

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

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