

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 the body. Ball is caught with the hands above or below the waste (thumbs up if the ball is above the waist or down if the ball is below 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.	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.	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.	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.	No effort
Throwing	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	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	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	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 60-69% or lower of the time or more	No effort
Running	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.	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.	Student does not have the football properly tucked under their arm so they could fumble the football or not run properly with both arms.	Student does not have football properly tucked under their arm so they could fumble the football or not run properly using both arms.	No effort

	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.	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.	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.	Student cannot stop and change direction or quickly move laterally to avoid defenders. Student can avoid or dodge defenders 0-25% of the time.	
Game Strategy	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.

Rubric For Football Skills

Raffaela Di Napoli

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Rubric For Football Skills:

This book delves into Rubric For Football Skills. Rubric For Football Skills is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Rubric For Football Skills, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Rubric For Football Skills
 - Chapter 2: Essential Elements of Rubric For Football Skills
 - Chapter 3: Rubric For Football Skills in Everyday Life
 - Chapter 4: Rubric For Football Skills in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Rubric For Football Skills. This chapter will explore what Rubric For Football Skills is, why Rubric For Football Skills is vital, and how to effectively learn about Rubric For Football Skills.
 3. In chapter 2, this book will delve into the foundational concepts of Rubric For Football Skills. The second chapter will elucidate the essential principles that must be understood to grasp Rubric For Football Skills in its entirety.
 4. In chapter 3, the author will examine the practical applications of Rubric For Football Skills in daily life. The third chapter will showcase real-world examples of how Rubric For Football Skills can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Rubric For Football Skills in specific contexts. The fourth chapter will explore how Rubric For Football Skills is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Rubric For Football Skills. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Rubric For Football Skills.

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Rubric For Football Skills Introduction

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