Flag Football Skills Test

Middle School

Performer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_

**Punting Skills**:

In groups of 2, you get to assess each other’s punting skills. Get a nerf football and find a safe working space. One person is the performer, and one is the evaluator (explained further below). Switch roles when done.

* **Performer**: Perform the skill of punting 5 times.
* **Evaluator**: Read the details of each skill and provide feedback to the performer. Check “yes” or “not yet” upon demonstration of each skill.

**Key Elements**:

|  |  |  |
| --- | --- | --- |
| **Task/Cue** | **Yes** | **Not Yet** |
| 1. Ball is held with laces up and in an oblique position
 |  |  |
| 1. Kicking leg is slightly behind other leg
 |  |  |
| 1. Step is made by non-kicking foot
 |  |  |
| 1. Drop ball on top of foot
 |  |  |
| 1. Leg extends to the sky on the follow through
 |  |  |

**Throwing Skills**:

In groups of 3, you are going to assess each other’s throwing skills. Get a nerf football and find a safe working space. One person is going to be the performer, one the evaluator, and one the catcher (explained further below). Switch roles when you are done.

* **Performer**: Perform each skill as described for a total of 10 times.
* **Evaluator**: Read the details of each skill and provide feedback to the performer. Check “yes” or “not yet” upon demonstration of each skill.
* **Catcher**: Stand 10 yards from the performer, catch the ball, and toss it back.

**Skill 1: The Grip** (Performer does not throw)

|  |  |  |
| --- | --- | --- |
| **Task/Cue** | **Yes** | **Not Yet** |
| 1. At least 2 fingers and no more than 3 are on the laces.
 |  |  |
| 1. The thumb and index fingers are in front of the laces
 |  |  |

**Skill 2: The Throw** (Performer does not throw)

|  |  |  |
| --- | --- | --- |
| **Task/Cue** | **Yes** | **Not Yet** |
| 1. Stand sideways to the target
 |  |  |
| 1. Non-throwing shoulder is aimed at the target
 |  |  |
| 1. Step with opposite foot towards target
 |  |  |

**Skill 3: Putting It All Together** (Performed throws 5 times)

|  |  |  |
| --- | --- | --- |
| **Task/Cue** | **Yes** | **Not Yet** |
| 1. Grip is correct on the football
 |  |  |
| 1. Standing sideways to the target
 |  |  |
| 1. Stepping with the opposite foot
 |  |  |
| 1. Ball spirals toward target
 |  |  |