

# Falcon Lacrosse Evaluation Matrix

Lacrosse is a sport that combines athleticism, technical talent and determination. Below is the evaluation matrix for the upcoming season. This matrix allows the coaching staff to evaluate individual players and place them on the team where they will find the most success on the lacrosse field. Each coach in the program will be responsible for evaluating players over a 3 day period. At the conclusion of the 3 day period, players will be ranked and assigned to a team level based upon their evaluation. Players will also be evaluated based on positions. Placement will be decided by the entire coaching staff.

NOTE: This matrix also serves as a guideline to what players should be preparing for. All players are in control of their OWN placement for the upcoming season, the question is how hard do you want to work for it.

## Stick Skills

	Needs Improvement	1	2	3	4	5	Strong
• Right Hand Throwing/Catching		1	2	3	4	5	
• Left Hand Throwing/Catching		1	2	3	4	5	
• Right Hand Shooting on the Run		1	2	3	4	5	
• Left Hand Shooting on the Run		1	2	3	4	5	
• Right Hand Ground Balls		1	2	3	4	5	
• Left Hand Ground Balls		1	2	3	4	5	

The stick skills portion of the evaluation looks at your ability to throw, catch and shoot. Also included in this portion is your ability to properly pick up ground balls. Coaches will be looking for proper throwing and catching technique. Players will need to be able to execute overhand passing and shooting. This is the easiest portion to prepare for.

### Preparation Steps

1. Review the wall ball exercise sheet on the Falcon Lacrosse website
2. Hit the wall 3-5 times a week
3. Spend time passing and catching with a friend in open space
4. Build forearm strength by doing pushups

## Athleticism

	Needs Improvement	1	2	3	4	5	Strong
• Short Range Speed - Sprinting		1	2	3	4	5	
• Endurance - 2 mile run minimum		1	2	3	4	5	
• Upper Body Strength		1	2	3	4	5	
• Agility		1	2	3	4	5	

The athleticism portion of the evaluation will look at the players ability to prepare for the strenuous lacrosse season. Sprinting, long distance running and upper body strength call all be worked on prior to tryouts and will be the second largest emphasis for evaluations this season.

### Preparation Steps

1. Review the running log sheet on the Falcon Lacrosse website
2. Run distance 2-3 times per week up to the beginning of the season
3. Practice interval training or stadium steps to increase speed
4. Build upper body strength by doing pushups and core muscle strength by doing situps
5. Simple daily exercise will go a long way

## Lacrosse Knowledge

	Needs Improvement	1	2	3	4	5	Strong
• New Drill Comprehension		1	2	3	4	5	
• Play Recognition		1	2	3	4	5	

The Lacrosse Knowledge portion will test your ability to execute lacrosse drills and plays. Coaches will be putting new drills into the evaluation portion to test comprehension. Being prepared in your stickwork will help to ease you into new drills/plays.

### Preparation Steps

1. Watch game film
2. Prepare your stick skills properly so that you can be most effective in drills

## Coachability

	Needs Improvement	1	2	3	4	5	Strong
• Attitude		1	2	3	4	5	
• Ability to Adapt (self coaching)		1	2	3	4	5	
• Respectfulness		1	2	3	4	5	
• Work Ethic		1	2	3	4	5	

The Coachability portion of evaluations is the most important portion. Your attitude, level of respect and work ethic are key to the type of lacrosse player you will be. Coaches will be looking for players who demonstrate a high level of sportsmanship along with proper execution of athleticism and lacrosse ability.

At the conclusion of the evaluation, each player will sit down with Coach Weed and go over their evaluation in a 1 on 1 format. Players are encouraged to ask questions during this period. All players will set 1 individual goal for the upcoming season. These goals will be logged in the player's individual playbook/handbook.

Player Name \_\_\_\_\_

Position \_\_\_\_\_

Year \_\_\_\_\_

Remarks \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_