

Special Olympics North America – Flag Football Assessment for Individuals

Name _____ Role _____ Athlete _____ Unified Sports partner _____
Jersey Number _____ Coach's Name _____
Team Name _____ Evaluator's Name _____
Delegation Name (local program) _____ Date of Evaluation _____

Special Olympics North America – Flag Football Assessment for Individuals

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 pas 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 quickness; 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 the game with their 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.)

- 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 the 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; identifies run and pass plays; 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 the other team plays (5)

SCORE _____

