

EVALUATION DAY VOLUNTEERS NEEDED

You can volunteer for one day or both:

- Friday Evening 5:15-8:15pm
- Saturday Morning 8:30-11:15am

Different Stations to Volunteer at:

SIZING OF UNIFORMS (2-3 Volunteers)

- *1 volunteer to greet the player, "Shorts or NO Shorts?"*
- *1 volunteer to size the player, using a sizing uniform samples*
- *1 volunteer to record the size on the evaluation form*

SPEED DRILLS (2-3 Volunteers)

Speed drills will be timed and results should be rounded to the nearest tenth.

10 yd. & 20 yd. Dash

- *1 volunteer to greet the player explain the drill*
- *1 volunteer to time the player, using a Stop Watch*
- *1 volunteer to record the time on the evaluation form*

BALL CONTROL DRILLS (5-6 Volunteers)

Ball control drills will consist of one controlled dribbling drill and speed dribbling drill. You will be timing these drills and the results should be rounded to the nearest tenth.

Cone Weave –

- *1 volunteer to greet the player explain the drill*
- *1 volunteer to time the player, using a Stop Watch*
- *1 volunteer to record the time on the evaluation form*

Breakaway Dribble –

- *1 volunteer to time the player, using a Stop Watch*
- *1 volunteer to record the time on the evaluation form*
- *1 volunteer to "chase" runaway balls between the 2 stations*

PASSING/SHOOTING DRILLS (5-6 Volunteers)

Passing/Shooting Drills will consist of one stationary and one dynamic drill to evaluate pass and shot accuracy.

These drills are not timed, but players should be encouraged to run them at game speed.

Stationary Passing-

- *1 volunteer to greet the player explain the drill*
- *1 volunteer to record the score on the evaluation form*
- *1 volunteer to "chase" and reset the balls*

Dynamic Shooting –

- *1 volunteer to greet the player explain the drill*
- *1 volunteer to record the score on the evaluation form*
- *1 volunteer to "chase" and reset the balls*

If interested, contact Lisa Babcock, email lisababcock@1agonline.com or text 724-718-2014