

7 Qualities College Lacrosse Coaches Look for in a Recruiting Prospect

#1. SIZE

Fair or unfair, when you watch a high school lacrosse game the first players that any parent, coach, referee or fan notices are the biggest kids on the field.

Yes, height is genetic, however weight isn't! You control your weight!

If you are 5'5-120lbs, then you need to be 5'5-140lbs. That is in your control. You should be eating 8 to 10 times a day and living in the weight room.

I understand that we can't do anything about our height or our genetics, however if you don't have "size" that will get you noticed, then you better be the best on the field in a few other areas.

#2. SPEED & ATHLETICISM

Speed kills. There is no bigger advantage in sports; especially in lacrosse. SPEED, SPEED, SPEED.

The only way to get faster is to get stronger.

I can guarantee that the 2 or 3 fastest athletes on your team are also the athletes that can do the most push-ups and pull-ups.

Speed is a direct correlation to your relative level of strength. Speed can be developed. You can get faster, but most people aren't willing to do the work that is necessary to get faster. You CANNOT be slow and play the game of lacrosse. If you aren't very fast then you need to get faster before you see anymore college coaches.

#3. SKILL LEVEL

Speed and size DO NOT MATTER if you can't pass correctly, catch effectively, shoot accurately, scoop ground balls, protect your stick and play defense at a high level.

If you are not the best on your team at one of these skills, then you need to be working on them every day. If you are not working on at least one of these skills every day, then you are not preparing well enough.

#4. PLAY AT A HIGH LEVEL AND INTENSITY

Practice and play games with 100% energy, enthusiasm and effort all the time not part time. Coach Dave Pietramala from Johns Hopkins has been quoted saying:

"Coaches are always looking for guys that compete with great energy and enthusiasm. How hard you play is something I find to be an interesting quality you're looking for, but you don't necessarily find it as much as you'd like. I'm always amazed when I go to these camps and

there's a number of coaches watching and here's the players, some who are not playing as hard as they're capable of."

#5. ATTITUDE

How do you react to situations? Do you hustle after a mistake or put your head down and palms up? Do you congratulate a teammate after he scores, even if you don't really know him? Do you want the ball when the game is tied? How do you react when you let up a goal or when you miss a wide open shot?

#6. LACROSSE IQ

Are you in the right place at the right time? When you are under pressure do you make the right decision with the ball whether to shoot, pass, or pull it out? Do you understand the flow of a lacrosse game and do you make the players around you better?

Lacrosse IQ is simply how well we know the game inside and out. The more steps ahead you can see, the higher the Lacrosse IQ. It is all developed through watching games and letting the mind digest what the eyes have seen.

#7. CONSISTENCY

Do you play solid position defense on every possession? Do you try to make a highlight reel play on every possession or do you make the play that gives your team the highest percentage chance to succeed? Do you make the saves you're supposed to make or do you make a spectacular save and then let 3 easy ones by?

The best way to become a college lacrosse player is to be a great high school lacrosse player. Ask yourself the following questions.

1. Are you the best player on your team?
2. Are you the best player in your division?
3. Are you the best player in the league?
4. Are you the best player in the state?
5. Are you the best player in the country?

If you answered yes to 3 or more then you have a very high percentage chance of playing lacrosse in college. If you answered no to any of them, then you should be working your hardest to be able to check yes next to that box.