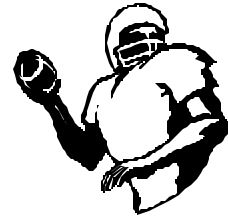








# Football Skills Assessment 9th Grade



**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	
<b>Football Pass</b>		<b>1</b>	<b>2</b>	<b>3</b>	 	
1	Proper grip – three fingers across laces					
2	Turn body 45 degrees					
3	Step with non-dominant foot					
4	Release across ear/follow through with thumb down					
5	Hit stationary target					
<b>Football Catch</b>		<b>1</b>	<b>2</b>	<b>3</b>	 	
1	Athletic stance (feet shoulder width apart & knees bent)					
2	Show target (diamond)					
3	Keep your eyes on the ball					
4	Catch with finger pads (tuck ball in)					
5	Catch pass					
<b>Football Punt</b>		<b>1</b>	<b>2</b>	<b>3</b>	 	
1	Proper Grip (laces up/non dominant hand to the side)					
2	Two steps (start with kicking foot)					
3	Point toe and extend arm					
4	Contact ball on top of foot					
5	Ball goes forward and at least 20 yards					