

## “A” Player Classification

An “A” Player is EXCELLENT at...

- Catching and throwing with dominant hand and the off hand
  - Scooping and Cradling (1 and 2 handed)
  - Dodging at full speed using a variety of dodges and in the appropriate situations
  - Demonstrating field sense in live situations
  - Receiving and applying feedback from coaches
  - Transitional situation tactics
  - Working with various offense schemes
  - Working with various defense schemes
  - Playing under pressure
  - Practicing on their own without encouragement
  - Exhibiting off ball skills and tactics in settled and unsettled play
  - 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
  - Transitional situation tactics
  - 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
  - Exhibiting off ball skills and tactics in settled and unsettled play
  - 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
  - Transitional situation tactics
  - 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
  - Exhibiting off ball skills and tactics in settled and unsettled play
  - 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

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Player earns a 5 if...

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

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Player earns a 4 if...

- Strong skills
- Well above the average of group

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Player earns a 3 if...

- Average Skills
- Proficient, but does not stand out

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Player earns a 2 if...

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

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Player earns a 1 if...

- Weak Skills
  - Lower 10% of the group
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## 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.*