

# Football Running Team Sports Rubric

This rubric will help to grade skill level of students in Football Running 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
<b>1</b>	<p style="text-align: center;"><b>Basic Skill Level</b></p> <ul style="list-style-type: none"><li>• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms</li><li>• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders</li></ul>
<b>2</b>	<p style="text-align: center;"><b>Elementary Skill Level</b></p> <ul style="list-style-type: none"><li>• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms</li><li>• Student can successfully stop and change directions or quickly move laterally to avoid defender</li><li>• Student can run with head up</li><li>• Student can use a jab step to fake out a defender</li></ul>
<b>3</b>	<p style="text-align: center;"><b>Intermediate Skill Level</b></p> <ul style="list-style-type: none"><li>• Student has football properly tucked under their arm so they can run using both arms</li><li>• Student uses their body, not their arm, to avoid getting their belt pulled off</li><li>• Student can stop and change directions or quickly move laterally to avoid defenders</li><li>• Student can avoid or dodge defender using a jab step and stutter step</li><li>• Student runs with head up</li></ul>
<b>4</b>	<p style="text-align: center;"><b>Exemplar Skill Level</b></p> <ul style="list-style-type: none"><li>• Student has football properly tucked under their arm so they can run using both arms</li><li>• Student uses their body, not their arm, to avoid getting their belt pulled off</li><li>• Student can stop and change directions or quickly move laterally to avoid defenders</li><li>• Student can avoid or dodge defenders using spin move and stop and go move</li><li>• Student is hard to catch and going full speed all the time</li><li>• Student is able to fake more than 2 defenders while running the ball</li></ul>