



Special Olympics Washington - Flag Football Assessment for Individuals

Name: _____
Jersey Number: _____
Team Name: _____
Delegation: _____

Athlete Partner
Coach's Name: _____
Evaluator's Name: _____
Date of Evaluation: _____

<p>A. Passing (one choice- the most representative of the athlete's skill level) Has difficulty completing a short pass to teammate (1) Can sometimes make a pass to teammate while under pressure (2) Can only complete a pass to a teammate after looking directly at them (3) Has ability to read the best passing option (4) Has ability to complete a pass to an open receiver under pressure (5)</p> <p style="text-align: right;">SCORE: <input type="text"/></p>
<p>B. Receiving (Catching) (one choice- the most representative of the athlete's skill level) Ability to catch at short distance no pressure (1) Ability make the catch easily while moving with moderate pressure (2) Catch on the run regardless of pressure (3) Catch deep pass with tight coverage (4)</p> <p style="text-align: right;">SCORE: <input type="text"/></p>
<p>C. Routes (one choice- the most representative of the athlete's skill level) Has difficulty understanding the concept of routes (1) understands concepts of running routes with coaches assistance (2) Has ability to understand and execute simple routes (3) Can differentiate between short and deep routes with some verbal assistance (4) Understands routes without assistance and can modify according to pressure (5)</p> <p style="text-align: right;">SCORE: <input type="text"/></p>
<p>D. Defense (one choice- the most representative of the athlete's skill level) Has difficulty understanding the 7 yard rushing rule (1) Can read the offense and can determine a passing or running play (2) Understand the 7 yard rushing rule and can alternate between the rushing position and the defensive line position. (3) Can cover short and deep rotes without verbal assistance (4)</p> <p style="text-align: right;">SCORE: <input type="text"/></p>

E. Flag Pulling

(one choice- the most representative of the athlete's skill level)

Understands the reason for pulling the flag **(1)**

Has difficulty in pulling the flag **(2)**

Has basic skill at pulling the flag **(3)**

Is proficient at pulling the flag **(4)**

SCORE:

F. Game Awareness

(one choice- the most representative of the athlete's skill level)

Sometimes confused on offense and defense **(1)**

Can play a fixed position as instructed by coach **(2)**

Limited understanding of the game; performs basic skills and will run occasional plays if coach prompts **(3)**

Moderate understanding of the game; some offensive plays and solid defensive skills **(4)**

Advanced understanding of the game and mastery of fundamentals **(5)**

SCORE:

G. Movement

(one choice- the most representative of the athlete's skill level)

Maintains a stationary position; does not move to or away from the ball as necessary **(1)**

Moves only 1-2 steps toward the ball running/passing **(2)**

Moves toward the ball, but reaction time is slow **(3)**

Movement permits adequate coverage **(4)**

SCORE:

OVERALL RATING:

**Add ALL SCORES together to determine OVERALL RATING
[MAXIMUM Rating = 31]**