

Name \_\_\_\_\_

Grade \_\_\_\_\_

Position Goalie

### Self Assessment

Rate your skills in the following areas.

1 = Poor

2 = Needs Improvement

3 = Average

4 = Above Average

5 = Excellent

<b>Stickwork</b>	
Right	
Left	

<b>Ground Balls</b>	
Right	
Left	
Aggressiveness	

<b>Clearing</b>	
Field Vision	
Outlet from a Shot	
Outlet to the Wing	
Outlet Up Field	
Read the Riding Team	

<b>Athleticism</b>	
Size	
Speed	
Agility	
Aggressiveness	

<b>In the Cage</b>	
Stick Position	
Outside Shots	
Inside Shots	
Read the Offense	
Lead the Defense	

<b>Lacrosse IQ</b>	
Field Sense	
Game Sense	
Team Player	

<b>Leadership</b>	
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What are three goals you have for the off-season?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_