**HS Football Skills Assessment**

**I. Passing**

1. Can make an accurate pass to teammate using instep 20m away. 4 3 2 1 (to differentiate, students can pass from different distances, advanced can use “outstep” as well)

2. Can make an accurate pass to teammate using “outstep” 20m away. 4 3 2 1 (to differentiate, students can pass from different distances)

3. Can make an elevated distance pass using laces from 20m away. 4 3 2 1 (to differentiate, students can pass from different distances)

**II. Pass control**

1. Can control a ball passed along ground accurately from 20m away 4 3 2 1 (to differentiate, students can use instep, “v – trap”, “outstep” and distances can be varied accordingly)

2. Can control an elevated ball passed from 20 m away. 4 3 2 1 (to differentiate, students can use foot, thigh, chest and distances can be varied accordingly)

**III. Shooting**

1. Can shoot on goal using “instep” 5 out of 5 times from 20m away. 4 3 2 1 (to differentiate, students can shoot from different distances)

2. Can shoot on goal using “laces” 5 out of 5 times from 20m away. 4 3 2 1 (to differentiate, students can shoot from different distances)

**IV. Dribbling**

1. Can dribble 20 m using “instep”, alternating feet to contact ball 4 3 2 1 around cones. (to differentiate, vary number of cones)

2. Can dribble 20 m using “outsep”, alternating feet to contact ball 4 3 2 1 around cones. (to differentiate, vary number of cones)

**Legend**

4 = All of the time. 3 = Most of the time. 2 = Some of the time. 1 = Not often.