

## Special Olympics North America - Flag Football Assessment for Individuals

Name: \_\_\_\_\_  
Jersey Number: \_\_\_\_\_  
Team Name: \_\_\_\_\_  
Delegation: \_\_\_\_\_

Athlete  Partner  
Coach's Name: \_\_\_\_\_  
Evaluator's Name: \_\_\_\_\_  
Date of Evaluation: \_\_\_\_\_

### Individual Assessment for Team Play

#### A. Passing (One choice - place the number of the athlete's most representative skill level in the box below)

QB has limited accuracy and arm strength; has trouble completing passes over 5 yards (1)  
QB can sometimes make a pass to a teammate with light pressure; Inconsistent with simple passes; can throw passes of up to 10 yards (2)  
QB has average skills; Has some knowledge of strategy, but stays pretty basic; Tends to look at primary receiver; can throw on target up to 20 yards (3)  
QB has ability to read more than one passing option; athletic; has strong arm and fairly accurate at 20+ yards. (4)  
QB controls game; knows strategy; strong arm with excellent accuracy; Has ability to read plays and use another option if necessary. (5)

SCORE:

#### B. Receiving (Catching) (One choice - place the number of the athlete's most representative skill level in the box below)

Receiver is inconsistent in catching ball at short distance no pressure, does not attempt to advance the ball (1)  
Receiver has ability to make the catch consistently while standing still with moderate pressure; advances the ball with uncertainty (2)  
Receiver has average skills, runs simple routes, can catch pass on the move; limited ability to react to the way defense plays (3)  
Receiver can catch on the run regardless of pressure; understands concept of route running; has good speed and quickness; has good understanding of game (4)  
Receiver can catch all types of passes including deep pass with tight coverage; excellent athleticism, speed and quickness; excellent route runner. (5)

SCORE:

#### C. Flag Pulling (One choice - place the number of the athlete's most representative skill level in the box below)

Player has little concept of pulling flag; low skills and athleticism (1)  
Understands concept of flag pulling: has trouble pulling flag; low aggressiveness and athleticism (2)  
Has basic skill of pulling the flag; average athleticism and skill; average aggressiveness; moves to player with ball (3)  
Player is proficient in flag pulling; understands strategy; good speed and quickness; needs some coaches direction (4)  
Player is excellent in pulling flag; can dominate game with athleticism and speed; can force offense into bad decisions; understands strategy (5)

SCORE:

#### D. Speed and Quickness (One choice - place the number of the athlete's most representative skill level in the box below; use skills test score)

Low skills and athleticism; player is slow to react and has no speed (1)  
Below average speed and quickness; player has trouble keeping up with speed of game (2)  
Average quickness and speed; can keep pace in short yardage situations (3)  
Has good quickness and speed; makes other players change strategy (4)  
Player is extremely athletic and quick; can consistently elude other players; can dominate game with speed (5)

SCORE:

#### E. Game Awareness (One choice - place the number of the athlete's most representative skill level in the box below)

Very limited understanding of flag football; needs significant prompting from bench or other players (1)  
Can play a fixed position as instructed by coach; limited knowledge of game; plays for fun (2)  
Average understanding of game; performs basic skills; identify run and pass play; some knowledge of strategy; runs general plays (3)  
Good understanding of game; has tools to play game but needs guidance; reacts to game with assistance (4)  
Understands the game; implements strategies; runs complicated plays; reacts to the way other team plays; (5)

SCORE:

## Flag Football Summary of Top Players

### A. Passing

Rate all of your **Quarterbacks** . List your best first.

	1	2	3	4	5
Quarterback #1					
Quarterback #2					
Quarterback #3					

Delegation: \_\_\_\_\_

Team gender: \_\_\_\_\_

Team Name: \_\_\_\_\_

Age Group: \_\_\_\_\_

Total Team Rating: \_\_\_\_\_

Top 6 Players: \_\_\_\_\_

Bottom 6 Players: \_\_\_\_\_

### B. Receiving (Catching)

Rate all of your **Receivers** . List your best first.

	1	2	3	4	5
Receiver #1					
Receiver #2					
	1	2	3	4	5
Receiver #3					
Receiver #4					

### C. Flag Pulling

Rate all of your **Defenders** . List your best first.

	1	2	3	4	5
Defender #1					
Defender #2					
Defender #3					
	1	2	3	4	5
Defender #7					
Defender #8					
Defender #9					

### D. Speed & Quickness

Rate your fastest players. List your best first.

	1	2	3	4	5
Player #1					
Player #2					
Player #3					
Player #4					
Player #5					
Player #6					
	1	2	3	4	5
Player #7					
Player #8					
Player #9					
Player #10					
Player #11					
Player #12					

Delegation:

### E. Game Awareness

*Rate your fastest players. List your best first.*

	1	2	3	4	5
Player #1					
	1	2	3	4	5
Player #2					
	1	2	3	4	5
Player #3					
	1	2	3	4	5
Player #4					
	1	2	3	4	5
Player #5					
	1	2	3	4	5
Player #6					

	1	2	3	4	5
Player #7					
	1	2	3	4	5
Player #8					
	1	2	3	4	5
Player #9					
	1	2	3	4	5
Player #10					
	1	2	3	4	5
Player #11					
	1	2	3	4	5
Player #12					