



## Soccer Kicking Rubric



This rubric will help to grade skill level of students in the soccer kick. 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
<b>1</b>	<p style="text-align: center;">Basic Skill Level</p> <ul style="list-style-type: none"> <li>• No steps are taken to approach the ball (stand and swing)</li> <li>• Contact is made with the toe</li> <li>• No follow through</li> <li>• Low power on shot</li> <li>• Shot is erratic and not accurate</li> </ul>
	<p style="text-align: center;">Elementary Skill Level</p> <ul style="list-style-type: none"> <li>• Steps are taken to approach the ball but steps may not be balanced</li> <li>• Plant foot is near ball but not next to ball</li> <li>• Contacts to the ball with toe or side of the foot</li> <li>• Little or no follow through resulting in loss of power</li> </ul>
<b>2</b>	<p style="text-align: center;">Intermediate Skill</p> <ul style="list-style-type: none"> <li>• 2 steps behind ball but steps are not fully balanced</li> <li>• Plant foot is around the ball but not in the proper spot</li> <li>• Contacts the ball with the side of the foot or instep</li> <li>• Average contact with ball and eyes on target</li> </ul>
	<p style="text-align: center;">Exemplar Skill Level</p> <ul style="list-style-type: none"> <li>• 2 steps behind ball and steps balanced</li> <li>• Plant foot is next to ball</li> <li>• Use full body momentum/force</li> <li>• Follows through with kicking leg</li> <li>• Contacts the ball with the side of the foot or instep</li> <li>• Good contact with ball and eyes on target</li> </ul>
<b>3</b>	
<b>4</b>	