

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 Games

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Table of Contents Rubric For Football Games

1. Understanding the eBook Rubric For Football Games
 - The Rise of Digital Reading Rubric For Football Games
 - Advantages of eBooks Over Traditional Books
2. Identifying Rubric For Football Games
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rubric For Football Games
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rubric For Football Games

- Personalized Recommendations
- Rubric For Football Games User Reviews and Ratings
- Rubric For Football Games and Bestseller Lists
- 5. Accessing Rubric For Football Games Free and Paid eBooks
 - Rubric For Football Games Public Domain eBooks
 - Rubric For Football Games eBook Subscription Services
 - Rubric For Football Games Budget-Friendly Options
- 6. Navigating Rubric For Football Games eBook Formats
 - ePub, PDF, MOBI, and More
 - Rubric For Football Games Compatibility with Devices
 - Rubric For Football Games Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rubric For Football Games
 - Highlighting and Note-Taking Rubric For Football Games
 - Interactive Elements Rubric For Football Games
- 8. Staying Engaged with Rubric For Football Games
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rubric For Football Games
- 9. Balancing eBooks and Physical Books Rubric For Football Games
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rubric For Football Games
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Rubric For Football Games
 - Setting Reading Goals Rubric For Football Games
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Rubric For Football Games

- Fact-Checking eBook Content of Rubric For Football Games
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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