

## Flag Football Assessment

Names \_\_\_\_\_

**Test Questions( 5 points)** 1-Name 1 offensive

position \_\_\_\_\_ 2-When you score it's called a  
\_\_\_\_\_ 3-What is the imaginary line called where the ball is  
placed \_\_\_\_\_ 4-If I am in one  
rectangle and I make it to the next rectangle that is called a \_\_\_\_\_ 5-  
When my team does not have the ball, my team is on \_\_\_\_\_

**Develop a Team practice using the following rubric as a guide. Create a warm up activity, skills activity, and a closing activity. Make sure to use all of the skills we have learned in your lesson.**

**Warm-up(5 points)-**

**Skills activity(5 points)-**

**Closing activity(5 points)-**

**Total points earned out of \_\_\_\_/20**

### **Skills Throwing**

Gripping ball toward back of ball  
Side facing to target  
Ball positioned up high, arm at 90 degrees  
Step with opposite foot of throwing arm  
Follow through towards target

### **Catching**

Catch ball with soft hands out in front and bring into body  
Thumbs up when catching below the waist and  
Thumbs down when catching above waist

### **Pass Patterns**

Name each pattern  
Run pattern accurately  
Develop team plays

**Flag Pulling/Running/Dodging**

Flags placed in proper position

Aggressive flag puller evading ability

**Leadership/communication**

Cheering for others, being a team player

Communication skills

Sportsmanship, positive attitude