

# Flag Football Individual Rating Form

**Special  
Olympics  
Washington**



Name: \_\_\_\_\_

Athlete  Partner

Jersey Number: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Delegation: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

Date of Eval: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Individual Assessment for Team Play

### 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 a teammate with token pressure **(2)**
- Can only complete a pass to team after looking directly at the receiver **(3)**
- Has ability to read the best passing option **(4)**
- Has ability to complete a pass to an open team under pressure **(5)**
- Controls game with the ability to complete a pass to an open play that is in good position **(6)**

SCORE:

### B. Receiving (Catching)

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

- Ability to catch at short distance with no pressure **(1)**
- Ability to 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)**

SCORE:

### 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)**

SCORE:

**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)**
- Has difficulty covering routes without verbal assistance **(4)**
- Can cover short and deep routes without verbal assistance **(5)**

SCORE: **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: **The maximum number of points able to achieve is (33)**OVERALL RATING: