

“A” Player Classification

An “A” Player is EXCELLENT at...

- Catching and throwing with dominant hand and is comfortable switching hands.
 - Scooping and Cradling (1 and 2 handed)
 - Dodging using a variety of dodges and in the appropriate situations
 - Demonstrating field sense in live situations
 - Receiving and applying feedback from coaches
 - Working with various offense schemes
 - Working with various defense schemes
 - Playing under pressure
 - Practicing on their own without encouragement
 - Understanding the rules of the game and the responsibilities of various positions
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“B” Player Classification

A “B” Player is GOOD at...

- Catching and throwing with dominant hand and is comfortable switching hands.
 - Scooping and Cradling (1 and 2 handed)
 - Dodging using a variety of dodges and in the appropriate situations
 - Demonstrating field sense in live situations
 - Receiving and applying feedback from coaches
 - Working with various offense schemes
 - Working with various defense schemes
 - Playing under pressure
 - Practicing on their own without encouragement
 - Understanding the rules of the game and the responsibilities of various positions
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“C” Player Classification

A “C” Player is DEVELOPING at...

- Catching and throwing with dominant hand and is comfortable switching hands.
 - Scooping and Cradling (1 and 2 handed)
 - Dodging using a variety of dodges and in the appropriate situations
 - Demonstrating field sense in live situations
 - Receiving and applying feedback from coaches
 - Working with various offense schemes
 - Working with various defense schemes
 - Playing under pressure
 - Practicing on their own without encouragement
 - Understanding the rules of the game and the responsibilities of various positions
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Skills Assessment Plan (80 minutes)

:00-:25 Skill Stations

- Pass and Catch Right Handed
- Pass and Catch Left Handed
- Over the Shoulder Pass and Catch
- 2v1 Ground Balls
- 40yd. Dash (timed) 2x

:25-:45 One on Ones w/Goalies

- Attack v. Defense
- Midfield v. Midfield

:45-:60 Unsettled Situations

- 3v2, 4v3, etc...from varied locations on the field

:60-:80 Live Scrimmaging

Rating Scale

Player earns a 5 if...

- Exceptional skills demonstrated
- Top 5-10% of Group

Player earns a 4 if...

- Strong skills
- Well above the average of group

Player earns a 3 if...

- Average Skills
- Proficient, but does not stand out

Player earns a 2 if...

- Moderate to Weak Skills
- Needs more work to develop the skill

Player earns a 1 if...

- Weak Skills
- Lower 10% of the group

What to Look For

Catching and Throwing

- Hand near top of stick when catching
 - Moving feet towards the pass when catching
 - Accurate passing (in the “box”)
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Over the Shoulder Pass and Catch

- Breaks at a 45deg. angle
 - Switches hands to catch on correct side of body
 - Ability to adjust to pass
 - Switch hands and curls back to return ball to passer
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Ground Balls

- Hand near top of stick to get low on scooping
 - Head over the ball when scooping
 - Runs thru the ball
 - Does not shy away if other players are around ball
 - Scoops with both hands
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Individual Offense/Defense

- Dodging and Shooting Ability
 - Stick Protection
 - Good defensive positioning
 - Good balance
 - Does not chase opponents stick
 - Uses appropriate checks (age level permitting)
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Team Offense/Defense

- Understands TEAM concept
 - Moves without the ball to support teammates
 - On defense, keeps eyes on ball and player they are covering
 - Slides/Bumps to support team defense
 - Communication
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Sample Evaluation Form

Player Number	Position	Age	40 Time
Skill	Score	Notes	
Catching and Throwing	1 2 3 4 5		
Over the Shoulder	1 2 3 4 5		
Ground Balls	1 2 3 4 5		
One v One Play	1 2 3 4 5		
Unsettled Situations	1 2 3 4 5		
Team Play	1 2 3 4 5		

**This plan is for example purposes only and does not imply an endorsement by US Lacrosse as the sole criteria for evaluating players.*