

C3 Team formation rules U8 and U10 Summer Goal - Balanced Teams

- Evaluations performed in first days of practice. No parents of players will be involved with evaluations at their child's level.
 - Evaluators provide complete player ranking.
 - Suggested evaluation formats:
 - One-third of dedicated evaluation time for individual passing/catching/dodging/shooting drills
 - Line drills, Five-star drills, Catch-and-shoot drills
 - One-third of dedicated evaluation time for small group work
 - 3on2, 4on3, 6on6, etc.
 - Bacon drill - Ground balls 2on1, 3on2. (Watch scooping, man/ball techniques)
 - One-third of dedicated evaluation time for scrimmages.
 - Coaches with past experience provide feedback to make minor corrections to player rankings.
 - Snake draft
 - No positions
 - Coaches not assigned yet.
 - All coaches agree teams are balanced.
 - Randomly assign coaches
 - Trade for sons (Max three coaches per team)
 - All coaches must agree on trades
 - No friend only sibling requests
 - Do not allow coach requests
 - Coaches/evaluators provide documentation of process to C3 Board for approval, including original rosters and coaches son's trades.

U12 & U14 Spring, Summer Goal

If more than two teams, must form one "A" team per division, with remaining teams balanced.
Discussion on "A" team formation if two teams or less.

- "A" Teams formed by evaluation process; "B" teams formed by evaluation process.
- Evaluation location and times will be determined by the C3 Lacrosse board and posted on the website also emailed out to parents and players.

If players are not able to make the evaluation dates the C3 Lacrosse board will provide alternate dates for the player to be evaluated.

The Player will not be rostered on any C3 Lacrosse teams until they have gone through the proper evaluation process.

No parents of players will be involved with evaluations at their child's level. Result is complete ranking by position.

- Suggested evaluation formats:

Stick Skills (all players) – can player catch/pass ball with both hands? In addition, can they make passes/catches/cradle under pressure or while moving full speed?

Shooting (attack & midfield) – Proper shooting fundamentals/mechanics, shot velocity, shot accuracy and “scoring ability” – note, scoring is different than shooting. Is a player able to find the back of the net when given opportunities?

Dodging (attack & midfield) – can player win his matchup, get to the goal for a shot and/or draw a slide? Looking for explosive moves and ability to shoot/score on the run or draw a slide.

Athleticism (all players) - is the player uniquely fast/quick/strong/big? Do they hustle and win ground balls? Can they body up on defense and control their man? Do they drive into their defender when dodging?

Offensive IQ (attack & midfield) – Is the player making good decisions with and without the ball (when to shoot vs when to pass)? Is he making others better by creating offense with dodging?, Does he make smart decisions without the ball (i.e. clear space for his teammate, cut to get open)? If player draws a slide are they finding the open man?

Defensive Positioning (defense & midfield) – relating to 1v1 defense: is the player lining up correctly? Communicating? Feet - does he move his feet w/out crossing and maintain position? Looking for players who can play good position defense and keep their man away from high percentage shooting areas.

- Group of Evaluation panel, current season coaches and past season coaches (if available) determine A team roster. Past season coaches attend if available. Group uses evaluation panel suggestion, past season rankings and coach knowledge to set A team rosters and balance B teams.
 - U14A team set by position using group consensus.
 - U14B teams set by position using blind snake draft.
 - U12A team set by overall skill first, position second.
 - U12B teams set by blind snake draft, regardless of position.
- Group submits team rosters and process documentation for C3 Board approval
- No friend/coach requests (Hardship requests allowed per C3 Board approval)
 - Allow sibling requests at “B” level

- Summer U14A team commitment - Each "A" team player must commit to missing only one week of season other than July 4th week once games start. In addition, U14 parents should be notified of U14A team protocol, primarily concerning playing time expectations.