

Player Evaluation

A Player

1. Has played on an organized team at any level in the past
2. Can catch and throw with reasonable to very good accuracy
3. Able to switch hands with ease
4. Overall excellent to very good stick skills including passing, throwing, shooting, and scooping.
5. Has decent field sense and awareness, better understanding of the game
6. Possess a drive and determination that sets them apart from lower-level players
7. A fast player that uses their speed to their advantage by incorporating the above abilities.

B Player (Rec)

1. Has played B or C level in the past
2. Can catch and throw with reasonable to average accuracy
3. Able to switch hands but needs more practice
4. Overall good to average stick skills including passing, throwing, shooting, scooping and ground balls.
5. Good field sense and basic understanding of the game but needs more coaching to better understand positioning

C Player (Developmental)

1. Has never played on an organized team, if so, is athletically below average
2. Not able to catch or throw with any sort of consistency
3. Not able to switch hands
4. Poor to below average stick skills including scooping, shooting, passing,
5. Field sense and lacrosse IQ are at a beginner level. Does not possess an understanding of the game.
6. Requires a lot more coaching than more skilled players in all aspects of the game.