

## 2022 Evaluation Layout

16U

Day 1

0-5 min – transition time

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

5-10 min – 5 star passing warm-up: 2 ball (out wide)

- Continuous passing (goalies can use this time to stretch themselves out)
- Have players start wide, stretched out to boards and outside of blue line
- After 2.5 minutes, have players stop and change direction of passing rotation

10-20 min – 4 corner 2 shot drill

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
- Left side low player passes ball up to high left player
- High left player passes to high right player. Now balls are at both high and low right players respectively
- Low left follows their pass up, and sets a pick for high left
- high left cuts outside of pick, down towards outside of the crease then receives a pass from low right player. Player may then shoot on net (no more than one move)
- low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

20-22 min – water

22-30 min – loose ball 1 on 1

- Have players lined up outside the white line (Only next 2 players ready will come in)
- Ready players will line up side by side at the bottom corner of the 24 foot
- Coach will gently roll ball into corner, then yell “go”
- Players fight for ball – player who gets ball tries to score, while other player defends

30-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

## Day 2

## 0-5 min – transition time

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

## 5-8 min – 5 star passing warm-up: 2 ball (out wide)

- Continuous passing (goalies can use this time to stretch themselves out)
- Have players start wide, stretched out to boards and outside of blue line
- After 1.5 minutes, have players stop and change direction of passing rotation

## 8-15 min – 4 corner 2 shot drill

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
- Left side low player passes ball up to high left player
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- Play is repeated from opposite side

## 15-17 min – water

## 17-25 min – 1 on 1 (from low, from high)

- Left starts with the ball, with a right defender lined up against them
- Once in the proper position, floor coach yells “go”
- 1 on 1, until ball is stripped, shot is taken, or 10 seconds has passed
- once over, offensive player goes to play defense on opposite side
- once set up and ready, floor coach starts by yelling “go”

25-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

## Day 3

## 0-5 min – transition time

- Use this time to organize as necessary
- If organized early, players may use time for wall ball

## 5-10 min – 4 corner 2 shot drill

- Start low lines on low corner of 24' zone
- Start high lines
- Balls start in low corners – first in line from each low line starts with a ball
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- low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
- Play is repeated from opposite side

## 10-20 min – 2 on 2

- 2 lefts start with the ball, with 2 right defenders lined up against them
- ensure players stay on their respective side and don't cross middle of offensive area
- Once in the proper position, floor coach yells "go"
- 2 on 2, until ball is stripped, shot is taken, or 10 seconds has passed
- once over, offensive players go to play defense on opposite side
- once set up and ready, floor coach starts by yelling "go"

20-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

(15 play, 5 for period break, 20 play)

## Day 4

0-5 min – transition time (wall ball/organize pinnies, etc.)

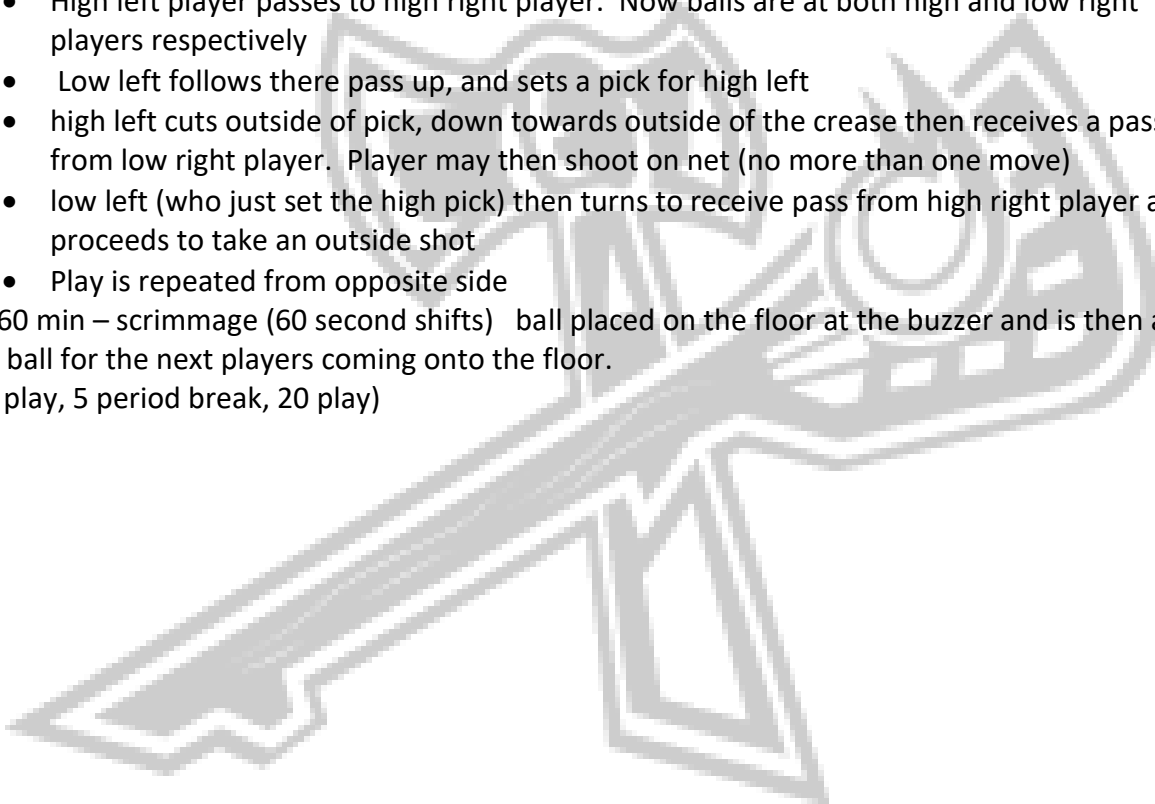
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- low left (who just set the high pick) then turns to receive pass from high right player and proceeds to take an outside shot
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10-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

(25 play, 5 period break, 20 play)



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20-22 min – water

22-30 min – loose ball 1 on 1

- Have players lined up outside the white line (Only next 2 players ready will come in)
- Ready players will line up side by side at the bottom corner of the 24 foot
- Coach will gently roll ball into corner, then yell “go”
- Players fight for ball – player who gets ball tries to score, while other player defends

30-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

## Day 2

0-5 min – transition time (wall ball/organize pinnies, etc.)

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5-8 min – 5 star passing warm-up: 2 ball (out wide)

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8-15 min – 4 corner 2 shot drill

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15-17 min – water

17-25 min – 1 on 1 (from low, from high)

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- Once in the proper position, floor coach yells “go”
- 1 on 1, until ball is stripped, shot is taken, or 10 seconds has passed
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25-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

## Day 3

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5-10 min – 4 corner 2 shot drill

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- Play is repeated from opposite side

10-20 min – 2 on 2

- 2 lefts start with the ball, with 2 right defenders lined up against them
- ensure players stay on their respective side and don't cross middle of offensive area
- Once in the proper position, floor coach yells "go"
- 2 on 2, until ball is stripped, shot is taken, or 10 seconds has passed
- once over, offensive players go to play defense on opposite side
- once set up and ready, floor coach starts by yelling "go"

20-60 min – scrimmage (60 second shifts) ball placed on the floor at the buzzer and is then a live ball for the next players coming onto the floor.

(15 play, 5 for period break, 20 play)

## Day 4

## 0-5 min – transition time

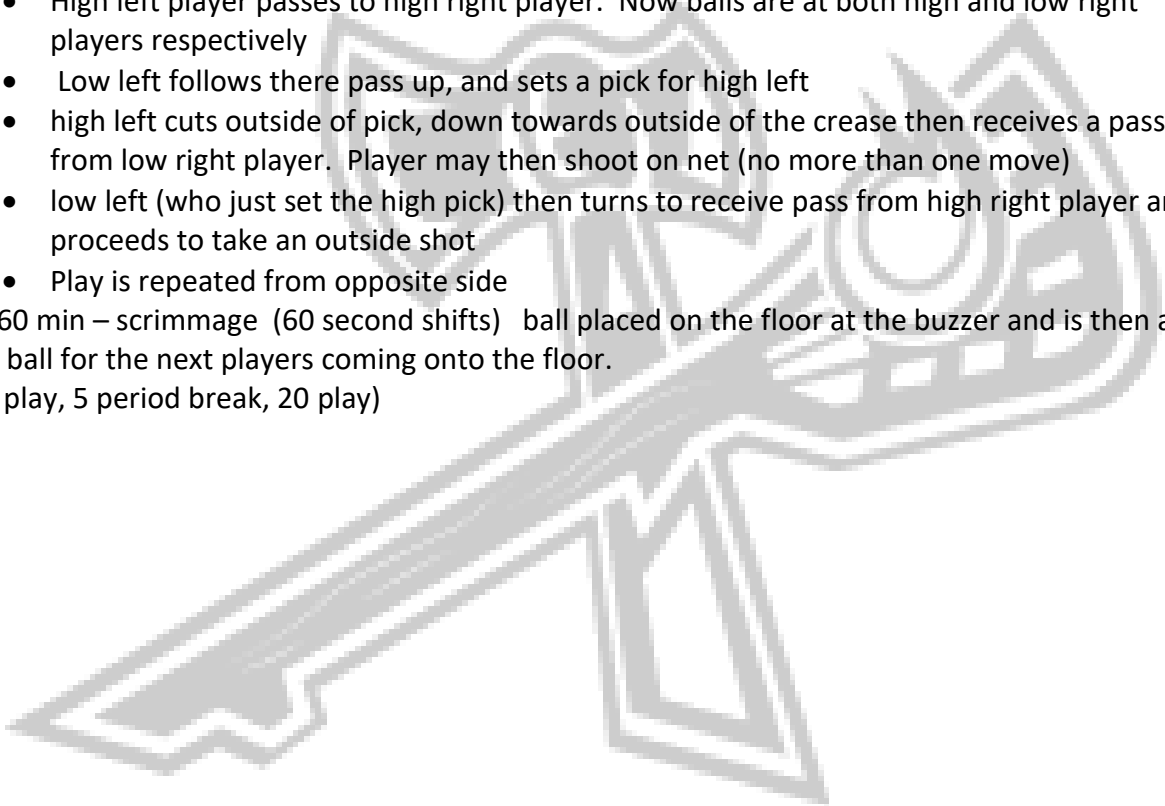
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5-10 min – “X” shuttle passing (tight and far)

- \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
- Have 4 starting points with bottom lines starting at the bottom corners of the 24’ area and top lines out to top player positions (imagine the 24’ area as a full rectangle and start the top lines where the imaginary corners would be)
- Players will complete a passing shuttle to the opposite line
- After 2.5 minutes, have players start out wide by boards with top lines by the white lines and bottom lines close to corners

10-20 min – pass, pick, shot (outside, inside)

- \*Note: have extra balls ready at the start of each line so if there is a missed pass, players can just pick up and start from there rather than chasing and wasting time
- Starting in 4 corner positions with balls at low corners
- Start on left side, low left passes to high left and follows their pass setting a pick for the high left player
- High left player runs around the outside, and down towards the net for an inside shot
- Repeat on other side
- After 5 minutes, instruct players to set picks on the inside, and have the top player step around the pick and take an outside shot (not run towards the net)

20-22 min – water

22-30 min – loose ball 1 on 1

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