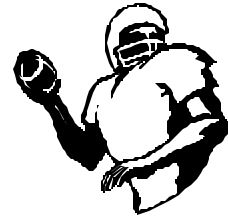








Football Skills Assessment Team Sports



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, spiral rotation					
2	Turn body 45 degrees					
3	Step with non-dominant foot					
4	Release across ear/follow through with thumb down, hips rotate					
5	Hit moving target greater than 10 yards away					
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 even with defense					
4	Catch with finger pads (tuck ball in)					
5	Catch pass while running full speed and running a route					
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					
4	Contact ball on top of foot and has a spiral rotation					
5	Ball goes forward and at least 30 yards					