

Pine-Richland Field Hockey Tryouts Criteria

Players will be evaluated with timed tests and a qualitative assessment. Each test and assessment is valued at a total of 5 points. Players earn points (5, 4, 3, 2, or 1) based upon their score relative to the rest of the players.

Top 20%	5 points
Second 20%	4 points
Third 20%	3 points
Fourth 20%	2 points
Bottom 20%	1 point

Sum up points across all criteria. Players ranked overall, by grade, and by position.

Timed Tests - All Players:

- 1 Mile Run - Goal under 8 minutes
- 40-Yard Dash (Goalkeepers - no equipment)
- 300-Yard Shuttle Run (Goalkeepers - no equipment)
- 200-Yard Gasser (Goalkeepers - no equipment)
- Push-Up Test - 1 minute timed test
- Sit-Up Test - 1 minute timed test

Field Players:

- 40-Yard Dash with Ball
- Illinois Agility with Ball
- Pulls - Ball must be pulled a full stick length wide; must be pulls, not taps or slaps; 1 minute timed test.
- Passing Accuracy - Crossing Pass Test; 50 seconds timed test.
- 1v1's - King of the Hill Drill

Goalkeepers:

- Illinois Agility without Ball, no Equipment
- Goalie Speed, Agility and Accuracy
- Goalkeeper Futures Test
- Save Percentage - Number of balls saved as a percent of number of shots on goal

Qualitative Assessment:

- Game Play - evaluated during small-sided games and full-field scrimmaging
- Attitude
- Hustle
- Coachability
- Confidence
- Aggressiveness

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300-Yard Shuttle Run

- Endline to Endline

Field Players:

- Balls at the starting end line and the 50
 1. Endline to 25 - speed dribble with ball and leave ball at 25
 2. 25 to 50 - sprint without ball
 3. 50 to 25 - indian dribble with ball and leave ball at opposite 25
 4. 25 to Endline - sprint without ball, touch endline with feet over line, pivot turn
 5. Endline to 25 - sprint back to 25
 6. 25 to 50 - indian dribble with ball and leave ball at 50
 7. 50 to 25 - sprint without ball
 8. 25 to Endline - speed dribble with ball, spin dodge with feet/ball over endline
 9. Endline to 25 - speed dribble with ball and leave ball at 25
 10. 25 to 50 - sprint without ball
 11. 50 to 25 - indian dribble with ball and leave ball at opposite 25
 12. 25 to Endline - sprint through opposite endline to finish

Goalkeepers:

- No equipment; Center ladder between starting endline and 25 and center agility rings between 50 and opposite 25
 1. Endline to 25 - lateral squat shuffle, agility ladder (Two in Forward), turn and lateral squat shuffle leading with opposite side
 2. 25 to 50 - sprint to 50 yard line
 3. 50 to 25 - lateral squat shuffle, agility rings (In-In-Out-Out Forward), turn and lateral squat shuffle leading with opposite side
 4. 25 to Endline - sprint, touch endline with feet over line, pivot turn
 5. Endline to 25 - sprint back to 25
 6. 25 to 50 - lateral squat shuffle, agility rings (In-In-Out-Out Forward), turn and lateral squat shuffle leading with opposite side
 7. 50 to 25 - sprint
 8. 25 to Endline - lateral squat shuffle, agility ladder (Two in Forward), turn and lateral squat shuffle leading with opposite side, touch endline with feet over line, pivot turn
 9. Endline to 25 - turn and lateral squat shuffle leading with opposite side, agility ladder (Two in Forward), turn and lateral squat shuffle leading with opposite side
 10. 25 to 50 - sprint to 50 yard line
 11. 50 to 25 - lateral squat shuffle, agility rings (In-In-Out-Out Forward), turn and lateral squat shuffle leading with opposite side
 12. 25 to Endline - sprint through opposite endline to finish

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200-Yard Gasser

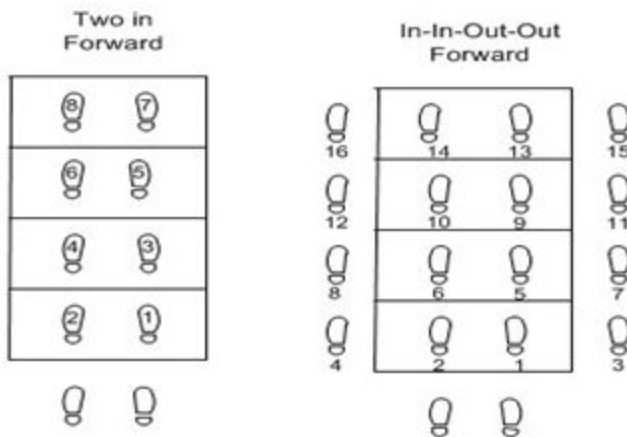
- Sideline to Sideline

Field Players:

1. Speed dribble to opposite sideline and leave ball at opposite sideline (feet must cross over opposite sideline)
2. Sprint back to starting sideline, touch sideline with feet over line, pivot turn
3. Sprint to opposite sideline (feet must cross over opposite sideline)
4. Indian dribble back to starting sideline and finish through sideline

Goalkeepers:

- No equipment; Center ladder between sidelines
- 1. Sprint to ladder, agility ladder (Two in Forward), power skip to opposite sideline (feet must cross over opposite sideline)
- 2. Sprint back to starting sideline, touch sideline with feet over line, pivot turn
- 3. Sprint to opposite sideline (feet must cross over opposite sideline)
- 4. Power skip to ladder, agility ladder (In-In-Out-Out Forward), sprint to starting sideline and finish through sideline



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Push-Up Test

- Number of push-ups that you can complete in 1 minute
- <https://greatist.com/fitness/how-do-perfect-push>

1. Get into a high plank position.

Place your hands firmly on the ground, directly under shoulders. Ground your toes into the floor to stabilize your lower half. Brace your core (tighten your abs as if preparing to take a punch), engage glutes and hamstrings, and flatten your back so your entire body is neutral and straight.

2. Lower your body.

Begin to lower your body—keeping your back flat and eyes focused about three feet in front of you to keep a neutral neck—until your chest grazes the floor. Don't let your butt dip or stick out at any point during the move; your body should remain in a straight line from head to toe. Draw shoulder blades back and down, keeping elbows tucked close to your body (don't "T" your arms).

3. Push back up.

Keeping your core engaged, exhale as you push back to the starting position. Pro tip: Imagine you are screwing your hands into the ground as you push back up. That's one!

Sit-Up Test

- Number of sit-ups that you can complete in 1 minute
- Test is for sit-ups, not crunches, so your torso must come up to a right angle with the ground.

Step 1

Lie on your back. Bend your knees and plant your feet about hip-distance apart. Place your hands on the back of your head, where it attaches to your neck. Point your elbows to the sides of the room.

Step 2

Exhale and pull your belly button in toward your spine as you gently raise your torso by bending your hips and waist. Lift up until your torso is just inches from your thighs.

Step 3

Inhale and control your return to the start position to complete one repetition.