



Hello School Coordinators,

In this packet you will find helpful information to support you through the Harvest Cup tryout process and team practices. You are welcome to share this information with your volunteer coaches.

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How To Run A Tryout

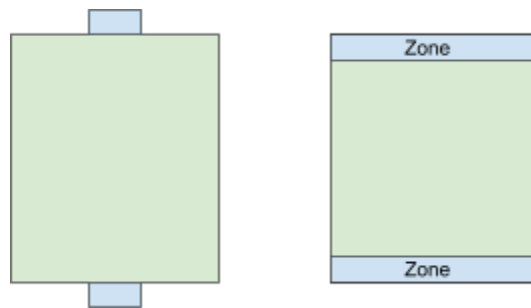
Pre Tryout (based on Nov 1st registration deadline)

1. Set Dates and Times - This is TBD by school (recommended last week of October, if not earlier)
 - a. Upload info on Teamsnap
 - b. Send all students an email to register for Harvest Cup if they want to participate in the tryout
 - i. Encourage all students to register in teamsnap before tryouts
 - ii. Player and Team Registration Closes November 1st, 2026.**
2. Confirm Staff Availability - do you have volunteer coaches to help you?
 - a. Try to recruit volunteer coaches who are 100% available to help with tryouts, are available at least one day a week to host practices, and can attend both days of the tournament December 5th and 6th. Having Co-coaches is also encouraged.
3. Confirm Equipment Availability - does your school have goals and a field you can use? Does your school have soccer balls, cones, bibs? Not all of this is necessary nor required, but is helpful when running a tryout and practices.
 - a. You can let players know to bring their own soccer ball if they have one
 - b. Volunteer coaches may have equipment
4. **Last week of October:** Email all students tryout details to encourage last minute sign ups. Email should include:
 - a. All players should be registered before tryouts
 - b. Date, time and location of tryouts
 - c. What to bring: water, soccer cleats, shin guards, soccer ball
5. Create a check in list to anticipate how many players you will have at tryouts (accessible through team snap)
6. Create tryout drills and share with coaches who are helping you

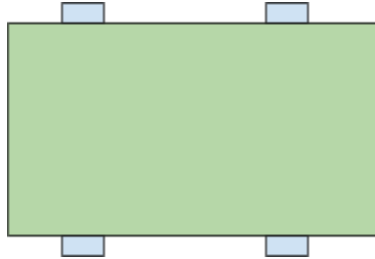


Day of Set Up

1. Set up a check in station
 - a. Table, canopy and chair if available
 - b. Pens, paper and Clipboards if necessary for taking notes
 - c. Check in list printed or digital
2. Mark out a space with cones and two goals. Or if you do not have small goals you can create an “end zone”.



- a. Scrimmage games examples;
 - i. Standard small sided games 5v5, 4v4 or 3v3
 1. Two teams scoring in their respective goal
 2. You can change this by having 3+ small teams playing and they can score in either goal
 - ii. 4 Goal Game - standard rules but now you have two goals on each side instead of just one
 1. You can incorporate passing rules (Ex. your team has to complete 4 passes before they can score)



- iii. Possession small sided game - set up like a normal scrimmage - but instead of scoring count how many passes a team can keep possession of the ball

Post Tryout

1. Create a roster of players for each grade and submit to the Team Submission page here: [Team Submission - Harvest Cup - OC Youth Sports](#)
2. Anyone who registered and didn't get placed on a team will receive an automatic refund
- 3. Teams must be submitted by November 1st, 2026.**
4. Create and upload practice schedule to Teamsnap



Sample Practice Sessions

See the links below for age appropriate practice plans

2nd Grade	U8
3rd Grade	U9
4th Grade	U10
5th Grade	U11
6th Grade	U12
7th Grade	U13
8th Grade	U14



Junior Reds x MLS GO Winter Program - Bring Your Team!

Continue playing with your school team after the Harvest Cup ends!

- Starts the week BEFORE Harvest Cup Tournament
- Practice then Play Format all in 1 night - 6v6 format - 30 minutes practice / 40 minute game
- Boys U8 - U14
- Girls U8 - U14
- Regular Price: \$189
- **Discounted rate of \$149 for harvest cup players when you register by November 14th.**
- Coaches child plays FREE (when 9 other players register @ your discounted rate of \$149 by November 14th ****extended early bird special for Harvest Cup players only***)
 - Rosters of 10
 - Choose your MLS Team to represent (subject to availability)
- Paid Referees and Fields Set Up - You just show up and coach!
- Professional SoCal Reds Trainers to support your practice

JUNIOR REDS
RECREATIONAL LEAGUES
PRESENTED BY
MLS GO

**EARLY BIRD
NOW OPEN!**
FOR WINTER AND SPRING
PROGRAMS!

REGISTER TODAY!
[socalredsf.com/junior-reds](https://www.socalredsf.com/junior-reds)

For information, email
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<https://www.socalredsf.com/junior-reds>