

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

Joacim Rocklöv



Rubric For Football Skills:

Rubric For Football Skills: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have enthralled audiences this year.

The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph.

Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting.

These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered.

The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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