

2025 RUBRIC FOR TRYOUTS

*This will be used by coaches to determine an athlete's team level.

*Each player will receive feedback midweek to give them time to adjust and make them aware of areas of strength and areas that need improvement.

Area of assessment	Some Examples	Score 1-5
Attitude	Attendance/Communication Preparedness Attention Work ethic Eager to learn Treatment of others	
Stationary Skills	Execution of skills: Pulls Stance Dodges Dribbling Receiving Hits/passes	
Skills while in game like play (with speed)	Execution of Skills from above with game speed in a game like situation Confidence with the ball	
Field Vision	Positioning on the field Can anticipate plays and ball movement Can see multiple steps ahead of play Knows where teammates should be in relation to them Can find the space Decision making with the ball on stick	
Speed/Agility/Endurance	Change in speed Flexibility & ability to adjust Speed/Agility/Strength/Endurance	
Coachability with Response	Accepts feedback and adjusts in drills and has carry over to game situations. Desires to be a team player.	
Athleticism	Shows natural instincts of an athlete: aggression, coordination, competitive, etc.	

In rare cases *Coaches have the ability to consider outside factors and special considerations for athletes.