

# BVL SELECT Evaluation Plan-- Outdoor Session

1130-1200pm Players check in at table and receive assigned, numbered pinnie

1200-1207pm Players on field: Quick coaches introduction and DYNAMIC WARMUP led by Coaches

1207-1215pm STAR DRILL PASSING: 2 sets. R to R, L to L, catch L throw R, catch R throw L.

- Coaches evaluating ability to follow directions, passing & catching skills

1207-1225pm GOALIE warmup: coaches will warm-up goalies in cages

- Coaches evaluating goalies' ability to make saves and clearing passes, and overall athleticism

1215-1225pm FOUR CORNERS PASSING: players set up in a 30yd box format at 4 corners. Players begin by rolling to the right, catching pass in left hand and throwing with right hand to player in the line ahead of them. Then reverse direction: Roll left, catch right, and throw left. Then "Throwbacks": player rolls to right, catches right, and throw right to player in line FOLLOWING behind.

- Coaches evaluating basic stick skills

1225-1240pm 1v1 GROUNDBALL DRILL>> 2v2 GBs: 4 cages. Two players set up facing each other, coach will roll out gb. Player who secures gb will drive to goal, other player will defend. Goalies participate in cages as numbers permit. Add in second players midway thru drill.

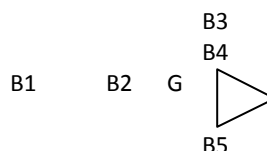
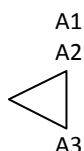
- Coaches evaluating groundball ability and desire, basic offensive and defensive skills including footwork, hustle, and athleticism. Evaluating ability to find and create passing lanes, to move off-ball in 2v2, to pick and move off picks.

1240-1245pm WATER BREAK

1245-105pm WEST GENNY DRILL: 2 sets. Continual 3v2 play with cages set up across short side of field.

Example: Players A1, A2, and A3 attacking two defenders B1 & B2. After shot on cage or errant pass, last player to touch ball sprints back to his line and other two players remain on defense. Example: A2 shoots on cage, G makes save. B1 and B2 step off. A2 sprints back to his original side of field. A1 and A3 remain on field to defend vs B3, B4, and B5 who now attack opposing goal after outlet pass from G.

- Coaches evaluating offensive ability to attack, to find the open man and pass to him, and to draw a slide.
- Coaches evaluating defensive ability to get in the hole, to communicate, and to slide and recover in transition situations.

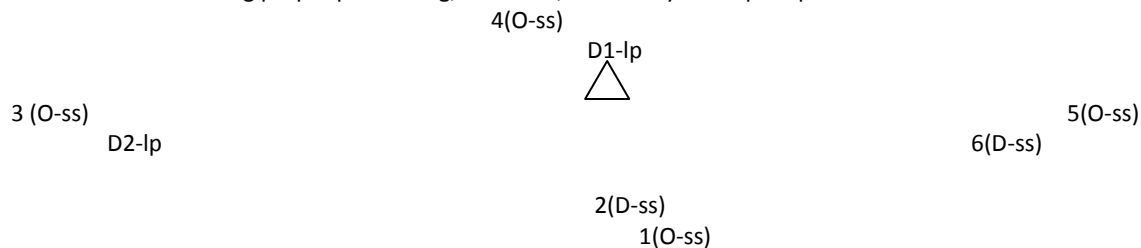


105-110pm WATER BREAK. Coaches confer & move 2 goals from short sides of field into regular creases.

110-117pm FACEOFFS: One coach will take faceoff middies for evaluation

110-130pm 1v1 DIAMOND DODGING > 2v2 DODGING: Shortsticks will rotate positions around the goal, alternately dodging and defending. SS begin at position 1, then move clockwise through 2-6. Poles will alternate defensive positions between X and left wing. Coaches will add in crease attacker & defender at their discretion to create 2v2.

- Coaches evaluating offensive skills including dodging, ability to use both hands, and shooting, and defensive skills including proper positioning, footwork, and ability to drop-step and control stick.



130-150pm 10v10 LIVE FULL FIELD PLAY. Drill leaders will referee and will stop play at intervals to rotate players.

150-200pm SPEED/FITNESS TEST. Players will line up in numerical order 1-60 behind the south side 30 yd line with FULL GEAR on-- no sticks. Coach will start and time players. Second coach will record times. One coach positioned at fence. Players will run one at a time. Player sprints from 30 yd line, through end zone, touches fence, and sprints back to 30 yd line.

FINISH: COACHES TALK WITH PLAYERS.