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| --- | --- | --- | --- | --- | --- |
|  | 1  Emerging | 2  Developing | 3  Effective | 4  Proficient | 5  Exemplary |
| **On Ball Attack / Possession** | Working on fundamentals, including catching, passing, shooting, dodging, and performing skills at top speed. | Has a strong dominant hand, attacks the cage and utilizes outlet passes. She can usually feed when she wants with the ball, especially if no one is pressuring her. | Has a solid dodge from one or two areas of the 8M. Can use both right and left hand. Can handle pressure and get the ball to an outlet. Can convert dominant handed shots into goals. Feeds the ball to teammates when appropriate. | Confident dodger from at least 2 areas of the 8M with fluid stickwork with both hands. Maintains possession under pressure. Converts most shots to goals. Uses fakes and can shoot from multiple areas. Can read the defense and spacing, and dodge or feed successfully when appropriate. | Extremely confident dodger from multiple areas of the 8M, fluid stickwork with both hands. Maintains possession under high pressure and consistently converts shots to goals. Consistently uses fakes and has an arsenal of shots. Consistently reads the defense, and dodges or feeds successfully as spacing allows. |
| **Off Ball** | Working on off ball fundamentals, including, spacing, cutting, picks, screens, being active off ball, setting up dodgers, and backing up the cage. | Cuts off ball, but needs to increase speed, stick angle to the ball, and cutting tactic to get open. Backs up the cage. Working on off ball awareness (setting up dodgers, picking, posting, and spacing) | Cuts hard and can get open. Provides an outlet when needed, backs up the cage on shots, and clears space for teammates. Uses screens on ball to set up dodgers. Working on consistent involvement off ball. | Cuts hard and consistently gets open. Is a threat off ball and occupies her defender. Can work with teammates in some areas of the 8M, uses screens, sets up dodgers and sets off ball picks. Consistently provides an outlet when needed. | Is a killer cutter who always gets open on cuts. Is always a threat off ball, occupying her defender and setting her teammates up with picks or screens. Consistently communicates with the ball carrier, provides an outlet when necessary. Can pick, slip, pop, screens, sets up dodgers, and work-with teammates. |
| **Redefend** | Working on her understanding of our team ride tactics. Is developing speed and consistency for a 70 yard ride. Is developing the 1v1 defensive footwork to take away space from a ball carrier. | Shows some understanding of team tactics. Hustles in the ride. Is working on reading the ball movement to make positive adjustments in the team ride. | Understands and implements some components of our team ride. Hustles in the ride to the restraining line. Moves with the ball. Is working on anticipation, having a more consistent impact in the ride and causing turnovers. | Understands & implements team riding tactics. Anticipates ball movement, communicates and moves/slides with speed. Consistently angles toward the ball to slow and stop the ball carrier. Can turn a ball carrier into a double team. Rides all the way to the restraining line. Causes turnovers and converts or makes the right decision with the ball. | Consistently implements our team ride. Anticipates ball movement, communicates and moves/slides with speed. Has closing speed, has the conditioning to consistently ride fast and never lets the ball pass her. Understands and implements the zone ride tactics. Consistently turns ball carriers into a double and consistently slows and stops the ball. She is a leader on the field and communicates with her teammates in the re-defend. Causes turnovers and finishes. |

**On Ball Attack / Possession**

1. Working on fundamentals, including catching, passing, shooting, dodging, and performing skills at top speed.
2. Has a strong dominant hand and attacks the cage and utilizes outlet passes. She can usually feed when she wants with the ball, especially if no one is pressuring her.
3. Has a solid dodge from one or two areas of the 8M. Can use both right and left hand. Can handle pressure and get the ball to an outlet. Can convert dominant handed shots to goals. Feeds the ball to teammates when appropriate.
4. Confident dodger from at least 2 areas of the 8M with fluid stickwork with both hands. Maintains possession under pressure. Converts most shots to goals. Uses fakes and can shoot from multiple areas. Can read the defense and spacing and dodge or feed successfully whenever appropriate.
5. Extremely confident dodger from multiple areas of the 8M, fluid stickwork with both hands. Maintains possession under great pressure and consistently converts shots to goals. Consistently uses fakes and has an arsenal of shots. Consistently reads the defense and dodges or feeds successfully as spacing allows.

**Off Ball**

1. Working on off ball fundamentals, including, spacing, cutting, picks, screens, being active off ball, setting up dodgers, and backing up the cage.
2. Cuts off ball, but needs to increase speed, stick angle to the ball, and cutting tactic to get open. Backs up the cage. Working on off ball awareness (setting up dodgers, picking, posting, and spacing)
3. Cuts hard and can get open. Provides an outlet when needed, backs up the cage on shots, and clears space for teammates. Uses screens on ball to set up dodgers. Working on consistent involvement off ball.
4. Cuts hard and consistently gets open. Is a threat off ball and occupies her defender. Can work with teammates in some areas of the 8M, uses screens, sets up dodgers and sets off ball picks. Consistently provides an outlet when needed.
5. Is a killer cutter who always gets open on cuts. Is always a threat off ball, occupying her defender and setting her teammates up with picks or screens. Consistently communicates with the ball carrier, provides an outlet when necessary. Can pick, slip, pop, screens, sets up dodgers, and work-with teammates.

**Redefend**

1. Working on her understanding of our team ride tactics. Is developing speed and consistency for a 70 yard ride. Is developing the 1v1 defensive footwork to take away space from a ball carrier.
2. Shows some understanding of team tactics. Hustles in the ride. Is working on reading the ball movement to make positive adjustments in the team ride.
3. Understands and implements some components of our team ride. Hustles in the ride to the restraining line. Moves with the ball. Is working on anticipation, having a more consistent impact in the ride and causing turnovers.
4. Understands & implements team riding tactics. Anticipates ball movement, communicates and moves/slides with speed. Consistently angles toward the ball to slow and stop the ball carrier. Can turn a ball carrier into a double team. Rides all the way to the restraining line. Causes turnovers and converts or makes the right decision with the ball.
5. Consistently implements our team ride. Anticipates ball movement, communicates and moves/slides with speed. Has closing speed, has the conditioning to consistently ride fast and never lets the ball pass her. Understands and implements the zone ride tactics. Consistently turns ball carriers into a double and consistently slows and stops the ball. She is a leader on the field and communicates with her teammates in the re-defend. Causes turnovers and finishes.