

Football Catch Team Sports Rubric

This rubric will help to grade skill level of students in Football Catching mechanics. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
1	<p style="text-align: center;">Basic Skill Level</p> <ul style="list-style-type: none"> • Hands are extended out in front of the body • Student cushions the ball/traps the ball against their body • Student can catch the balls thrown to them with their hands or trapping the ball against their body
2	<p style="text-align: center;">Elementary Skill Level</p> <ul style="list-style-type: none"> • Hands are extended out in front of the body • Ball is caught with the hands above or below the waste (thumbs down in ball is above, thumbs out if ball is below) • Student does not cushion the ball against their body • Student can catch the balls thrown to them only using their hands
3	<p style="text-align: center;">Intermediate Skill Level</p> <ul style="list-style-type: none"> • Hands are extended out in front of the body • Ball is caught with the hands above or below the waste (thumbs down in ball is above, thumbs out if ball is below) • Student does not cushion the ball against their body • Student can catch the balls thrown to them only using their hands • Student can run the correct routes given by the quarterback
4	<p style="text-align: center;">Exemplar Skill Level</p> <ul style="list-style-type: none"> • Hands are extended out in front of the body • Ball is caught with the hands above or below the waste (thumbs down in ball is above, thumbs out if ball is below) • Student does not cushion the ball against their body • Student can catch the balls thrown to them only using their hands • Student can run correct route • Student can catch going full speed and doesn't slow down • Student can catch a ball one handed while running a route

