

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 above waist
- Thumbs down when catching below 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