“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

“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

“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

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

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Tryouts and Player Evaluation

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”)

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

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

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)

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**

<table>
<thead>
<tr>
<th>Skill</th>
<th>Score</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catching and Throwing</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Over the Shoulder</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Ground Balls</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>One v One Play</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Unsettled Situations</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
<tr>
<td>Team Play</td>
<td>1 2 3 4 5</td>
<td></td>
</tr>
</tbody>
</table>

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