

NHHS Field Hockey Rubric - Tryouts		North Hunterdon Field Hockey @copyright 2020	
Athletic Ability			
40 yard dash	TIMED		
1 mile run	TIMED		
USA FH skill circuit for time (field and gk)	TIMED		
Field Play	1 - 2	3	4 - 5
Ball Control	Player consistently is unable to keep ball on their stick, struggles with a pull to the right	Player is able to eliminate the defender using different stick skills but may not do it consistently	Player has ability to consistently eliminate the defender, player does not hold on the to ball but is able to pass consistently. Has fast hands, stick work tools are vast and consistently do a pull to the right, C dodge (fake left go right), V dodge (pull back), and can spin out of a double team, ball is glued to stick
Receiving & Passing Skills	Player consistently does not receive the ball strong side, their stick is not consistently angled down to receive the ball, when they receive the ball, it consistently bounces up & Player is unable to pass consistently, may not be consistently looking up or opening up hips	Player is able to receive the ball, may have a bounce sometimes and may not have it other times. Player is able to keep the ball in front of them but not close to their stick. & Player can pass, may not be consistent but has power, moves the ball stick to stick most of the time	Player consistently receives the ball strong side, has stick angled down and right foot back & Player has the ability to pass with speed and control, must be stick to stick passes, has good vision and able to move the ball with ease, anticipating player cuts
Tackling and Defensive Moves	Player is not in position, using reverse stick to defend, having trouble getting their feet around	Player is able to block tackle when needed, can move to a defensive position may use reverse sometimes to defend, is right shoulder to right shoulder most of the time	Player consistently breaks down steps to defend, is consistently patient and able to block tackle with the WHOLE stick flat on the ground
FH IQ			
1v1	Player is not able to consistently or more than half the time eliminate the defender	Player is able to eliminate 1 defender or more but in consistent, makes some good decisions	Player is able to eliminate multiple defenders and move to space and cut the defender off, win the 50/50
Game Situations - Off Ball Movement	Player stands around, not sure where to go when they don't have the ball.	Player is able to make a good decision on how to move to or from the ball but is not consistent. Doesn't always cut to the ball or space, may stand in dead space (meaning that the player can not receive the ball because they are behind a defender)	Player is able to anticipate the next move by the opposing team and is able to cut and move to space in anticipation of a pass
Goalie Evaluation			
	1 - 2	3	4 - 5
Clearing	Clears are soft, slow, and/or bouncy. Consistently clears ball in the air	Some hard and accurate clears, with a mix of slow and bouncy. Is able to control the ball, mostly does not clear in the air.	Can control bouncy balls and has very infrequent bouncy clears. Clears are accurate, flat, hard and wide of the play.
Communication	Rarely communicates with teammates, does not take control of the circle.	Occasionally talks with defenders on where to be in the circle. Does not take complete control over the circle.	Communicates with teammates frequently. Takes full control of the circle. Players know when to step up or back off.
Footwork	Does not move or slow moving with the ball and players.	Player moves feet, but is a step or two behind the ball and the player. Does not keep up with the speed of the game.	Quick feet and movement with the ball. Able to stay with ball and player. Up to speed with the game.