

BENNETT PARK 
RAIDERS

Evaluation Day 2010



Evaluation Day 2010

WHO: All Players (see note on following page)

WHAT: Player Evaluations

WHY: To Rank Players based on assessed skills/abilities for the Draft

WHEN: See Schedule

HOW: Arrive on time, Find your Grade and Coaches,
See the following pages for more information.

UNIFORM: Shorts/T-Shirt/Cleats

OTHER: Players who are unable to attend will be hat picks in the draft.
Bring Water (no sports drinks on the field)
Be Ready to **Purchase your RAIDERS SPIRT WEAR!**
HAVE FUN!



Evaluation Day 2010

Schedule:

<u>GRADE</u>	<u>TIME</u>	<u>LOCATION</u>
-K/1st	9:00 to 10:15 am	Hill Side End Zone of Main Field
-2 nd	9:00 to 10:15 am	Parking Lot End Zone of Main Field
-3 rd	10:15-11:30am	Parking Lot End Zone of Main Field
-4 th	10:15-11:30am	Hill Side End Zone of Main Field
-5 th	11:30am-12:45pm	Parking Lot End Zone of Main Field
-6 th	11:30am-12:45pm	Hill Side End Zone of Main Field
-7/8 th	12:45pm-2:00pm	Parking Lot End Zone of Main Field

NOTE:
2nd and 7/8th Grade Players are not required to participate in Evaluations due to only having enough players to field one team. However; the coaches of those age groups have asked that the players attend and participate in the evaluations to help them prepare for the season.



Evaluation Day 2010

-Evaluations will be done by the coaches of that grade.

(Example: 2nd grade coaches evaluate the 2nd grade players.)

-Bennett Park Board Members will be present to help set up Evaluation but the Coaches will run the show.

-3 Events are planned.

- 20 or 40 Yard Timed Run (K thru 3rd runs 20 yds / 4 thru 8th runs 40)

- Agility Drill

-Pass/Catch

Coaches may modify the drills to suit their needs or time limits.

-Players will be scored on a scale of 1-5 in the Agility and Pass/Catch Drills.

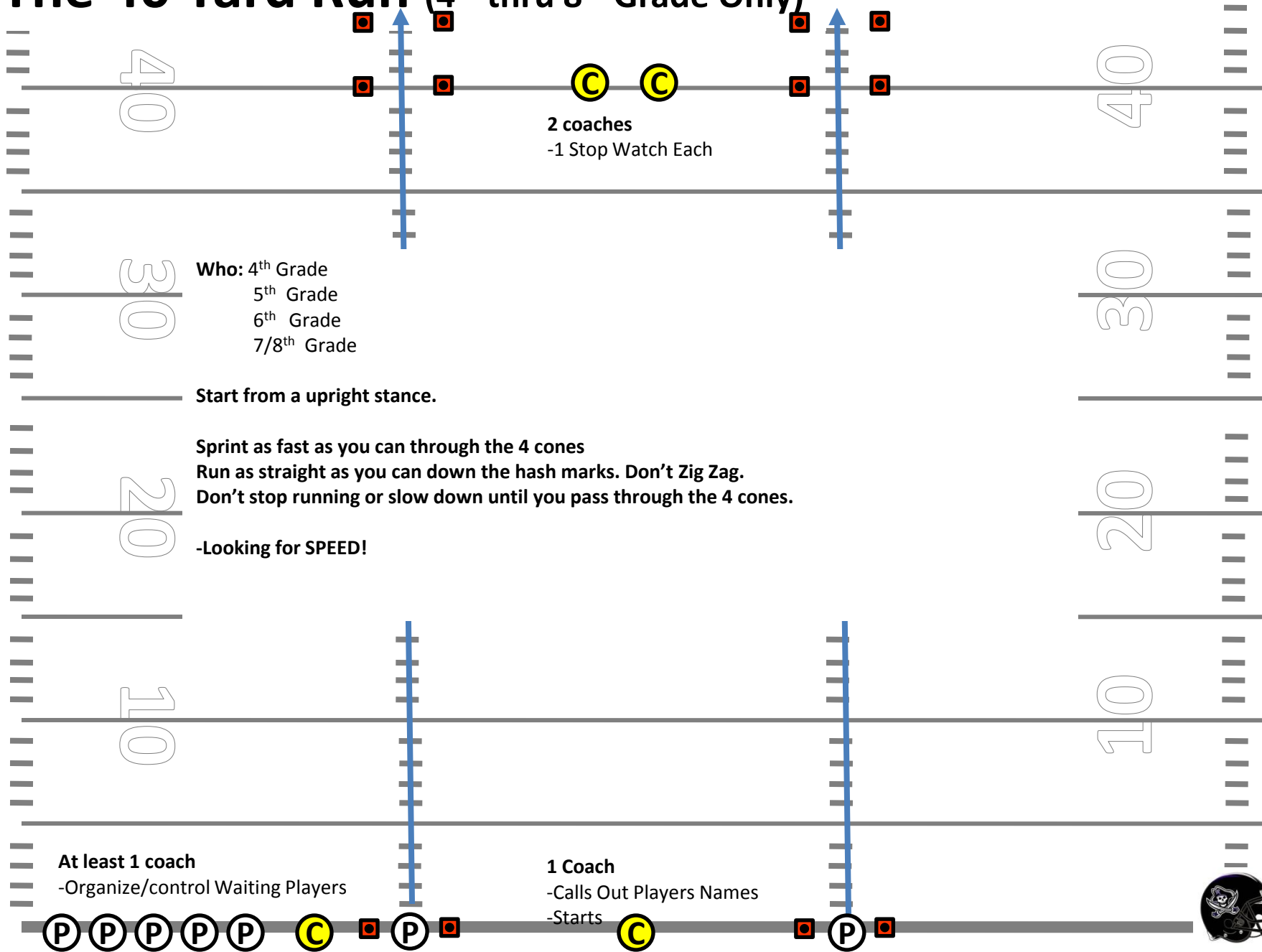
-Upon completion, the evaluation sheets will be collected and given to the board.

-The Board will then tally and rank the players accordingly.

-Results will be emailed to the coaches prior to the draft.



The 40 Yard Run (4th thru 8th Grade Only)



2 coaches
-1 Stop Watch Each

Who: 4th Grade
5th Grade
6th Grade
7/8th Grade

Start from a upright stance.

Sprint as fast as you can through the 4 cones
Run as straight as you can down the hash marks. Don't Zig Zag.
Don't stop running or slow down until you pass through the 4 cones.

-Looking for SPEED!

At least 1 coach
-Organize/control Waiting Players

1 Coach
-Calls Out Players Names
-Starts



The 20 Yard Run (K/1st Thru 3rd Grade Only)

40

Who: K/1st Grade
2nd Grade
3rd Grade

Start from a upright stance.

Sprint as fast as you can through the 4 cones

Run as straight as you can down the hash marks. Don't Zig Zag.

Don't stop running or slow down until you pass through the 4 cones.

30

-Looking for SPEED!

40

30

20



2 coaches
-1 Stop Watch Each

20

10

At least 1 coach

-Organize/control Waiting Players

1 Coach

-Calls Out Players Names

-Starts



AGILITY DRILL

Start: 3 Point Stance

-Sprint 5 yards Execute Box Drill

Looking for good form, body position, head up, good footwork, balance, and speed.

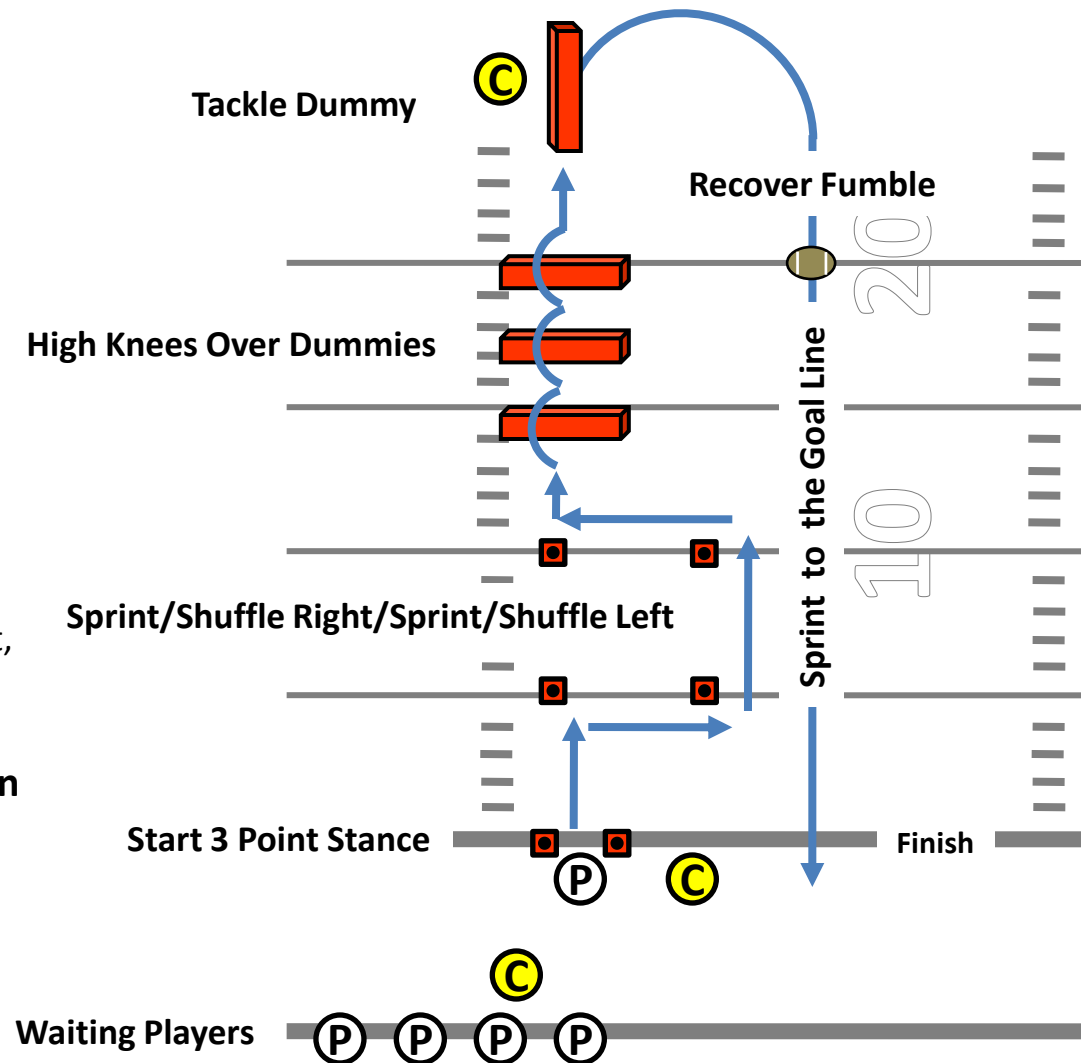
-High Step/Jump over tackling dummies.

-Sprint 5 yards tackle a standing dummy.

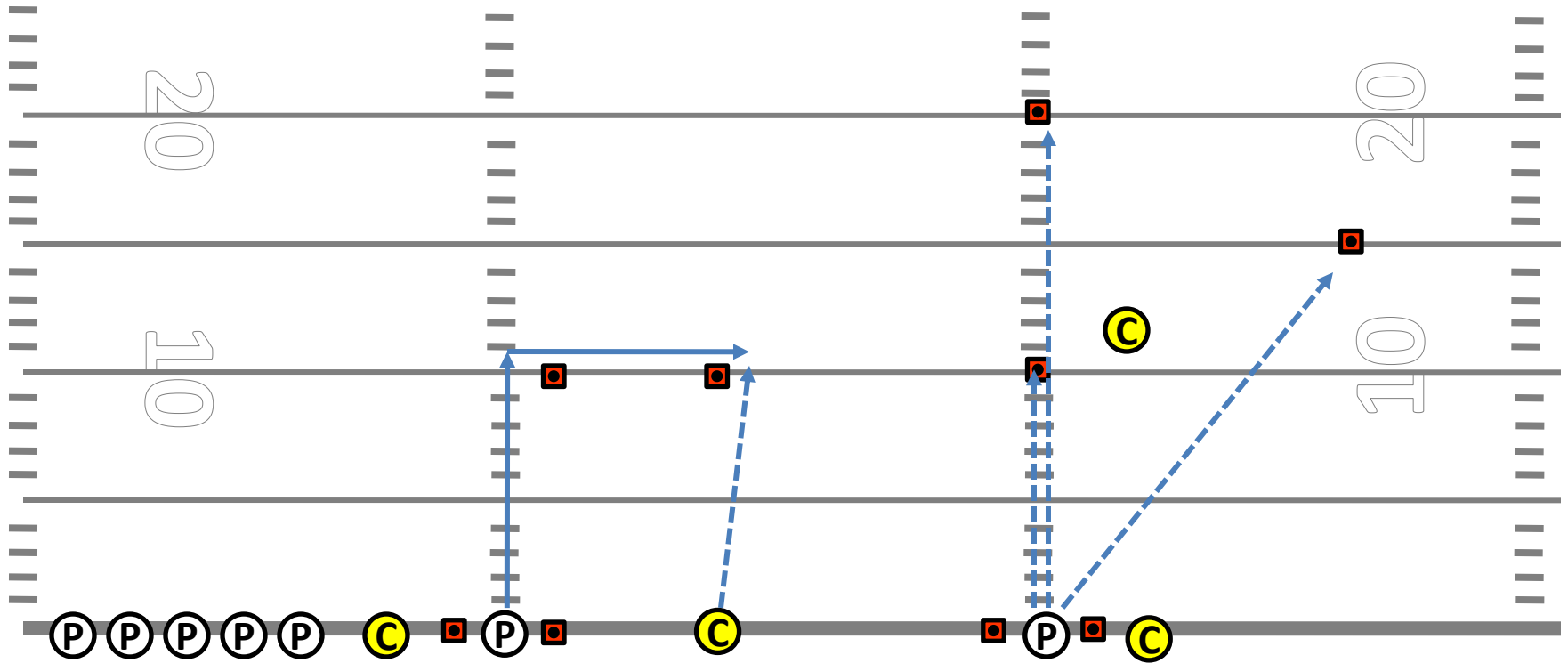
Looking for good form, body position, head up, wrap up, lift, drive through, don't leave your feet, finish the tackle.

-Get up, move to and pick up the ball then sprint back to the goal line.

Looking for, ability to recover, quickness, ball handling ability, running with the ball, form, speed.



Pass & Catch



Who: ALL

What: Pass and Catch

How:

Catching:

1 Player at a time

Start on Goal Line

10 yard route plant/cut at the cone

Coach Passes to the player at the last cone

Passing:

1 Player at a time

3 passes

From an under center position (coach can hand ball to QB)

-3/5 step drop pass to coach at 10 yard mark

-3/5 step drop pass to coach at 20 yard mark

-3/5 step drop pass to coach at the side line 15 yard mark

