



Tryout Date: Friday, March 1, 2019

Time: 1 – 5pm

Approximate Overview Schedule:

1 – 1:15pm Assign Numbers

1:15 – 1:25pm Dynamic Warmup (Captains Lead, Coaches prep)

1:30 – 2:10pm Timed Mile, 40 yd Dash

2:10 – 2:15 break, water, regroup, split into groups

2:15 – 3:15 4 Stations 1 – 4 (15 min per station, one coach per station)

3:15 – 3:45 BREAK – Players: eat, drink, stretch

Coaches: add in scores and split into groups

3:45 – 4:00 Quick warm back up and get divided into groups

4:00 – 5:00 7v7 or 12v12

1. We have a 1 day 4-hr tryout window.
2. Each player will participate in the following events:
 - a. Dynamic stretch
 - b. Timed 40 yd dash
 - c. Timed Mile
 - d. Station 1 – Competitive ground balls
 - e. Station 2 – 1v1
 - f. Station 3 – 3 v 2
 - g. Station 4 – Line drills/shuttles
 - h. Full field scrimmage or 7v7 as required
3. Everyone will stay together for event a
4. Players will be split into 2 groups for b and c.
5. Players will be split into groups to complete stations 1 – 4 and for final scrimmage
6. Players are required to bring a snack and full water as they will have a minimum 30 min break during the tryouts but will not be allowed to leave.

Players will be evaluated throughout the day on a scale of 1 – 5 (1 = poor, 3 = average, 5 = superior) in the following areas:

Stick Skills	Catching/throwing, use of both hands, ability to adjust to pressure
Speed	Speed of first step, speed over distance, footwork, movement
Attack Skills	Creates space, drives to goal, successful when pressured, head up to look for opportunities, shooting, rides on a save and chases her shot, does not charge
Defense Skills	Good communication, ball/girl awareness, proper stick positioning on ball/off ball, good defensive footwork/body positioning (“body up”, agility level, quickness, good decision making, obstruction, & 3 seconds, fronts cutter. Look for checking tendency.
Athleticism	Hustle, commits to decisions 100%, has strong field sense, makes smart decisions, fitness level, agility
Vocal	Effectively communicates with and listens to teammates and coaches, not afraid to direct teammates

Players with the highest points will be selected to the team. Number of players selected will be coaches’ discretion.

Station 1 – (1v1)

Execution:

Players will form two lines (offense and defense). Ball will start with an attack player (or a pass from a coach/another play)... Defense will be lined up in front of attack at the angle of her choosing. The attack player will drive to goal looking to score, the defender will working to pressure and stop her. When shot or save, defender will cut out for clear from goalie. This will be done both in front of the goal and behind the goal.

Evaluators will be looking for:

Offense: Drives hard to goal with head up, uses speed and direction changes to get past defender, protects stick, makes smart shot, chases her shot

Defense: Strong defensive stance, two-hands on stick, uses footwork and body position to stay between attack player and goal, makes smart, legal checks, quick and strong cut out to receive clear from goalie, communicates

Station 2 – (3 v 2)

Three offensive players will position themselves across the top of the restraining line. Two defensive players will begin at the 12 meter. The goalie will clear the ball to one of the offensive players who then attacks the goal or looks for an open teammate. Defensive players should look to slow or break the play.

Evaluators will be looking for:

Offense: ball movement, draw and dump offense, and off ball movement.

Defense: good positioning, stick in passing lane for interceptions, quick slides to help, field awareness, and communication.

Station 3 - (Competitive ground balls)

Execution:

Players will form two lines. Coach will throw ball out in front of players...players will sprint to the ball...competing for the ball...the player that gets the ball will bring it up into a good cradle...generate space between themselves and the other player without the ball...then throw the ball back to the starting point. This will be done for ground balls away and possibly ground balls to if time permits.

Evaluators will be looking for the full speed run, proper hand positioning on stick for a good scoop (bottom hand down at end, top hand close to head of stick), protecting the stick/ball after the scoop, and a good cradle close to body but no closer than 7" to the head. Looking for a good dodge to generate space for a good pass to the open player.

Station 4 - (Line Drills)

Two lines are formed facing each other. The player at the front of one line has the ball. The first two players in each line run towards each other and the player without the ball makes a hard cut to catch the pass. This continues throughout the drill with variations, i.e. dominant/non-dominant passes, over the shoulder passes, and groundballs, etc.

Evaluators will be looking for strong catching/throwing/cradling abilities, good cuts for passes, strong dominant/non-dominant usage, hustle, intensity, high energy, and communication.

Full Field Scrimmage or 7v7

Evaluators will be looking at players for good, basic girls' lacrosse skills as described below:

Game type skills, including: fundamental stick skills, shooting, defense, offense, heads-up play, scooping, field awareness, body positioning, hustle, team work (i.e., looking for cutters, cutting to get open, setting picks, off ball movement, creating space, etc.) and communication.

Goalie tryout Info:

Goalies will be with the field players for the dynamic stretch, timed mile, timed 40.

Station 1 – 1v1 and Station 2 - 3 v 2 (Clears)

From the crease goalies will clear to a defender on the run after completion of shot. They will then clear to a moving target at various distances. If needed the evaluator at the station can direct the defender to a certain position to receive the clear.

Evaluators will be looking for accuracy to both a stationary target and a moving target a various distances.

7 v 7 and Full Field

Goalies will be warmed up for a period of time. Goalies will then be placed in the cage for the 7 v 7 and full field situations.

Evaluators will be looking for the following:

Footwork - are they stepping to the ball

Hands - are they correctly moving there stick to make the save

Talk - communicating with their Defense

Angles - are they on the correct angle to make the save/following the ball

Clears - accuracy, as well a strength in clears

Confidence - self explanatory

Speed - kind of all encompassing speed of hands and footwork

Field Awareness - natural attention to the game

Timed Mile –

Players will complete a 1-mile timed run. Players will be waved off at 9:30.

6:29 or less = 5 pts

6:30 – 7:15 = 4 pts

7:15 – 7:59 = 3 pts

8:00 – 8:44 = 2 pts

8:45 – 9:29 = 1 pt

9:30 & over = 0 pts

Walking = -1pt.

40 Yd Dash (for all)

5.1 or less = 5 pts

5.6 – 5.9 = 3 pts

6.6 – 6.9 = 1 pt

5.2 – 5.5 = 4 pts

6.0 – 6.4 = 2 pt

7.0 or over = 0 pts