



PRESEASON ASSESSMENT: STAGE 2

*This assessment is generally intended for a player age 6 – 9 with limited competitive game experience

**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	☐ Flag	☐ Padded Flag	☐ Modified or Rookie Tackle	☐ Full Field 11-Player Tackle		
Years Played	☐ First Year	☐ 1 Year	☐ 2 – 3 Years	☐ 4 – 5 Years	☐ 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 a football 5 yards	0	1	2	3	4	5
Throw a football 10 yards	0	1	2	3	4	5
Throw a football 15 yards	0	1	2	3	4	5
Throw a football 5 yards with accuracy	0	1	2	3	4	5
Throw a football 10 yards with accuracy	0	1	2	3	4	5
Throw a football 15 yards with accuracy	0	1	2	3	4	5
Throw a football to a lateral moving target 5 yards away	0	1	2	3	4	5
Throw a football to a lateral moving target 10 yards away	0	1	2	3	4	5
Throw a football to a lateral moving target 15 yards away	0	1	2	3	4	5

Receiving Skill

Catch a football with hands only from a distance 5 yards away	0	1	2	3	4	5
Catch a football with hands only from a distance 10 yards away	0	1	2	3	4	5
Catch a football thrown above the head	0	1	2	3	4	5
Catch a football thrown below the waist	0	1	2	3	4	5
Catch 4 of 5 passes while running a defined lateral crossing route at 5-10 yards distance (i.e., 7-yard in route)	0	1	2	3	4	5

Kicking / Punting Skill

Placekick a football in the air >5 yards forward	0	1	2	3	4	5
Punt a ball in the air >10 yards forward	0	1	2	3	4	5

Athleticism Skill

Shuffle laterally on the balls of the feet without feet touching	0	1	2	3	4	5
Perform combination movement transitions (i.e., run-shuffle-run, run-skip-run, run-roll-run)	0	1	2	3	4	5
Perform a backpedal movement while maintaining balance and body control	0	1	2	3	4	5
Jump off one leg and land on the other while maintaining balance and body control	0	1	2	3	4	5

Continue to side 2.



PRESEASON ASSESSMENT: STAGE 2 CONTINUED

Select the appropriate response about the task completion of this athlete's ability to complete the following motor skills:

	Yes, can complete the task easily	Yes, can complete the task with significant effort	No, cannot perform the skill
10 jumping jacks with coordinated movement	☐	☐	☐
10 lateral line jumps (ski jump) while maintaining balance and body control	☐	☐	☐