

## Tips for a Great Evaluation Process with Elmhurst Lacrosse

The 2014 Elmhurst Lacrosse evaluations are fast approaching, and many players and parents have questions about how to have a successful evaluation. Regardless of whether this is your player's first year of lacrosse or not, the following guidelines will help prepare your player for a positive experience.

### #1 – Hustle Everywhere, All The Time

Any player, of any ability, at any age, can show hustle. Elmhurst coaches and evaluators are looking for the players who hustle all the time. So how do you show hustle everywhere? Simple – do not let a coach see you walking. Run from one drill to another, run from the start of a drill until you are back in line for your next turn. Hustle on to the field, hustle to get open, hustle to slide, hustle off the field. If your player is not tired at the end of an evaluation, something is wrong.

### #2 – Preparation

Your player should start to prepare for their evaluation well before the first evaluation session. Players should arrive to the first evaluation with equipment that fits properly and is comfortable. Every player can walk around their house wearing their gloves, carrying their stick, cradling a ball prior to evaluations. On evaluation day, preparation means waking up on time, eating a solid breakfast, drinking water well before the evaluation to stay hydrated, and having all of your required gear. Check your lacrosse bag when you pack it at night for all your gear. Then check it again before you leave the house for the evaluation. Finally, check it before going home so your coach isn't responsible for your equipment.

### #3 – Pay Attention

Evaluation sessions move quickly, and because there is limited time, coaches are going to explain a drill one time, then they will start the drill. Coaches will not waste time explaining drills for a second time to players who are not paying attention. Coaches make mental notes of players who are paying attention at all times, and are eager to have the chance to coach them in the future.

### #4 – Lacrosse is a Fast Sport, Play FAST

Coaches want players who can play fast. That means running hard, passing the ball quickly, and sliding with speed. Playing fast takes hustling to another level. Run hard, shoot hard, make crisp passes all the time.

### #5 – Speak Up!

Communication between players is key to a successful lacrosse team. Coaches want to hear players communicating to one another during evaluations. Specifically, coaches want to hear players saying:

- “Here's your help”
- “Ball”, “Man” and “Release”
- “Great assist”, “Nice save”, etc.

The only time players should be silent is when the coach is talking. Otherwise, let your player's voice be heard.

### #8 – Spend Some Time Watching the Game on TV

As the great sport of lacrosse spreads across our nation, we no longer have to wait for the Final 4 to watch great lacrosse on TV. Give your player an opportunity to watch the game before they actually play it. Not only will some screen time help them understand certain parts of the game, it's a great way to get them excited and pumped-up for their evaluations.

Most importantly, if you or your players have questions, please take the time to introduce yourself to a coach after an evaluation. Everyone with Elmhurst Lacrosse is passionate about this sport, and is willing to help your player get off to a great start.