

Pine-Richland Field Hockey Tryouts Criteria

Score:

- 1 = Above average in skill execution, understanding of drills, knowing where to go – does so with consistency, proper form and accuracy; effectiveness in the 80-100% range (success with 10 balls)
- 2 = Average in skill execution, understanding of drills, knowing where to go; Needs improvement with consistency, proper form and/or accuracy; effectiveness in the 60-70% range (success with 10 balls)
- 3 = Has difficulty in executing skill, understanding drill, knowing where to go; Not consistent, weak form, and/or poor accuracy; effectiveness < 60% (success with 10 balls)

Overall – compilation of scores

Timed Skills

1. Mile
2. 40-Yard Dash
3. IL Agility w/o ball
4. IL Agility w/ball

Athletic Skills

1. Speed – measured by 40-Yard Dash
2. Quickness – measured by IL Agility w/o ball
3. Strength – follow-through, power in push and hit, ball makes it to target, plays ball from position of strength, weight transfer
4. Endurance – measured by mile

Technical Skills

1. Footwork – feet in motion, fouls are infrequent (ball hitting feet, obstruction), gets feet around vs. using reverse stick
2. Stickwork – quick wrists (not turning over right arm on reverse), ball properly placed, executes effective pulls
3. Push – form, ball placement (right foot), accuracy, follow through
4. Hit – especially form, putting ball into motion to hit, ball placement (left foot), follow through
5. Trap – dead stop, form (angled away, triangle with feet and stick), move ball into new direction
6. Receiving – in control box so can play on to ball and avoid pulling or tapping ball
7. Elimination – at least one way to get around a defender
8. Jab – form and effectiveness
9. Tackle – form, effectiveness, and what they do with ball after taking possession

Goalie Skills

1. Footwork – on balls of feet, quick and agile movement
2. Angles – plays ball on proper angle
3. Jab – form (head, knee, toe, weight transfer) and effectiveness in saves and clears
4. Lunge – form and effectiveness in saves and clears
5. Split – form and effectiveness in saves and clears
6. Slide – form and effectiveness in saves and clears
7. Aerial – form and effectiveness in saves and clears

Tactical

1. Anticipation – cuts for the ball, off-ball movement, steps up to intercept pass, passes into space
2. Teamwork – passes rather than dribbles on, recovers on defense
3. Positioning – attack roles (ball carrier, 1 pass away, 2 passes away) and defensive roles (pressure=closest to ball, mark=1 pass away, cover=2 passes away); takes proper place on field according to position played
4. Communication – talks to teammates and responds to teammates talk

Mental

1. Attitude – on-time, helps with equipment, does not complain, refrains from chatter
2. Confidence – plays with poise and ownership
3. Aggressiveness – goes to ball, wants to gain possession
4. Hustle – plays with game intensity, first on field
5. Commitment – completed summer conditioning packet and 1000's club sheet, takes sport seriously
6. Coachability – listens to instruction and then executes it