



PRESEASON ASSESSMENT: STAGE 4

*This assessment is generally intended for a player age 11 – 14 with greater than two 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	<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

Accurately throw a football while moving laterally to a stationary target 5 yards away	0 1 2 3 4 5
Accurately throw a football while moving laterally to a stationary target 10 yards away	0 1 2 3 4 5
Accurately throw a football while moving laterally to a stationary target 15 yards away	0 1 2 3 4 5
Lead a moving target properly while moving laterally from 5 yards away (both players moving in same direction)	0 1 2 3 4 5
Lead a moving target properly while moving laterally from 10 yards away (both players moving in same direction)	0 1 2 3 4 5

Receiving Skill

Catch a football thrown from 10 yards away through obstacles/distraction	0 1 2 3 4 5
Catch 4 of 5 accurately thrown passes while running a prescribed pass route (curl, dig, slant, go)	0 1 2 3 4 5
Adjust body position to the flight of the thrown ball and complete the catch	0 1 2 3 4 5
Demonstrate the ability to make an evasive move immediately following the catch	0 1 2 3 4 5

Kicking/Punting Skill

Placekick a football in the air >15 yards forward with directional control (kick to the cone)	0 1 2 3 4 5
Punt a football in the air >20 yards forward	0 1 2 3 4 5
Punt a football in the air >15 yards forward with directional control (punt to the cone)	0 1 2 3 4 5

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

Running Skill	Time #1	Time #2	Time #3
Timed 30-yard sprint			
Timed 3-cone drill			
Timed 5-10-5 shuffle			