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| --- | --- | --- | --- | --- | --- |
|  | 1  Emerging | 2  Developing | 3  Effective | 4  Proficient | 5  Exemplary |
| **Speed** | Needs improvement to keep up with her teammates. Understands lacrosse is a game of speed and has a desire to improve. | Is working on her athleticism and speed. Has the drive to improve her speed and works on it consistently. | Good athlete matches speed with most players at her position. Uses her footwork and a change of speed to gain advantage to “shake” an opposing player. Uses a change of speed to close space on a ball carrier. Uses her speed in all areas of her game, including when she does not possess the ball. | Great athlete, has break away speed and closing speed for her position stands out against most opponents. Uses footwork and a change of speed to break away from a defender. Consistently closes space on a ball carrier. Uses her speed in all areas of her game, including when she does not possess the ball. She is strong and powerful and has both closing speed and separation speed. | Superb athlete has superior speed for her position. She stands out on the field against all opponents. Uses her footwork and a change of speed to blow past opposing team players and power through checks. Has the speed to stay glued to her opposing player. Uses her speed in all areas of her game, including when she does not possess the ball. She is strong and powerful and has both closing speed and separation speed. |
| **Conditioning** | Fatigue is a major limiting factor in games. | Is slightly fatigued during a game. Has the drive to improve her conditioning and is actively working on improving in this area. | Can run for the majority of the time she is on the field. She develops conditioning throughout the summer season. Manages her rest, recovery and injury prevention. | Has maintained solid conditioning throughout the summer season. She is consistently conditioned throughout the summer. There is little to no difference in her speed from her first game to her last game in a tournament weekend. She is managing her rest, recovery, injury prevention and training outside of practice and tournaments. | Has endurance for multiple 50 minute games in a tournament weekend. She is consistently conditioned throughout the summer. There is little to no difference in her speed from her first game to her last game in a tournament weekend. She is managing her rest, recovery, injury prevention and training outside of practice and tournaments. |
| **Footwork /**  **Agilities** | Footwork is a limiting factor in advancing her level of play. | She is fundamentally strong in some of her movement patterns and is actively working on developing strength all athletic movements. | She has a strong change of direction and balance. She has quick footwork and is fundamentally strong in her movement patterns. She is explosive when fresh. | She is coordinated, agile and has a strong base with quick footwork, consistently throughout a game. She stands out against some opponents in her bracketed level. She has fluid, balanced movements that appear graceful. She is fundamentally strong in her athletic footwork and change of direction at top speed. She is explosive, quick and strong. | She is coordinated and agile and stands out on the field against all opponents. She has a strong base with quick footwork, consistently throughout a tournament weekend. She has fluid, balanced movements that appear graceful. She is exceptional in her athletic footwork and change of direction at top speed. She is explosive, quick and strong. |

**Speed**

1. Needs improvement to keep up with her teammates. Understands lacrosse is a game of speed and has a desire to improve.
2. Is working on her athleticism and speed. Has the drive to improve her speed and works on it consistently.
3. Good athlete matches speed with most players at her position in her bracket. Uses her footwork and a change of speed to gain advantage to “shake” an opposing player. Uses a change of speed to close space on a ball carrier. Uses her speed in all areas of her game, including when she does not possess the ball.
4. Great athlete, has break away speed and closing speed for her position stands out against most players at her position in her bracket. Uses footwork and a change of speed to break away from a defender. Consistently closes space on a ball carrier. Uses her speed in all areas of her game, including when she does not possess the ball. She is strong and powerful and has both closing speed and separation speed.
5. Superb athlete has superior speed for her position. She stands out on the field against all opponents. Uses her footwork and a change of speed to blow past opposing team players and power through checks. Has the speed to stay glued to her opposing player. Uses her speed in all areas of her game, including when she does not possess the ball. She is strong and powerful and has both closing speed and separation speed.

**Conditioning**

1. Is developing conditioning so as not to become fatigued during a game.
2. Is slightly fatigued during a game. Has the drive to improve her conditioning and is actively working on improving in this area.
3. Can run for the majority of the time she is on the field. She develops conditioning throughout the summer season. Manages her rest, recovery and injury prevention.
4. Has maintained solid conditioning throughout the summer season. She is consistently conditioned throughout the summer. There is little to no difference in her speed from her first game to her last game in a tournament weekend. She is managing her rest, recovery, injury prevention and training outside of practice and tournaments.
5. Has endurance for multiple 50 minute games in a tournament weekend. She is consistently conditioned throughout the summer. There is little to no difference in her speed from her first game to her last game in a tournament weekend. She is managing her rest, recovery, injury prevention and training outside of practice and tournaments.

**Footwork /**

**Agilities**

1. She is working on her footwork and agilities.
2. She is fundamentally strong in some of her movement patterns and is actively working on developing strength all athletic movements.
3. She has a strong change of direction and balance. She has quick footwork and is fundamentally strong in her movement patterns. She is explosive when fresh.
4. She is coordinated, agile and has a strong base with quick footwork, consistently throughout a game. She stands out against some opponents in her bracketed level. She has fluid, balanced movements that appear graceful. She is fundamentally strong in her athletic footwork and change of directions in all directions and movement patterns at top speed. She is explosive, quick and strong.
5. She is coordinated and agile and stands out on the field against all opponents. She has a strong base with quick footwork, consistently throughout a tournament weekend. She has fluid, balanced movements that appear graceful. She is fundamentally strong in her athletic footwork and change of directions in all directions and movement patterns at top speed. She is explosive, quick and strong.