DEUTSCHLAND

LACROSSE

SIXES

SELECTION CRITERIA

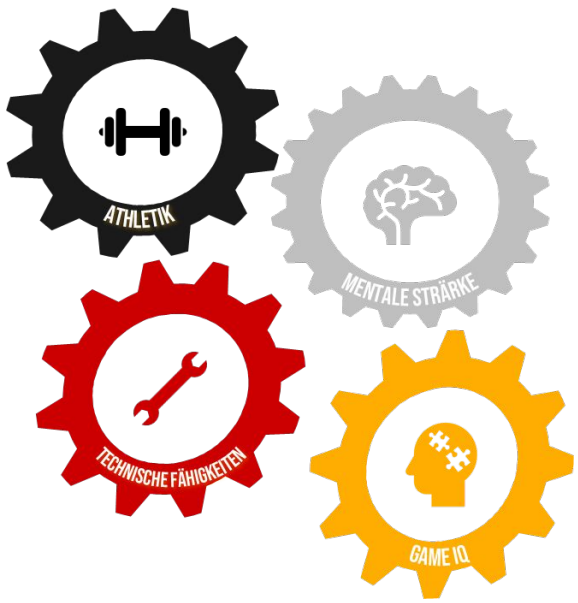
INHALTSVERZEICHNIS

INTRODUCTION

The squad criteria of the German Lacrosse Association (DLaxV) are building a reference framework for assessing athletes for potential selection into the Sixes German national team squad. Based on four criteria sections, individual player potentials are being evaluated as well as the the overall team structure. Given the complexity of team sports criteria may be weighted differently and the respective national team head coaches are being reserved the right to set individual priorities.

Furthermore anti-doping rules must be followed as well as code of conduct and athlete´s agreement must be signed. Lack of compliance can result in non-selection or exclusion from the national squad regardless of meeting/exceeding other criteria.

Selection for national squad only occurs if the overall assessment of the athletes' performance development and prospects is positive after consideration of all four parameters. There is no legal entitlement. The number of potential candidates may exceed the number of available positions.



The DLaxV strives for squad selection that is as transparent and fair as possible. To support this, this guideline serves as a source of information. Selection of athletes is being formally decided by the selection committee consisting of Sixes head coach, executive board, sports director, and the athlete´s commission.

The general and discipline-specific criteria are analyzed and adjusted annually in comparison to international performance standards. An evaluation of the concept should be conducted at least once per Olympic cycle.

GAME IQ

Due to reduced field size, smaller team, and shot clock, Sixes requires quick decisions and deep game understanding. Game IQ is essential and refers to the players' ability to tactically anticipate the game, analyze quickly, and make decisions in real time.

- **Field awareness and anticipation**

  The ability to predict opponents' plays and recognize open spaces before they emerge. The compact playing field requires high standards for effective positioning to grant success.

- **Situational awareness**

  The understanding of game situations such as man-up/man-down, possession changes, and critical game phases. Players with high game IQ recognize when they can make risky passes and when ball security takes priority.

- **Adaptability**

  Reaction time a player adapts to changes in e.g. game pace, substitutions, weather changes or tactical changes.

- **Communication and leadership**

  Players with high Game-IQ are orchestrating the game through effektive communication and are actively organizing their teammates on the field.

- **Efficiency in decisionmaking**

  The skill to choose the best option while being pressured by opponent or shot clock (hold ball, pass, shoot, defensive moves).

TECHNICAL SKILLS

Technical proficiency is the baseline for success in Sixes due to reduced space on the smaller field and the shot clock resulting in a faster game pace and more pressure from opponents. Passing, catching, cradling and ground balls have to be second nature for all athletes, executed at the highest level.

❑ Catching and throwing under pressure

Stickskills are elemental for attack. Catching and throwing precisely under pressure enables the possibility to break through well organized defensive setups.

Dodging

The easiest yet most effective option to score a goal creates a man-up situation. Using speed and momentum is essential for successful dodging.

Ground Balls

In order to achieve more possessions picking up loose balls is very important. Being successful even when fighting with an opponent is essential and combines technique, speed, and momentum with reaction time.

Being able to anticipate the game situation in which the ball was being picked up and deciding fast on how to handle the ball differentiates a good from an outstanding player.

❑ Pick and Roll-Navigation

The tactical play *Pick and Roll* is an often used play. Every player has to be able to set legal picks. Besides the standard *pick* players are also expected to execute *seals* and *screens* and to *roll*, *slip*, or *pop* accordingly.

1v1 defense

/ prevent shots by defending space to goal

/ reduce attackers speed

/ put pressure on ball, pull sliding tackle, and force turnover

/ agility to prevent cuts and picks.

❑ Force turnovers

Ability to force turnovers by forcing the ball carrier to drop the ball or play a bad pass. This includes double team and decision making on when to double the ball.

TECHNICAL SKILLS

❑ Shots

/ Distance shots

Well executed distance shots are forcing the defending team to start defending far from the goal, leaving room for passes into short distance. Precision, speed, and deceptions are quality criteria.

/ On the fly

Receiving a pass while running are forcing the defense to slide to the ball and are often resulting in opening up space for a cut to goal.

/ Short distance

Inside finishes have the highest success rate. The shooter usually only has split seconds before the shot window closes and the defense pressures again. Timing, stick skills, and excellent positioning skills are essential for success. Fakes and athleticism are enabling good position to goal and shot positioning, especially when the player is able to read the goalie and their positioning.

MENTAL COMPONENT

Central and sometimes deciding factor is the mental component. Resilience and mental strength are just as important as technical skill set and athleticism. Especially goal keepers are under massive pressure due to the short field, shotclock, and increased number of shots per game compared to field lacrosse. Following categories are being primarily evaluated during game analysis:

- **Intensity and pressure resistency**

  The ability to anticipate opponents' plays and recognize open spaces before they emerge, even under high pressure and hectic conditions. On the compact field, this is crucial for effective positioning and game success.

- **Fast decision making**

  Players have fractions of a second to make decisions. Mental processing speed becomes a performance differentiator - whoever is mentally faster dominates the game. Hesitation or deliberation immediately costs possession or goal-scoring opportunities.

- **Focus and concentration**

  The intensity of play in Sixes requires 100% concentration throughout the entire game. A brief mental lapse leads directly to conceding goals. Players must remain mentally present despite fatigue and physical strain.

MENTAL COMPONENT

❑ Emotional control

Physical proximity and aggressive play can quickly lead to frustration and emotional reactions. Players with very good emotional control remain disciplined and avoid costly penalties.

❑ Confidence under pressure

In Sixes, every player is permanently involved; breaks are virtually impossible on the field. This requires mental strength to be immediately present after mistakes and to own the mistake/take action.

❑ communication and leadership skills

Rapid changes of direction and substitutions require constant verbal and nonverbal communication. Mentally strong players can lead and organize their teammates even in chaotic situations.

ATHLETICISM

Sixes is characterized by a high technical and tactical component. All athletes must demonstrate a high level of athleticism to be competitive internationally.

Moderate athletic threshold values were chosen for all selected tests, which are to be regarded as minimum requirements and represent a sufficient level of athleticism as a basic prerequisite (squad benchmark values see below). Achieving the athletic standards is a prerequisite for selection to the national squad. Exceptions must be justified by the head coach and require the unanimous approval of the selection committee. Players must achieve the required values at least once in a calendar year. The standards must be met during national team training camps. Exceptions to this rule are only possible after official request per head coach and approval by the sports directorate. The athletic tests for men and women are listed below.

The current fitness tests for the women's and men's teams (as of September 2025) differ. The reasoning for this is on the one hand different requirements of the disciplines (no body contact in the women's game, therefore a stronger focus on explosiveness and agility), on the other hand different framework conditions of the training squads. From 2026 onwards, the tests will be further aligned.

❑ Athletic Tests Male

- 30m-sprint
- change of direction (10-0-5)
- 30-15 IFT endurance test

❑ Athletic Tests Female

- 30m-sprint
- change of direction (5-10-5)
- 30-15 IFT endurance test
- Isometric Squat
- Countermovement Jump (CMJ)

ATHLETIC TESTS - FEMALE

❑ 30-Meter-Spint Test

Due to frequent shifts in play, it is important in Sixes to have a certain basic speed in order to cover the distance to the opponent's goal as quickly as possible in a straight line.

"The playing field in Sixes is significantly smaller than in field lacrosse. This makes it more difficult to reach high speeds, as players must brake or slow down more frequently – whether due to field boundaries, possible collisions with opponents, necessary evasive movements, or the shorter transitions between attack and defense." (Weldon et al., 2022)

Due to the field size, a sprint test with a length of 30 meters was chosen. Because of the frequent accelerations, it is also important to record times over 5 and 10 meters.

Cut-off value 10m **2,25 sec.**

Cut-off value 30m **5,25 sec.**

For **Goalies** only 10m are being recorded. Because they are not allowed to cross the half field line they rarely run more than 10m at full speed.

Cut-off value Goalie 10m **2,45 sec.**

ATHLETICISM - FEMALE

❑ Change of direcgtion (5-10-5)

The change of direction test measures the ability to accelerate, decelerate, and accelerate again. Acceleration and deceleration data shows that international male World Lacrosse Sixes players perform more accelerations and decelerations per minute than international male field lacrosse players (Weldon et al., 2022).

Therefore, in addition to the 30-meter sprint test, a speed test must be chosen that captures both acceleration and deceleration and additionally includes a change of direction.

The 5-10-5 test measures the ability to change direction quickly under time pressure. The test person starts in the middle between two markers, sprints 5 meters to one side, turns around and runs 10 meters to the opposite side, and from there sprints 5 meters back to the starting point. This results in a total distance of 20 meters with two changes of direction.

This test places demands on acceleration and braking behavior, as well as on movement coordination within tight time windows. Particularly in dynamic game situations, as they regularly occur in lacrosse, this ability is crucial for reacting to opponent actions or achieving decisive territorial gains.

Cut-off value	**5,5 sec.**
Cut-off value Goalie	**6,1 sec.**

ATHLETICISM - FEMALE

❑ 30-15 IFT

Bei Spielern, die im World Lacrosse Sixes teilnahmen, wurde eine höhere Spielintensität festgestellt, als in früheren Untersuchungen bei Feldlacrosse-Spielern (Weldon et al., 2022). Vergleiche der Anforderungen zwischen den Vierteln bei World Lacrosse Sixes Spielen zeigten eine Abnahme der Beschleunigungen, Entschleunigungen, der zurückgelegten Laufstrecke (…) zwischen dem ersten und vierten Viertel bei allen Geschlechtern (Weldon et al., 2022). Es wurde ein Ausdauertest gewählt, der nicht nur eine kontinuierliche Steigerung der Intensität beinhaltet, sondern zudem auch eine spielnahe Belastung in Form von Richtungswechseln beinhaltet.

Der 30-15 IFT ist ein intervallartiger Ausdauertest, bei dem auf einer Teststrecke von 40 Metern innerhalb von 30 Sekunden verschiedene Zonen erreicht werden müssen. Mit steigendem Level müssen diese Zonen häufiger durchlaufen werden, was zur Folge hat, dass das Lauftempo und die Anzahl der Richtungswechsel zunimmt. Darauf folgt immer eine 15-sekündige Pause. Die Athletin scheidet aus dem Test aus, wenn er innerhalb eines Levels zweimal nicht rechtzeitig die Zonen erreicht. Die Torhüterinnen müssen diesen Test nicht durchführen.

Im Vergleich zu kontinuierlichen und/oder linearen Tests ermöglicht die Verwendung der am Ende des 30-15-Tests erreichten Endgeschwindigkeit (VIFT) geringere interindividuelle Unterschiede bei den akuten kardiorespiratorischen Reaktionen auf HIIT - mit anderen Worten, die Reaktionen auf HIIT sind zwischen Sportlern, die VIFT verwenden, ähnlicher. Dies liegt daran, dass der VIFT ein zusammengesetztes Maß für die maximale aerobe Leistung, die anaerobe Geschwindigkeitsreserve, die Erholung zwischen den Belastungsphasen und die Fähigkeit zum Richtungswechsel ist - alles Komponenten der Leistung bei Mannschafts- und Schlägersportarten (Buchheit 2005, 2008).

Kadergrenzwert Feldspielerinnen **195**

ATHLETIKCISM - FEMALE

❑ Isometric Squat *(Relative Peak Force)*

The isometric squat test measures the maximum force production of the lower extremities in a static squat position. The athlete assumes a defined squat position on a force plate and pushes as hard as possible against an immovable resistance system. Force production is recorded in Newtons per kilogram of body weight (N/kg) to ensure meaningful results independent of body mass. The test provides the relative peak force value – an objective indicator of maximum force potential relative to body weight. This enables both sport-specific assessments (e.g., for starting and sprint ability) as well as inter-individual comparisons within the team.

Cut-off value	**30 N/kg**
Cut-off value Goalie	**28 N/kg**

❑ Countermovement Jump *(CMJ)*

The Countermovement Jump (CMJ) measures vertical jump performance and is an established metric for the explosive power of the lower extremities. The athlete starts from an upright position, performs a rapid counter-movement followed by an explosive extension, and jumps vertically. Measurement is conducted on a force plate or via video-based app (flight-time method), with jump height determined either through flight time or the force applied. The CMJ reflects the ability to generate force in a very short time and thus represents a central measure of athletic explosiveness.

Cut-off value	**25 cm**
Cut-off value Goalie	**22 cm**

ATHLETICISM - MALE

❑ 30-Meter-Sprint

Due to frequent shifts in play, it is important in Sixes to have a certain basic speed in order to cover the distance to the opponent's goal as quickly as possible in a straight line.

"The playing field in Sixes is significantly smaller than in field lacrosse. This makes it more difficult to reach high speeds, as players must brake or slow down more frequently – whether due to field boundaries, possible collisions with opponents, necessary evasive movements, or the shorter transitions between attack and defense." (Weldon et al., 2022)

Due to the field size, a sprint test with a length of 30 meters was chosen. Because of the frequent accelerations, it is also important to record times over 5 and 10 meters.

Cut-off value 5m	**1,11 sec.**
Cut-off value 10m	**1,91 sec.**
Cut-off value 30m	**4,56 sec.**

For **Goalies** only 5m and 10m are being recorded. Because they are not allowed to cross the half field line they rarely run more than 10m at full speed.

Cut-off value 5m	**1,25 sec.**
Cut-off value 10m	**2,11 sec.**

ATHLETICISM - MALE

❑ Change of direction test (10-0-5)

The change of direction test measures the ability to accelerate, decelerate, and accelerate again. Acceleration and deceleration data show that international male World Lacrosse Sixes players perform more accelerations and decelerations per minute than international male field lacrosse players (Weldon et al., 2022).

Therefore, in addition to the 30-meter sprint test, a speed test must be chosen that captures both acceleration and deceleration and additionally includes a change of direction.

The test course includes a straight-line acceleration over 10 meters, a 180-degree turn, and another straight-line acceleration over 5 meters. The test is performed once with a turn over the left side of the body and once over the right side.

The 5-0-5 is more widely used and provides comparative values. However, it only captures the change of direction (deceleration and renewed acceleration) and not the initial acceleration, which is essential for *dodging* (overcoming opponents in combination with accelerations and changes of direction over short distances). In the chosen test (10-0-5), acceleration receives greater weighting and thus provides better information about the sport-specific requirements.

Cut-off value (Ø R / L)	**3,76 sec.**

ATHLETICISM - MALE

❑ 30-15 IFT

In players who participated in World Lacrosse Sixes, a higher game intensity was found than in previous studies of field lacrosse players (Weldon et al., 2022). Comparisons of demands between quarters in World Lacrosse Sixes games showed a decrease in accelerations, decelerations, distance covered (...) between the first and fourth quarters across all genders (Weldon et al., 2022). An endurance test was chosen that not only includes a continuous increase in intensity, but also incorporates game-like stress in the form of changes of direction.

The 30-15 IFT is an interval-based endurance test in which different zones must be reached on a 40-meter test course within 30 seconds. With increasing levels, these zones must be traversed more frequently, which results in increased running pace and number of direction changes. This is always followed by a 15-second rest period. The athlete is eliminated from the test if they fail to reach the zones on time twice within a level.

Compared to continuous and/or linear tests, using the final velocity achieved at the end of the 30-15 test (VIFT) enables smaller inter-individual differences in acute cardiorespiratory responses to HIIT - in other words, responses to HIIT are more similar between athletes using VIFT. This is because VIFT is a composite measure of maximal aerobic capacity, anaerobic speed reserve, recovery between exercise phases, and ability to change direction - all components of performance in team and racket sports (Buchheit 2005, 2008).

Cut-off value	**18,5**
Cut-off value goalie	**16,5**