

Tryout Rubric

*These are a few of the skills that the coaches are looking for during tryouts to place players on their appropriate teams.

Stick Skills: We will be watching for your ability to:

- Catch and throw using both hands
- Cradling, catching, and throwing on the move using both hands
- Switching hands
- Catching over the shoulder
- Picking up a ground ball cleanly
- Placing a shot in all four corners of the goal

*Goalies:

- Clear past the 30 yard restraining line
- Consistently save the ball
- Have the correct placement inside the crease

Conditioning:

- Need to be able to run the length of the field, 120 yards, in 30 seconds or less
- Be able to participate in all drills with a consistent level fitness

Concepts:

*There needs to be a general understanding of the following:

- Settled offense
- Settled defense
- Basic rules of the game
- Transition play