

Name _____

Grade _____

Position _____

Self Assessment

Rate your skills in the following areas.

1 = Poor

2 = Needs Improvement

3 = Average

4 = Above Average

5 = Excellent

Stickwork		
Right		
Left		

Ground Balls		
Right		
Left		
Aggressiveness		

Shooting		
Right		
Left		
Outside		
Inside		
On the Run		

Athleticism		
Size		
Speed		
Agility		
Aggressiveness		

Defense/Riding		
Footwork		
Stick Position		
Off Ball Position		
Slides		
Aggressiveness		

Lacrosse IQ		
Field Sense		
Game Sense		
Team Player		

Leadership		
------------	--	--

What are three goals you have for the off-season?

1

2

3
