



Use this form to identify core aspects of the game and evaluate a level of proficiency in those areas. There will be areas where each player excels and others that need more work. Keep this document and refer to it throughout the season to help you hone in on which skills need development. Exceptional players put in the work outside of practice. This should serve as a guide for how to become that exceptional player.



Name:	Team:
Years experience:	Position:

The rating scale is 1 through 3, with 1 being below average, 2 being average, and 3 being good. Most players should receive a 2 in most categories. A score of 1 indicates something the player needs to work on, and a score of 3 indicates something the player is doing very well, perhaps better than most of her teammates.

AREAS OF EVALUATION

PHYSICAL

Main focus at this level is the ABC's (Agility, Balance and Coordination). Be sure to use the terms below during evaluation and at practice to emphasize what you are evaluating.

Footwork	1	2	3	Quickness	1	2	3
Coordination	1	2	3	Speed	1	2	3

Comments:

TECHNICAL

Players must be able to handle the ball, including catching, passing, shooting, dodging, scooping and cradling. All of these skills are to be developed at this age and practiced in pressure situations to develop confidence.

Passing	1	2	3	Passing offhand	1	2	3
Catching	1	2	3	Catching offhand	1	2	3
Shooting	1	2	3	Ground balls	1	2	3
Dodging	1	2	3	Cradling	1	2	3
Defensive stance	1	2	3	Blocking	1	2	3

Comments:



TACTICAL

Players should focus on balancing the field on offense and having an attacking mindset. Defensive focus should be on on- and off-ball positioning, inside-out play and “numbering up.” Keep these areas vague to allow the athlete to learn how they are different things and can be improved upon separately.

OFFENSE

Move the ball	1	2	3
Spacing	1	2	3
Motion	1	2	3
Attacking the cage	1	2	3

DEFENSE

Number up	1	2	3
Communication	1	2	3
On ball	1	2	3
Off ball	1	2	3

Comments:

PSYCHOLOGICAL

Regardless of physical ability, skill or tactical knowledge, the most significant impact a player can have on her own and the team’s success is with her psychological demeanor and approach to the sport.

Coachable	1	2	3
Effort	1	2	3
Teamwork	1	2	3

Respect	1	2	3
Focus	1	2	3

Comments:

Coachable: Listens to coaches and attempts to apply the lessons throughout practices and games. Accepts feedback on areas for improvement. Practices with a purpose.

Effort: Recognizes that above all else, she can control her effort at any moment. By repeatedly and consciously giving 100% effort, her effort becomes a habit.

Teamwork: Understands that when she lifts her teammates, she lifts herself. Routinely encourages and praises teammates. Fills teammates’ emotional tanks with positive feedback.

Respect: Treats coaches, teammates, officials, opponents and the game with respect. Honors the spirit of competition in opponents. Does not put others down.

Focus: Maintains an intensity level at practice aimed at learning and improving. Does not detract from and is not distracted during an intense and purposeful practice.

Additional Comments:



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Name:	Team:
Years experience:	Position:

The rating scale is 1 through 5, with 1 as unsatisfactory and 5 as outstanding. Most players should receive a 3 in most categories. A score below 3 indicates something the player needs to work on, and a score above 3 indicates something the player is doing very well, perhaps better than most of her teammates.

AREAS OF EVALUATION

PHYSICAL

Obviously, fitness is a big part of lacrosse. With a few position-based qualifiers, all players need to be fast, quick, agile and fit. Midfielders must be fast enough to evade the defense in the middle of the field and fit enough to run for the majority of the time they are on the field. Attackers must be quick and agile to create scoring opportunities, and strong enough to power through checks. Defenders must be agile and quick enough to stay glued to the opposing attackers, and strong enough to move the opponent when needed.

Footwork	1	2	3	4	5	Stamina	1	2	3	4	5
Coordination	1	2	3	4	5	Strength	1	2	3	4	5
Quickness	1	2	3	4	5	Agility	1	2	3	4	5
Speed	1	2	3	4	5						

Comments:

TECHNICAL

Players must be able to handle the ball, including catching, passing, shooting, dodging, scooping and cradling. All of these skills must be performed under pressure and at a running pace. Players should ultimately be able to use either hand interchangeably in demonstrating these skills. Players must be technically competent at playing defense with their head and feet, must be able to stop an opponent 1-on-1, and must know when to check (limited) as well as proper checking technique.

Passing	1	2	3	4	5	Shooting offhand	1	2	3	4	5
Passing offhand	1	2	3	4	5	Cradling	1	2	3	4	5
Catching	1	2	3	4	5	Dodging	1	2	3	4	5
Catching offhand	1	2	3	4	5	Blocking	1	2	3	4	5
Shooting	1	2	3	4	5	Ground ball pickups	1	2	3	4	5

Comments:



TACTICAL

Players must know how and when to execute the overarching principles of offense and defense while under pressure. On offense, they must be disciplined enough to run an offensive set and know how to adapt out of it. Motion offense includes moving with and without the ball, cutting and picking. Attacking includes dodging and driving with intensity, and shooting when open. Defensive positioning is relative to the ball and your player, and proper position on the field

OFFENSE

Move the ball	1	2	3	4	5
Feeding	1	2	3	4	5
Spacing	1	2	3	4	5
Motion	1	2	3	4	5
Attacking the cage	1	2	3	4	5

DEFENSE

On-ball	1	2	3	4	5
Off-ball	1	2	3	4	5
Communication	1	2	3	4	5
Help/crash	1	2	3	4	5

TRANSITION

Offense	1	2	3	4	5
Defense	1	2	3	4	5

Comments:

PSYCHOLOGICAL

Regardless of physical ability, skill or tactical knowledge, the most significant impact a player can have on her own and the team's success is with her psychological demeanor and approach to the sport.

Coachable	1	2	3	4	5
Effort	1	2	3	4	5
Teamwork	1	2	3	4	5
Respect	1	2	3	4	5

Focus	1	2	3	4	5
Perseverance	1	2	3	4	5
Unselfish	1	2	3	4	5

Comments:



Coachable: Listens to coaches and attempts to apply the lessons throughout practices and games. Accepts feedback on areas for improvement. Practices with a purpose.

Effort: Recognizes that above all else, she can control her effort at any moment. By repeatedly and consciously giving 100% effort, her effort becomes a habit.

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and the game with respect. Honors the spirit of competition in opponents. Does not put others down.

Focus: Maintains an intensity level at practice aimed at learning and improving. Does not detract from and is not distracted during an intense and purposeful practice.

Perseverance: Does not give up or relent when facing difficulty as an individual or team. Stays focused to the finish in spite of difficulty or trouble.

Unselfish: Puts the team above herself. Willing and eager to perform her assignment to the benefit of the team. Always willing to give more to the team than she gets.

Additional Comments:



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AREAS OF EVALUATION

PHYSICAL

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Footwork	1	2	3	4	5	Stamina	1	2	3	4	5
Coordination	1	2	3	4	5	Strength	1	2	3	4	5
Quickness	1	2	3	4	5	Agility	1	2	3	4	5
Speed	1	2	3	4	5	Power	1	2	3	4	5

Comments:

TECHNICAL

Players must be able to handle the ball, including catching, passing, shooting, dodging, scooping and cradling. All of these skills must be performed under pressure and at a running pace. Players should ultimately be able to use either hand interchangeably in demonstrating these skills. Players must be technically competent at playing defense with their head and feet, must be able to stop an opponent 1-on-1, and must know when to check (limited) as well as proper checking technique.

Passing right hand	1	2	3	4	5	Cradling	1	2	3	4	5
Passing left hand	1	2	3	4	5	Dodging	1	2	3	4	5
Catching right hand	1	2	3	4	5	Defensive stance	1	2	3	4	5
Catching left hand	1	2	3	4	5	Defensive footwork	1	2	3	4	5
Accuracy right hand	1	2	3	4	5	Stick checking	1	2	3	4	5
Accuracy left hand	1	2	3	4	5	Ground ball pickups	1	2	3	4	5
Shot speed overall	1	2	3	4	5	Blocking	1	2	3	4	5

Comments:



TACTICAL

Players must know how and when to execute the overarching principles of offense and defense while under pressure. On offense, they must be disciplined enough to run an offensive set and know how to adapt out of it. Motion offense includes moving with and without the ball, cutting and picking. Attacking includes dodging and driving with intensity, and shooting when open. Defensive positioning is relative to the ball and your player, and proper position on the field.

OFFENSE

Move the ball	1	2	3	4	5
Feeding	1	2	3	4	5
Spacing	1	2	3	4	5
Motion	1	2	3	4	5
Attacking the cage	1	2	3	4	5
Shot selection	1	2	3	4	5
Player advantage	1	2	3	4	5
Ground ball tactics	1	2	3	4	5
8-meter play	1	2	3	4	5
12-meter play	1	2	3	4	5

DEFENSE

On-ball	1	2	3	4	5
Off-ball	1	2	3	4	5
Communication	1	2	3	4	5
Help/crash	1	2	3	4	5
Player disadvantage	1	2	3	4	5

TRANSITION

Offense	1	2	3	4	5
Defense	1	2	3	4	5
Riding	1	2	3	4	5
Clearing	1	2	3	4	5

Comments:

PSYCHOLOGICAL

Regardless of physical ability, skill or tactical knowledge, the most significant impact a player can have on her own and the team's success is with her psychological demeanor and approach to the sport.

Coachable	1	2	3	4	5
Effort	1	2	3	4	5
Teamwork	1	2	3	4	5
Respect	1	2	3	4	5

Focus	1	2	3	4	5
Perseverance	1	2	3	4	5
Unselfish	1	2	3	4	5

Comments:

Coachable: Listens to coaches and attempts to apply the lessons throughout practices and games. Accepts feedback on areas for improvement. Practices with a purpose.

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