

## Soccer Kicking 7th Grade Rubric

This rubric will help to grade skill level of students in the soccer kick. 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;">Basic Skill Level</p> <ul style="list-style-type: none"><li>• No steps are taken to approach the ball (stand and swing)</li><li>• Contact is made with the toe</li><li>• No follow through</li></ul>   |
| <b>2</b>     | <p style="text-align: center;">Elementary Skill Level</p> <ul style="list-style-type: none"><li>• Steps are taken to approach the ball but steps may not be balanced</li><li>• Plant foot is near ball but not next to ball</li><li>• Contacts to the ball with toe or side of the foot</li></ul> |
| <b>3</b>     | <p style="text-align: center;">Intermediate Skill</p> <ul style="list-style-type: none"><li>• 2 steps behind ball but steps are not fully balanced</li><li>• Plant foot is around the ball but not in the proper spot</li><li>• Contacts the ball with the side of the foot or instep</li></ul>   |
| <b>4</b>     | <p style="text-align: center;">Exemplar Skill Level</p> <ul style="list-style-type: none"><li>• 2 steps behind ball and steps balanced</li><li>• Plant foot is next to ball</li><li>• Use full body momentum/force</li><li>• Follows through with kicking leg</li></ul>                           |