



Football Throw Rubric



This rubric will help to grade skill level of students in Football Catching 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	<p style="text-align: center;">Basic Skill Level</p> <ul style="list-style-type: none">• Student does not have proper grip on the laces of the football• Student does not take a step or steps with wrong leg• Student does not use proper arm mechanics and does not throw a spiral• Student can throw accurately to their target 0% - 30% of the time
2	<p style="text-align: center;">Elementary Skill Level</p> <ul style="list-style-type: none">• Student does not have proper grip on the laces of the football• Student takes a small step with their opposite leg or steps with wrong leg• Student does not use proper arm mechanics and does not throw a spiral• Student can throw accurately to their target 30% - 60% of the time
3	<p style="text-align: center;">Intermediate Skill Level</p> <ul style="list-style-type: none">• Student has proper grip on the laces of the football• Student takes a step with their opposite leg• Student uses proper arm mechanics and throws a spiral• Student can throw accurately to their target 60% - 90% of the time
4	<p style="text-align: center;">Exemplar Skill Level</p> <ul style="list-style-type: none">• Student has proper grip on the laces of the football• Student takes a step with their opposite leg• Student uses proper arm mechanics and throws a spiral• Student can throw accurately to their target 90% of the time or more