



PRESEASON ASSESSMENT: STAGE 3

*This assessment is generally intended for a player age 8 – 11 with one to three years of 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 10 yards	0	1	2	3	4	5
Throw a football 15 yards	0	1	2	3	4	5
Throw a football 20 yards	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 (crossing route)	0	1	2	3	4	5
Throw a football to a lateral moving target 10 yards away (crossing route)	0	1	2	3	4	5
Throw a football to a linear moving target 5 yards away (vertical route)	0	1	2	3	4	5
Throw a football to a linear moving target 10 yards away (vertical route)	0	1	2	3	4	5

Receiving Skill

Demonstrate continuous directional movement through the catching motion (run through the catch)	0	1	2	3	4	5
Adjust body position to the flight of the thrown ball (i.e., a ball thrown high, low or behind)	0	1	2	3	4	5
Catch 4 of 5 accurately thrown passes while running a prescribed 5-yard passing route (5-yard in)	0	1	2	3	4	5
Catch 4 of 5 passes thrown over the shoulder	0	1	2	3	4	5

Kicking / Punting Skill

Placekick a football in the air >10 yards forward	0	1	2	3	4	5
Punt a football in the air >15 yards forward	0	1	2	3	4	5

Athleticism Skill

Perform a T-test pattern of movement while maintaining balance and body control (run-shuffle-backpedal)	0	1	2	3	4	5
Perform diagonal shuffle movement while maintaining balance and body control	0	1	2	3	4	5
Demonstrate efficient backward movement in varying directions while maintaining balance and body control	0	1	2	3	4	5
Demonstrate single-cone leg balance with cone touch	0	1	2	3	4	5
Demonstrate 2-cone single leg crossover cone touch	0	1	2	3	4	5



Continue to side 2.

PRESEASON ASSESSMENT: STAGE 3 CONTINUED

Please use the following format for your time input - 00:00 (minutes:seconds)

Running Skill	Time #1	Time #2	Time #3
Timed 20-yard sprint			
Timed 5-10-5 Touch the Line			
Timed Run-Shuffle-Shuffle-Run (3-cones)			