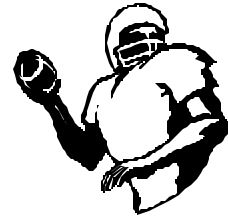








Football Skills Assessment 7th Grade



Football Skills Assessment:

- All skills are assessed based on a **Kinetic Chain** – *Using multiple muscle groups in one fluid movement pattern.*

Football Skills		Attempts			Instructional Cues	
Football Pass		1	2	3		
1	Proper grip – three fingers across laces					
2	Turn body 45 degrees					
3	Step with non-dominant foot					
Football Catch		1	2	3		
1	Athletic stance (feet shoulder width apart & knees bent)					
2	Show target (diamond)					
3	Keep your eyes on the ball					
Football Punt		1	2	3		
1	Proper Grip (laces up/non dominant hand to the side)					
2	Two steps (start with kicking foot)					
3	Point toe and extend arm					