



Football Running Rubric



This rubric will help to grade skill level of students in Football Running mechanics. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
1	Basic Skill Level <ul style="list-style-type: none">• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders• Student can avoid or dodge defender 0% - 25% of the time
	Elementary Skill Level <ul style="list-style-type: none">• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders• Student can avoid or dodge defender 25% - 50% of the time
2	Intermediate Skill Level <ul style="list-style-type: none">• Student has football properly tucked under their arm so they can run using both arms• Student uses their body, not their arm, to avoid getting their belt pulled off• Student can stop and change directions or quickly move laterally to avoid defenders• Student can avoid or dodge defender 50% - 75% of the time
	Exemplar Skill Level <ul style="list-style-type: none">• Student has football properly tucked under their arm so they can run using both arms• Student uses their body, not their arm, to avoid getting their belt pulled off• Student can stop and change directions or quickly move laterally to avoid defenders• Student can avoid or dodge defender 75% - 100% of the time
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