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| **Attack & Defend**  **Game Play** | |
| **5** | **Defense:** Always finds a check and gets between them and their target (net/goal).  **Offence:** Always uses changes of direction, speed, and proper spacing in an attempt to get open/ help their team.  **Passing:** Always uses proper technique  **Shooting:** Always Uses proper technique  **Dribbling:** Always Uses proper technique |
| **4** | **Defense:** Regularly finds a check and gets between them and their target (net/goal).  **Offence:** Regularly uses changes of direction, speed, and proper spacing in an attempt to get open/ help their team.  **Passing:** Regularly uses proper technique  **Shooting:** Regularly Uses proper technique  **Dribbling:** Regularly Uses proper technique |
| **3** | **Defense:** Most times finds a check and gets between them and their target (net/goal).  **Offence:** Most times uses changes of direction, speed, and proper spacing in an attempt to get open/ help their team.  **Passing:** Most times uses proper technique  **Shooting:** Most times Uses proper technique  **Dribbling:** Most times Uses proper technique |
| **2** | **Defense:** Sometimes finds a check and gets between them and their target (net/goal).  **Offence:** Sometimes uses changes of direction, speed, and proper spacing in an attempt to get open/ help their team.  **Passing:** Sometimes uses proper technique  **Shooting:** Sometimes Uses proper technique  **Dribbling:** Sometimes Uses proper technique |
| **1** | **Defense:** Rarely finds a check and gets between them and their target (net/goal).  **Offence:** Rarely uses changes of direction, speed, and proper spacing in an attempt to get open/ help their team.  **Passing:** Rarely uses proper technique  **Shooting:** Rarely Uses proper technique  **Dribbling:** Rarely Uses proper technique |