



Minnetonka Youth Lacrosse Association

Boys' Tryout Criteria & Evaluation Process

Purpose

The goal of evaluations is to place players on teams where they can develop, compete, and enjoy the game. Results are used to form A teams for 10U, 12U, and 14U, and balanced teams across other levels when multiple teams exist.

Attendance

All players are expected to attend evaluations. Players seeking A-team consideration must participate. If a player must miss due to illness, injury, or unavoidable conflict, the MYLA Board must be notified in advance. Unapproved absences may affect ranking and placement.

Oversight and Evaluators

Evaluations are organized by Minnetonka High School lacrosse coaches. Evaluators do not assess their own players. A small committee may audit results for accuracy but does not alter scores outside of error correction.

What We Evaluate

Players are graded across multiple drills and live-play situations that measure both technical skill and overall gameplay. Each player is evaluated within their position group, with coaches assessing consistency, athletic ability, and lacrosse IQ throughout all sessions.

Evaluations focus on:

- **Stick skills:** hand speed, control, and ability to handle the ball under pressure
- **Passing and feeding:** accuracy, quick release, decision making, and mechanics

- **Shooting:** mechanics, shot selection, and accuracy on the move
- **Dodging:** speed, change of direction, strength, and field awareness
- **Defensive play:** positioning, footwork, body control, and defensive IQ
- **Ground ball play:** compete level, athleticism, and clean technique
- **Physicality and compete:** willingness to battle, recover, and play through contact
- **Game IQ and team play:** spacing, off-ball movement, communication, and transition awareness
- **Athleticism:** speed, agility, endurance, and overall athletic profile
- **Coachability and effort:** listening, hustle, and how a player responds to mistakes

Evaluators use a consistent scoring structure across all stations and scrimmages to create a comprehensive player profile. Team formation is based on overall performance, not on a single drill.

Evaluation Structure

- 10U: 2 evaluation days
- 12U and 14U: 3 evaluation days
Note: day formats and activities are subject to change at any time.

What to Expect Each Day (subject to change)

Day 1 (12U/14U): Skills and short scrimmage

Fundamental stickwork, passing on the move, shooting mechanics, and a brief scrimmage to establish a baseline.

Day 2 (all levels scheduled this day): Small-space competition

1v1 and 2v2 play emphasizing quick decisions, help defense, off-ball awareness, and communication.

Day 3 (12U/14U; 10U's second day follows similar emphasis): Ground balls and extended scrimmage

1v1 and 2v2 ground-ball play, even-strength concepts, and longer scrimmage sessions evaluating consistency, coachability, and teamwork.

Scrimmage Format

Scrimmages use running-time periods and modified restarts to maximize player touches. There are no faceoffs; restarts and free clears may be used at evaluator discretion. Penalties are called but not served, with egregious fouls resulting in removal from play. Resets may occur so evaluators can view specific units or players. The goal is evaluation, not a full game.

Scoring and Team Formation

- Individual scores are recorded each session and compiled into a final ranking.
- Scores are final and remain confidential property of MYLA.
- A-team formation is based on top rankings by position, with coaches accounting for roster balance and team needs.
- If there are multiple B teams at an age level, teams will be formed as evenly as possible using rankings and past coach input.

Special Notes

- **10U school alignment:** when forming 10U teams, MYLA may consider elementary school alignment so players can roster with some classmates while maintaining competitive balance.
- **Missed evaluations:** players who cannot attend and notify MYLA in advance may receive a provisional ranking based on prior coach feedback.
- **Injuries:** injured players should inform MYLA and may be evaluated once medically cleared during early practices, if timing allows.

Player Check-In and Gear

Arrive early, check in, and wear your assigned numbered pinnie to every session. Return the pinnie after your final session. Full lacrosse equipment is required. Bring a labeled water bottle.

Closed Sessions

Evaluations are closed to the public. Coaches notice effort, attitude, and resilience as much as skill. Mistakes happen—what matters is how players respond, communicate, and hustle.