



# Px PREP Player Performance Evaluation

EVALUATOR: \_\_\_\_\_

DATE OF EVALUATION: \_\_\_\_\_

PLAYER INFORMATION			EXPERIENCE
FIRST NAME _____		LAST NAME _____	Position(s) Played A M D G LSM DM
DATE OF BIRTH _____		GRADE _____	
HEIGHT _____	WEIGHT _____	DOMINANT HAND _____	

**Rating Scale:** 1 Needs improvement 2 Below average 3 Average 4 Above Average 5 Outstanding

**1 - CHARACTER**

Attitude  
 Coachability  
 Hustle  
 Consistency  
 Leadership  
 Teamwork  
 Confidence  
 Passion

**2 - STICK SKILLS**

Throw Dominant  
 Throw Non-Dominant  
 Catch Dominant  
 Catch Non-Dominant  
 Cradling  
 Groundballs

**3 - PHYSICAL/RUNNING**

Footwork  
 Agility  
 Speed  
 Power  
 Balance  
 Endurance \_\_\_\_\_  
 Last 2 Mile Test Times \_\_\_\_\_

**4 - OFFENSE**

Dodging  
 Game Sense/IQ  
 Cutting  
 Feeding  
 Off-Ball Movement  
 1v1 Offense  
 Man-Up Offense

**5 - SHOOTING DOMINANT HAND**

Accuracy  
 Release Time  
 Scoring  
 Velocity  
 Technique

**6 - SHOOTING NON-DOMINANT HAND**

Accuracy  
 Release Time  
 Scoring  
 Velocity  
 Technique

**7 - DEFENSE**

Game Sense  
 1v1 Defense  
 Even Team Defense  
 Odd Man-Transition Defense  
 Odd Man-Man Down Defense  
 Communication

**8 - GOALIE**

Stopping the Ball - High  
 Stopping the Ball - Low  
 Stopping the Ball - Bounce  
 Clearing  
 Communication  
 Man-Up Recognition  
 Settled Offense Recognition

**9 - SUITABLE POSITION**

Attack  
 Midfield  
 Short Stick Defensive Midfield  
 Long Stick Defensive Midfield  
 Close Defense  
 Face-Off  
 Goalie

**STRENGTH OF GAME**

\_\_\_\_\_

**AREAS OF IMPROVEMENT**

\_\_\_\_\_

**10 - ACADEMICS**

\_\_\_\_\_

# EVALUATION CATEGORY DRILLS

## CATEGORY 1 - CHARACTER

- If you weren't a great young man, you wouldn't be on this team.

## CATEGORY 2 - STICK SKILLS

- Wall ball, Pass, Get a rebounder. Reps

Video Link: [10 Best Wall Ball Drills](#)

## CATEGORY 3 - FITNESS

- Hit the gym, focus on main lifts (Bench, Squat, Legs), Run 2 Miles twice a week, 300 yard sprints, 150 yard sprints.

Video Link: [Footwork](#) | [Workouts \(Bodyweight/Weights\)](#)

## CATEGORY 4 - OFFENSE

- Watch Tape, Watch College games and watch a certain player. You can always improve your off ball game. On ball work on your stick and shoot as much as possible.  
- Film and watching people play will make you better.

Video Link: [Channel Link](#) | [Jesse King vs Johns Hopkins Defense](#)

Lacrosse Film Room: This guy breaks down certain matchups and offense all over his channel. Off ball, On Ball and everything in between. Below is his channel link on youtube and my personal favorite video of his break downs.

## CATEGORY 5 - SHOOTING DOMINANT HAND

- Reps. Finish a bucket of balls then do it again. Power wise, try to get your arms away from you and work on rotating your body. Your back should be facing your target after a proper shot.  
- Put targets up, use cans if you have to in the 4 corners and try to hit them until you can't miss.

Video Link: [Paul Rabil College Highlights](#) | [Ryan Brown Overhand Shooting](#)

This video is 15 years old, without the doubt the best shooting video ever made. Watch the different shots, different styles, hand switching, and the power from rotating his body and getting his hands away from him. Midfielders should try to do all of this.

## CATEGORY 6 - SHOOTING NON DOMINANT HAND

- Try to mirror everything that feels comfortable in your strong hand. Stand in front of a mirror and try to mimic every comfortable movement. Work on getting your hands away from your body and rotating but work on locking your wrists and aiming low and away to get through your shot.

Video Link: [Off Hand Tips - Joey Sanky](#)

## CATEGORY 7 - DEFENSE

- Film, watch your favorite player and see the moves they make during the game.  
- Communicate, you cannot talk enough on defense so put a heavy emphasis on being the loudest person on the field.  
- Focus on your footwork, and keeping your man in front of you at all times.

Video Link: [Footwork / Cone Work](#) | [Film Breakdown](#)

## CATEGORY 8 - GOALIE

- Hand eye coordination drills - Youtube is flooded with awesome drills for goalies that all work to improve your spot. Tough to explain so youtube is your gold mine for positional work. Also just getting shot on is fantastic practice.

Video Link: [Footwork](#) | [Hand Eye Coordination](#) | [Shot Tracking Tips](#) | [Stance/Positioning](#)