

Instructions to Complete Flag Football Team Assessment Process

Step 1: Flag Football Individual Assessment Form

- * Complete the top section listing all requested information
- * Each section covers an aspect of flag football team play
- * Choose ONE point value that best describes the athlete/partner's skill level
- * Place that value in the "Score" box for that section
- * When each section is complete, add each "Score" box together and place it in the "Total Score" box
- * **Each player should have a Flag Football Individual Assessment Form completed**

Step 2: Traditional & Unified Flag Football Registration Form

- * Complete the top section, listing delegation, team gender (male, female, mixed), team name, and age group
- * List the players from highest score to lowest score in the column under "Name" then complete the remaining sections of the table

Step 3: Return only the "Traditional & Unified flag Football Registration Form" to your Program Director so they can input into GMS.

NOTE: THESE FORMS ARE NOT TO BE SUBMITTED TO SPECIAL OLYMPICS THEY ARE FOR YOUR TEAM'S USE ONLY.

Special Olympics Delaware - Flag Football Skills Assessment for Individuals

Name: _____
Jersey Number: _____
Team Name: _____
Delegation: _____

Athlete Partner
Coach's Name: _____
Evaluator's Name: _____
Date of Evaluation: ____ / ____ / ____

Individual Assessment for Team Play

A. Movement

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

- Maintains a stationary position; does not move to an opponent or ball (2)
- Moves only 1-2 steps toward ball or opponent (3)
- Moves toward ball; but reaction time is slow and only in a limited area of the field(4)
- Movement permits adequate field coverage for player's position (5)
- Good field coverage; reasonably aggressive (6)
- Exceptional field coverage; aggressive anticipation (8)

SCORE:

B. Defense

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

- Does not understand defensive position or principles, often beaten by a offensive player(2)
- Some understanding of defensive position and principles, sometimes beaten by a offensive player (3)
- More understanding of defensive position, can perform a flag grab, goes after balls within 3 to 4 steps (4)
- Good undstanding of defensive position and principles, does not get beat often, aggressively goes after flags, gets many, ability to locate person with ball (6)
- Exceptional ability to get to defend, finds the ball, ability to grab flag, shut down-type defender (8)

SCORE:

C. Running

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

- Athlete needs direction on when to run (2)
- Athlete understands when to run, but will only move forward without coaching (3)
- Athlete has a basic understanding of when and where to go (4)
- Athlete has a fair understanding of when and where to run, sometimes looks to the coach for direction (5)
- Athlete has a good understanding of when/where to run, knows role and position, patterns (6)
- Athlete has a complete understanding of when/where to run, knows role and position (7)
- Athlete consistently able to perform patterns and running plays (8)

SCORE:

D. Game Awareness

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

- Athlete needs frequent coaching, sometimes confused, not always know or understand position (2)
- Athlete has understanding of the most basic game situations (3)
- Athlete has a fair understanding of what to do in most game situations, but still requires coaching (4)
- Athlete has a clear understanding of what to do in most game situations, requires little to no coaching (5)
- Athlete is able to make the play at hand, also recognizing other action occurring (6)
- Athlete has a complete understanding of their role and teammates' roles, uses that leadership to direct play on the field (8)

SCORE:

SODE - Flag Football Skills Assessment for Individuals

E. Throwing

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

Athlete has difficulty throwing the ball for any distance (2)

Athlete is able to throw the ball a distance of at least ten yards (3)

Athlete regularly make throws of at least 10 yards (4)

Athlete regularly makes accurate throws of up to 10 yards (5)

Has ability to choose best receiver without prompting (6)

Athlete regularly makes accurate throws to moving receivers or targets (7)

Athlete regularly throws the ball accurately to any player on the field efficiently (8)

SCORE:

E. Communication

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

Does not communicate with teammates or coaches/does not make any motion towards the ball (1)

Does not communicate with teammates or coaches; often runs into other players and takes balls intended for other teammates (2)

Responds to communications from teammates and coaches by changing the way s/he plays on the field (4)

Aggressively pursues balls near his/her position and backs away from teammates who ball is intended (5)

Encourages teammates to communicate/helps guide teammates on the field (6)

Strongly communicates with teammates and coaches during play (8)

SCORE:

G. Catching

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

Athlete has difficulty catching most thrown balls (2)

Athlete is able to catch balls thrown directly to them (3)

Athlete can catch some off target balls and occasionally those thrown within two to three feet (5)

Athlete frequently catches thrown balls requiring movement from their original fielding position (7)

Athlete regularly catches balls requiring movement, with exceptional speed to track balls and the ability to leap or dive to catch (8)

SCORE:

Total Score:

(Maximum Score = 56)

