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| --- | --- | --- | --- | --- | --- |
|  | 1  Emerging | 2  Developing | 3  Effective | 4  Proficient | 5  Exemplary |
| **1 v** **1**  **Defense** | Is working on the fundamentals of 1v1 Defense, including footwork, spacing, containing and directing a ball carrier. | Is working on ABCD defense, playing angles, taking away space and directing players to non-dominant stick side. Is working on maintaining angles so she doesn’t get back-doored. Is working on footwork and reading attackers, working on containing attackers 1v1. | Covers ball carriers with matched speed. Is working on approach (not over-running), containing, and dictating where the ball carrier goes. Is aware of cutters and passes them off. Sometimes communicates with teammates. | Consistently covers ball carriers with matched speed, contains and dictates ball carrier. Has a take-away check. Can play both conservative and aggressive high pressure D when required. Consistently communicates with her teammates. | Consistently dictates and directs where a ball carrier moves. Contains ball carriers and directs away from her goalie and to help. Uses her take-away check while maintaining athletic positioning. Has a long athletic range (explosive extensions and quick recovery), can easily switch between high pressure and low pressure D. Effectively disrupts cutters. Has consistent effective communication with teammates. |
| **Team Defense** | Is working on team defense, angles off-ball, being the “help” player, communication and crashing. Is working on preventing cutters from gaining advantage to the ball and the goal. Is working on awareness off ball, as the adjacent. Lacks in consistent effective communication | Is developing team defensive concepts. Understands her role as an adjacent to the ball and slides to a ball carrier on a drive. Is working on her awareness as a player 2 or 3 away from the ball carrier. Is aware of cutters, is working on disrupting, getting ball side/goal side of cutters. Is working on consistent communication. | Communicates with her teammates and understands her role within the defensive unit. Understands our team defensive concepts and hedges, slides, crashes, and double teams the ball carrier when appropriate. Most often maintains off-ball angles to be a help defender as well as stop cutters. Checks in off ball and covers gap. Understands how to play high pressure or low pressure defense. | Communicates with her teammates using our defensive language. Slides to double, hedges, and crashes on ball carriers with success. Is successful as a defender in a a double team. Consistently helps her unit when she is sending slides or covering 2. Handles off ball attackers as the 2nd or 3rd defender away from the ball. Has consistent awareness of opposition’s attacking team’s strengths, tactics and directs her defensive unit to stop them. Gets ball side/goal side of cutters. Plays high pressure or low pressure as directed by the coaching staff consistently. Can easily move between man to man and zone defenses. | Extremely effective on Team Defense - Is a leader in the defensive end. Always directs her defensive unit using our defensive language. Slides to double, hedges, and crashes on ball carriers with success. She effectively double teams the ball carrier. She directs her unit to send slides. She plays the 2nd or 3rd defender away from the ball sending slides or covering 2 attackers. She handles all situations with ease. Has consistent awareness of opposition’s attacking team’s strengths, tactics and directs her defensive unit to stop them. Consistently allocates appropriate urgency to cutters and ball carrier. Denies cutters and readjusts to help defense quickly. Plays high pressure or low pressure as directed by the coaching staff consistently. Can easily move between man to man and zone defenses. |
| **Clears** | Is learning spacing and patterns on in-the-clear as well as transition possession skills. | Runs our clear pattern and when called in makes adjustments to supports her teammates as a swing pass or upfield option opens. Is working on reading offensive rides and executing transitions as called in by her teammates and coach. Is working on her break-away speed. | Competes to get open on the clear. Can beat one upfield and switch field when called in. Supports her teammates as a swing or upfield option opens. Successfully possesses the ball in the clear. | Competes to get open on the clear. Runs her team’s clearing pattern. Adjusts to offensive rides and appropriately executes adjustments. Communicates with her teammates in transition. Supports her teammates as a swing or upfield option opens. Successfully possesses the ball in the clear. | Consistently gets open for the 1st option quick clear and successful, reads the field and passes to push transition. Runs her team’s clearing pattern. Anticipates and reads the offensive ride and executes appropriate adjustments to beat 1, switch fields, or pass upfield .with speed and tenacity. Consistently communicates adjustments to her teammate to successfully beat the ride. |

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4. Consistently covers ball carriers with matched speed, contains and dictates ball carrier. Has a take-away check. Can play both conservative and aggressive high pressure D when required. Consistently communicates with her teammates.
5. Consistently dictates and directs where a ball carrier moves. Contains ball carriers and directs away from her goalie and to help. Uses her take-away check while maintaining athletic positioning. Has a long athletic range (explosive extensions and quick recovery), can easily switch between high pressure and low pressure D. Effectively disrupts cutters. Has consistent effective communication with teammates.

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