

**SJHS Raider Lacrosse Assessment**

The assessment is intended to provide specific feedback from the coaching staff in order to identify areas of improvement the player can work on throughout the year. These areas have been determined to make the most impact on your contribution to the team.

Which areas do you need to focus on?

**STICK SKILLS**: Ability to catch, throw, shoot, and pick up ground balls proficiently with both hands while moving at full speed.

**SPEED**: Ability to run past opponents for extended periods of time.

**AGILITY**: Ability to move in different directions proficiently and change direction quickly while maintaining body and stick control.

**STRENGTH**: Ability to overpower opponents physically in all phases of the game and sustain rigorous play for extensive periods.

**LACROSSE IQ**: Ability to recognize fundamental offensive and defensive concepts and make quick decisions in the midst of play.

**LEADERSHIP**: Willingness to lead teammates by engaging them verbally and by setting a strong example on and off the field.

**OTHER**: Coaches discretionary comments.

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| --- | --- | --- | --- | --- | --- | --- |
| Stick Skills | Speed | Agility | Strength | Lax IQ | Leadership | Other |
|  |  |  |  |  |  |  |

Other: