



2026 HOKS Evaluation Guidelines for Evaluators

Skill Categories & Rating Guide

Skill Categories & Rating Guidelines for HOKS Evaluations & Roster Selection

Introduction

The goal of the evaluation process is to place players on the team that will provide them with the most enjoyable and rewarding lacrosse experience. In some cases, this means grouping players by skill level, while in others, it may involve distributing skill levels evenly across multiple teams.

To aid this process, please assess each player using a 1 to 5 scale for the skills listed below, following the provided guidelines.

These evaluations will contribute to **both an OVERALL score (out of 5) and a RANK** (relative to the other players in the evaluation session). Coaches and coordinators may use this information to refine team placements where necessary.

Skill Categories & Rating Guidelines

1. Passing & Catching

- Does the player pass using proper overhand technique?
- Does the player position their hands correctly for catching?
- Are their passes accurate?
- Can they catch routine and difficult passes (ex: below their knees, above their head)?
- Can they pass and catch while moving or under pressure from an opponent?

5	Consistently passes and catches with accuracy	Rarely misses an accurate pass	Can handle difficult passes while moving or in contact
3	Uses appropriate technique but lacks consistency	Struggles with passing and catching while moving or under pressure	
1	Lacks fundamental passing and catching skills	Rarely makes accurate passes or catches, especially when in motion or under pressure	



2. Defending

- Does the player engage effectively with the ball carrier and prevent scoring opportunities?
- Do they correctly mark attackers without the ball?
- Does their defensive technique minimize penalties?
- Do they understand positioning in different situations (e.g., 2v1, 3v2, full-team defense)?
- Do they recognize and react appropriately to pick-and-roll plays?

5	A reliable defender, consistently in the correct position, and rarely beaten 1v1
3	Generally well-positioned but may struggle in odd-man situations or against top opponents
1	Frequently out of position and rarely able to stop an attacker 1v1

3. Awareness

- Does the player position themselves correctly on the floor with/without the ball?
- Do they move to the appropriate side of the floor?
- Do they execute fast breaks when necessary?
- Do they make smart decisions about substitutions?
- Do they anticipate and react appropriately to loose balls?
- Do they communicate effectively with teammates?

5	Consistently makes strong decisions, positions themselves well, calls for the ball, cuts, sets picks, and aggressively pursues loose balls
3	Usually makes the right decisions but may struggle under pressure or while being checked. Average at securing loose balls
1	Frequently out of position, takes overly long shifts, and does not engage in loose-ball battles

Additional Attributes for Overall Ranking Consideration

1. Shooting

- Does the player shoot accurately?
- Do they generate power in their shots?
- Based on the situation, can they adjust shot selection (ex: overhand, sidearm, underhand)?
- Can they shoot effectively around defenders or while under pressure?



2. Athleticism

- Does the player demonstrate speed and agility?
 - Do they have the endurance to maintain performance throughout a full shift?
 - Are they physically strong enough to handle contact against peers?
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Evaluation Sheet

For each player, complete the table by assigning a **whole-number score (1-5)** for each **skill** and filling in the **RANK** column based on overall performance.

1. Scoring Guidelines:

- Use whole numbers only (**no half-points**).
- Each player should receive a unique **RANK** out of the total number of players evaluated (e.g., if 10 players are evaluated, assign rankings from **1 to 10** - no ties)
- The **OVERALL score** is your general assessment of the player's abilities and does **not** need to be a strict average of their individual skill scores.
- Players with the same **OVERALL** score should still receive unique **RANKS** to assist in final team placements.

We expect that a player's **RANK** will generally align with their **OVERALL** score, and we ask that you prioritize these two numbers in your evaluations. The **OVERALL** score should reflect your general assessment of the player's lacrosse abilities—it does **not** need to be a strict average of their individual skill scores.

It is common for multiple players to receive the same **OVERALL** score, even if their strengths vary across different skill areas. When this happens, you **must still assign a unique RANK** to each player. This ranking helps us determine team sizes and to make final decisions, particularly when teams need to be balanced based on skill distribution.

We understand that this is a lot of information, but the more detail we gather, the better we can ensure fair and appropriate team placements.

Your careful and objective evaluations will help us create well-balanced teams and provide the best possible experience for all players.

Thank you for your time and dedication to the evaluation process!

