|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1  Emerging | 2  Developing | 3  Effective | 4  Proficient | 5  Exemplary |
| **Draw/**  **Circle** | Developing 50/50 possession skills, Understands how to line up on the draw as well as how to set up and take the draw. Is developing her draw technique. | Understands spacing on the draw, uses box out and accelerates to the ball. Plays defense when we do not gain possession. Is developing communication strategies, draw techniques and 50/50 possession skills. | Consistently boxes out and accelerates to the ball location. Communicates with her teammates on the draw. Center - has one go to draw technique. Circle players - consistently competes on the 50/50 balls. Re-adjust defensively when we do not gain possession. | Consistently wins space to the ball. Plays within the circle unit to have success. Secures the ball 50% or more. Communicates with teammates on the draw. Centers\ - has one go to draw technique as well as a secondary option. Circle player - wins space and consistently wins 50/50 balls. Can stop the ball carrier and track opponent when we do not gain possession. | Works within a unit to possess the ball; center places the ball circle players and plays the placement correctly. Secures the ball 60% or more. Makes adjustments to her opponent and communicates with teammates. Center - has multiple draw techniques that she can successfully use. Circle player - beats her opponent to the space of the ball and consistently posses the 50/50 ball. Consistently gets the ball back when we do not gain possession. |
| **Transition** | Developing offensive and defensive strategies beyond beat one. Moves quickly upfield and hustles back on defense. | Is a quick option in the clear and can beat one upfield. Can execute Green and beat one to cage. Moves the ball to open players in transition. Plays solid transition 1v1 defense and makes interceptions on lob passes. | Is a quick option in the clear and can beat one, execute green. Has her head on a swivel to find the open player upfield and moves the ball quickly in transition. Understands Green/Red/White when called in. Moves the ball upfield while under pressure in transition. Hustles to stay ahead of the play on attack and defense. Can slow/stop the ball when she has a speed match. Is working on break-away speed and closing speed. Double teams the ball in the ride and anticipates and moves for ground balls, knock downs, and interceptions. | Can execute Green/Red/White as called in by her teammates and coach. Makes the coaching adjustments to score in transition. Does not force feeds inside. Moves the ball quickly in transition under pressure, stays ahead of the ball, Catches and finishes off feeds in Red. Consistently covers ball carriers with matched speed, can slow/stop the ball in defensive transition. Can double team the ball carrier in the ride. Anticipates and reads the ball carrier for knock downs, interceptions, and ball movements and adjusts with speed and tenacity. | Reads and executes Green/Red/White correctly and communicates the read with her teammates. Can consistently beat one to cage to score. Moves the ball quickly in transition. Stays ahead of the ball when off ball. Uses a *give and go* effectively. Cuts, uses X-cuts, and finishes off GLE feeds in Red. Consistently covers ball carriers with matched speed, can slow/stop the ball in defensive transition.. Successfully double teams the ball carrier in the ride and causes turnovers. Anticipates and reads the ball carrier for knock downs, interceptions, and ball movements and adjusts with speed and tenacity. Never gives up! |
| **Settled Play** | Developing both hands at speed. Is developing in her dodgework. She is working on the fundamentals of 1v1 defense as well as team defense. | Is confident with her dominant hand under pressure. She has a go to dodge from one region of the 8M and a go to shot. She plays strong 1v1 defense. | Is a confident ball carrier who can dodge under pressure. She consistently converts shots to goals and understands spacing. She is a threat off ball. She is a confident 1v1 defender and team defender when she is fresh. | Is a threat in the offensive end with the ball and off ball. Confident dodger, confident ball carrier with both hands, maintains possession under pressure. Consistently converts shots to goals. Is a threat off ball. Is confident 1v1 defender and team defender. Can play high pressure defense after multiple up and back plays. | Is a dominant attacker and threat in the offensive end both with the ball and off ball. Is a confident dodger, has fluid stickwork in both hands and maintains possession under tremendous pressure. Consistently converts shots to goals. Is a shut down defender in the 1v1 and on team defense. Has exceptional ability to play high pressure defense after multiple up and back plays. |

**Draw/**

**Circle**

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