



## PRESEASON ASSESSMENT: STAGE 1

\*This assessment is generally intended for a player age 5-7 with limited experience with structured play

\*\*For skills tests involving a ball, please use a developmentally appropriately sized ball (any ball) or football

### Fill out the following information to identify the player being assessed

|                                |                                     |                                      |                                                    |                                                      |                                   |  |
|--------------------------------|-------------------------------------|--------------------------------------|----------------------------------------------------|------------------------------------------------------|-----------------------------------|--|
| League Name                    |                                     |                                      |                                                    |                                                      |                                   |  |
| Club or Local Association Name |                                     |                                      |                                                    |                                                      |                                   |  |
| Team Name / #                  |                                     |                                      |                                                    |                                                      |                                   |  |
| First Name                     |                                     |                                      |                                                    |                                                      |                                   |  |
| Last Name                      |                                     |                                      |                                                    |                                                      |                                   |  |
| Age                            |                                     |                                      |                                                    |                                                      |                                   |  |
| Game Type                      | <input type="checkbox"/> Flag       | <input type="checkbox"/> Padded Flag | <input type="checkbox"/> Modified or Rookie Tackle | <input type="checkbox"/> Full Field 11-Player Tackle |                                   |  |
| Years Played                   | <input type="checkbox"/> First Year | <input type="checkbox"/> 1 Year      | <input type="checkbox"/> 2 – 3 Years               | <input type="checkbox"/> 4 – 5 Years                 | <input type="checkbox"/> 6+ Years |  |

**Using the following scale (0-5), indicate how many times each player can successfully perform each of the skills listed.**

*Please note, for younger athletes, you may need to demonstrate the skill during the preseason assessment.*

### Passing Skill

|                                                                     |   |   |   |   |   |   |
|---------------------------------------------------------------------|---|---|---|---|---|---|
| Throw underhand while stepping forward with opposite foot           | 0 | 1 | 2 | 3 | 4 | 5 |
| Throw overhand while stepping forward with opposite foot            | 0 | 1 | 2 | 3 | 4 | 5 |
| Throw overhand with accuracy (distance relative to child's ability) | 0 | 1 | 2 | 3 | 4 | 5 |

### Receiving Skill

|                                                       |   |   |   |   |   |   |
|-------------------------------------------------------|---|---|---|---|---|---|
| Toss and catch a ball to themselves 5 times in a row  | 0 | 1 | 2 | 3 | 4 | 5 |
| Catch a ball thrown from 10 feet away                 | 0 | 1 | 2 | 3 | 4 | 5 |
| Catch a ball thrown from 10 feet away with hands only | 0 | 1 | 2 | 3 | 4 | 5 |

### Running Skill

|                                                                                                                   |   |   |   |   |   |   |
|-------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|
| Run 10 yards with a football while maintaining body and ball control                                              | 0 | 1 | 2 | 3 | 4 | 5 |
| Run a slalom course through a set of 5 cones while carrying a football while maintaining balance and body control | 0 | 1 | 2 | 3 | 4 | 5 |

### Kicking / Punting Skill

|                                                                         |   |   |   |   |   |   |
|-------------------------------------------------------------------------|---|---|---|---|---|---|
| Kick a stationary ball from a stationary position                       | 0 | 1 | 2 | 3 | 4 | 5 |
| Using two or more steps, approach a stationary ball and kick it forward | 0 | 1 | 2 | 3 | 4 | 5 |

### Athleticism Skill

|                                                                                           |   |   |   |   |   |   |
|-------------------------------------------------------------------------------------------|---|---|---|---|---|---|
| Skip and march with contralateral arm movement                                            | 0 | 1 | 2 | 3 | 4 | 5 |
| Jump up and land with balance                                                             | 0 | 1 | 2 | 3 | 4 | 5 |
| From a stationary position, jump upward with two feet and land while maintaining balance  | 0 | 1 | 2 | 3 | 4 | 5 |
| From a stationary position, jump forward with two feet and land while maintaining balance | 0 | 1 | 2 | 3 | 4 | 5 |
| Maintain balance and body control while running                                           | 0 | 1 | 2 | 3 | 4 | 5 |
| Maintain balance and body control while skipping                                          | 0 | 1 | 2 | 3 | 4 | 5 |
| Maintain balance and body control while hopping                                           | 0 | 1 | 2 | 3 | 4 | 5 |
| Shuffle laterally 10 yards without feet touching                                          | 0 | 1 | 2 | 3 | 4 | 5 |
| Perform log rolls while maintaining body and directional control                          | 0 | 1 | 2 | 3 | 4 | 5 |