:**
- Technical ability to shoot the ball with both feet and all styles.
- Proper timing and strength that is required for each type of play.

2. Tactical

a. These include, but are not limited to:

- Decision-making with the ball.
- Movement/Positioning without the ball.
- Cooperating with another player, a group of players or a team.
- Understanding the attacking principles of the game.
- Understanding defensive principles of the game.
- Position-specific tactics.

For younger players (U12 and U13), these are primarily individual or small-group oriented. For older age groups, intermediate to advanced game knowledge is highly important when transitioning to more specific team-oriented tactics, full-field games, and positional awareness.

3. Physical Overall Athleticism.

- a. This reflects the player's physical ability to impact the game or their potential to become a strong player in the future. This category includes:**
 - Speed–Ability to accelerate, decelerate (short & long distances) and change direction quickly.
 - Strength.
 - Flexibility.
 - Body coordination.
 - Balance.

4. Social/Psychological

- a. This category evaluates the essential social and psychological skills and attitudes required for playing the game effectively and learning it in a team setting. This includes but is not limited to:**
 - Confidence.
 - Discipline/Concentration.
 - Work ethic.
 - Motivation.
 - Growth Mindset.
 - Ability to recover/adjust from a mistake.
 - Leadership: Communication skills, leadership, maturity, teamwork, punctuality, etc.

If you have any questions related to the tryout process, please email our office at office@pcspminorsoccer.ca. If necessary, the email will be forwarded to our Technical Director.