Football Skills Rubric

Football Skills	Excellent Skill Level 4 pts.	Advanced Skill Level 3 pts.	Elementary Skill Level 2 pts.	Basic Skills Level 1 pts.	No Effort Skill Level
					0 pts.
Catching	Hands are extended out in front of	Hands are extended out in front	Hands are extended out in	Hands are not extended out in	No effort
	the body.	of the body.	front of the body.	front of the body.	
	Ball is caught with the hands above	Ball is caught with the hands above or below the waste	Ball is caught with the hands above or below the waste	Student cushions the ball/traps	
	or below the waste (thumbs up if the ball is below the waist or down if the	(thumbs up if the ball is below	(thumbs up if the ball is below	the ball against their body. Student can catch 25% of the	
	ball is above the waist). Student does	the waist or down if the ball is	the waist or down if the ball is	balls thrown to them trapping	
	not cushion the ball against their	above the waist). Student does	above the waist). Student	the ball against their body.	
	body.	not cushion the ball against their	cushions/ traps the ball against	Student frequently misses the	
	Student can catch 90% or more of	body.	their body.	ball completely.	
	the balls thrown to them only using	Student can catch 75% or more	Student can catch 50% or	suir compietely.	
	their hands. Student watches the ball	of the balls thrown to them only	more of the balls thrown to		
	into his hands.	using their hands. Student	them using their hands or		
		watches the ball into his hands.	trapping the ball against their		
			body.		
Throwing	Student has proper grip on the laces	Student has proper grip on the	Student does not have proper	Student does not have proper	No effort
	of the football.	laces of the football.	grip on the laces of the	grip on the laces of the	
	Student takes a step with their	Student takes a step with their	football.	football.	
	opposite legs.	opposite legs.	Student takes a small step with	Student does not take a step or	
	Student uses proper arm mechanics	Student uses proper arm	their wrong leg.	steps their wrong leg	
	and throws a spiral	mechanics and throws a spiral	Student does not use proper	Student does not use proper	
	Student can throw accurately to their	Student can throw accurately to	arm mechanics not throws a	arm mechanics not throws a	
	target 90-100% of the time or more	their target 80-89% of the time	spiral	spiral	
		or more	Student can throw accurately	Student can throw accurately	
			to their target 70-79% of the time or more	to their target 65-69% or lower of the time or more	
Dunning	Student has football properly tucked	Student has football properly	Student does not have the	Student does not have football	No effort
Running	under their arm so they can run using	tucked under their arm so they	Football properly tucked under	properly tucked under their	110 611011
	both arms.	can run using both arms.	their arm so they could fumble	arm so they could fumble the	
	Student uses their body, not their	Student uses their body, not their	the football or not run properly	football or not run properly	
	arm, to avoid getting their flags	arm, to avoid getting their flags	with both arms.	using both arms.	

	pulled off.	pulled off.	Student cannot successfully	Student cannot stop and	
	Student can stop and change	Student can stop and change	stop and change direction or	change direction or quickly	
	direction or quickly move laterally to	direction or quickly move	quickly move laterally to avoid	move laterally to avoid	
	avoid defenders.	laterally to avoid defenders.	defenders.	defenders.	
	Student can avoid or dodge	Student can avoid or dodge	Student can avoid or dodge	Student can avoid or dodge	
	defenders 75-100% of the time.	defenders 50-75% of the time.	defenders 25-50% of the time.	defenders 0-25% of the time.	
Game	Always uses game strategy permitted	Mostly uses game strategy	Sometimes uses game strategy	Rarely uses game strategy	Never uses
Strategy	by the rules	permitted by the rules	permitted by the rules	permitted by the rules	game
					strategy
					permitted by
					the rules