

TOOLS FOR LEARNING LACROSSE GAMES



SELF-ASSESSMENT

NAME:	GRADE:	CLASS:	
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Choose the level that describes your current skills and color that number of stars in the space provided for your assessment. If this is your pre-assessment, choose another level in the "Goal" column to show how much you'd like to improve your skills after some practice and hard work.



Level 1:
I'm in the Minor Leagues.
I wish I could do this better,
and so I will keep trying my
best to improve.



Level 2:
I'm in the Major Leagues.
Practice is helping, and I will keep trying my best to improve.



Level 3:
I'm an All Star.
I can do this well. Practice worked, and now I want to keep learning more!

SKILL	PRE	GOAL	POST
Cradle			
Scoop			
Throw			
Catch			
Safety			