

Special Olympics Washington - Flag Football Assessment for Individuals

Name: _____ Athlete Partner
 Jersey Number: _____ Coach's Name: _____
 Team Name: _____ Evaluator's Name: _____
 Delegation: _____ Date of Evaluation: _____

Individual Assessment for Team Play (rating starts with 1 through the overall # of questions for each skill)

<p>A. Passing (one choice- the most representative of the athlete's skill level)</p> <p>Has difficulty completing a short pass to teammate Can sometimes make a pass to a teammate with token pressure Can only complete a pass to team after looking directly at the receiver Has ability to read the best passing option Has ability to complete a pass to an open team under pressure Controls game with the ability to complete a pass to an open play that is in good position</p> <p style="text-align: right;">SCORE: <input style="width: 50px;" type="text"/></p>
<p>B. Receiving (Catching) (one choice- the most representative of the athlete's skill level)</p> <p>Ability to catch at short distance no pressure Ability make the catch easily while moving with moderate pressure Catch on the run regardless of pressure Catch deep pass with tight coverage</p> <p style="text-align: right;">SCORE: <input style="width: 50px;" type="text"/></p>
<p>C. Routes (one choice- the most representative of the athlete's skill level)</p> <p>Has difficulty understanding the concept of routes understands concepts of running routes with coaches assistance Has ability to understand and execute simple routes Can differentiate between short and deep routes with some verbal assistance Understands routes without assistance and can modify according to pressure</p> <p style="text-align: right;">SCORE: <input style="width: 50px;" type="text"/></p>

D. Defense

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

Has difficulty understanding the 5 yard rushing rule

Can read the offense and can determine a passing or running play

Understand the 7 yard rushing rule and can alternate between the rushing position and the defensive line position.

Has difficulty covering routes without verbal assistance.

Can cover short and deep routes without verbal assistance

SCORE:

E. Flag Pulling

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

Understands the reason for pulling the flag

Has difficulty in pulling the flag

Has basic skill at pulling the flag

Is proficient at pulling the flag

SCORE:

F. Game Awareness

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

Sometimes confused on offense and defense

Can play a fixed position as instructed by coach

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

Moderate understanding of the game; some offensive plays and solid defensive skills

Advanced understanding of the game and mastery of fundamentals

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

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

Moves toward the ball, but reaction time is slow

Movement permits adequate coverage

SCORE:

Total Score:

Divide TOTAL SCORE by 7 to determine OVERALL RATING

[Round off to nearest tenth, e.g., 4.97 = 5.0 or 3.53 = 3.5; MAXIMUM Rating = 8]

OVERALL RATING: