

NAME  
2021

NAME, I really liked your potential athletically. You are rangy and athletic. You have excellent reach. You have a natural ability on the ground balls. You are confident and aggressive with the ball in your stick. You are a division 1 defenseman.

You have a lot of room for growth and improvement when you get to the next level Think of how good you would be on the clear if your left hand was as good as your right hand. You would be twice quick, twice as fast, twice as good. That is something that is attainable with work and commitment. Put in the time! It will play huge dividends for you.

I liked everything I saw from your video.

**Areas of strength;**

1. Physical, athletic, rangy and runs well
2. Clearing and transition decisions
3. Ground ball play

**Unrealized strengths;**

1. Left hand
2. Running to daylight as soon as you pick up the ground ball.  
Scoop through.
3. Sometimes you lunge and overcommit on defense. Be patient and stay balanced. You get away with it because you are superior to most athletically. As you play at the higher levels that will be less effective.

**Inconclusive because it is a highlight film (I would need full game film to determine);**

1. Off ball play - and this is a big one. So important, to be honest most high school defenders really struggle with it.
2. Team defensive concepts
3. Covering long dodges against a high quality offensive player.

## **Breakdown;**

:21 - I love your balance on this lift check. Prior to that you were lunging a little when engaging with your attach men. It worked out because you were a superior player/athlete. As you play against better players you will want to be more patient for your opportunities. Keep your balance and positioning like you do at the end.

:26 - Great pass to the lead midfielder for a fast break. That's your goal!

:39 - Excellent ground ball. You want to be more comfortable switching to your left hand. That will enable you to shield your stick while you use your speed pushing up field to space. Great speed! Way to be aggressive going to the cage and looking for your shot. It is very hard for a goalie to pick up the ball coming out of a long stick.

:56 - Unselfish pass! Excellent decision drawing the defender and dumping it for the sitter.

1:03 - You can start closer to 5 yards here. Just watch the back door. Nice hit and physicality. Lead with your stick.

1:37 - You are very confident with the ball on the clear and not afraid to dodge. I love it! Keep running through checks.

1:45 - Excellent ability off the ground ball. Excellent ability clearing and smart decision on the fast break.

2:02 - Nice off - ball check and heads up play. Just be careful you don't leave your guy unnecessarily. Excellent look to the inside of the field for another break.

2:15 - Great slide, way to lead with stick. Pass is a little risky. Especially, because you loft the ball there.

2:34 - Excellent pursuit, ride. Way to use your athleticism.

2:43 - Run to daylight and use your speed right away when you get the Gb. Get to space.

2:53 - Great speed. Use your left up the sideline. Another correct decision in transition.

3:08 - You have great potential with your range to be a wing long pole. Love the shot. Overhand, high to low!

3:35 - Be careful lunging. You get a piece of him. But if you didn't he is past you for a goal. Sit, get your stick in front and keep your feet moving.

3:55 - Physical, love it.

4:03 - Excellent pick up!

4:14 - Coast to Coast baby! No one can stop you on the clear!

4:35 - Put it in your left

4:46 - Great little poke at the end that causes the turnover while staying balanced and not lunging.

5:14 - You have to be more comfortable going left earlier.

5:29 - Love the physicality.... Keep your hands down. They are quick to call fouls now days to protect against concussions.

5:55 - Move your feet, get top side. Don't rely on your stick to stop the attack men's body.

6:20 - lefty on the pass.

6:40 - Be careful against "ball watching". It's Ok to open up and see the ball carry while you get in position to go. But, you have to check back to your man if you do not trigger the slide.

