



FOOTBALL DEVELOPMENT MODEL

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SKILL ASSESSMENTS

PLAYER ASSESSMENT: AGES 5+

➤ For skills tests involving a ball, please use a developmentally appropriate-sized ball (any ball) or football.

FILL OUT THE FOLLOWING INFORMATION TO IDENTIFY THE PLAYER BEING ASSESSED

Team Name	
First Name	
Last Name	
Age	
Years Played	

Using the following scale (1-3), indicate the extent to which the player can perform the developmental tasks outlined in the assessment. Please note, for younger athletes, you may need to demonstrate the skill to the player during the assessment.

- 1 = UNABLE TO PERFORM THE SKILL
- 2 = CAN PERFORM THE SKILL BUT NOT CONSISTENTLY
- 3 = CAN PERFORM THE SKILL CONSISTENTLY

 PASSING SKILL ASSESSMENT RATING (1-3)

Throw overhead while stopping forward with opposite foot	
Throw overhead with proper throwing mechanics (step to target, rotate hip, follow-through)	
Throw overhand with accuracy (distance relative to child's ability)	

 RUNNING AND RECEIVING SKILL ASSESSMENT RATING (1-3)

Toss and catch a ball to themselves	
Catch a ball thrown from 5 yards away	
Catch a ball thrown from 5 yards away with hands only	

 KICKING AND PUNTING SKILL ASSESSMENT RATING (1-3)

Kick a stationary ball from a stationary position	
Using two or more steps; can approach a stationary ball and kick it forward	
Can make contact between foot (shoelaces) and ball when the ball is dropped from the hands	

 FUNDAMENTAL MOVEMENT SKILL ASSESSMENT RATING (1-3)

Can skip and march with contralateral arm movement	
Can demonstrate the ability to change speeds on command while running	
From a stationary position, can jump upward with two feet and land while maintaining balance	
From a stationary position, can jump forward with two feet and land while maintaining balance	
Can maintain balance and body control while running, skipping and hopping	
Can shuffle laterally without feet touching	
Can demonstrate a forward and backward roll	
Can perform log rolls while maintaining body and directional control	

PLAYER ASSESSMENT: AGES 8+

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 PASSING SKILL ASSESSMENT RATING (1-3)

Can throw a football 10-15 yards with proper throwing mechanics (step to target, rotate hip, follow-through)	
Can accurately throw a football 10 yards to a stationary target	
Can accurately throw a football to a moving target 5-10 yards away	

 RUNNING AND RECEIVING SKILL ASSESSMENT RATING (1-3)

Can catch a football with hands only from 10 yards away	
Can catch a football thrown above the head and below the waist while stationary	
Can catch a football while running a prescribed route at 5-10 yards distance	
Can maintain balance and body control during deceleration (stop and go)	
Can maintain balance and body control while running in various pathways	

 KICKING AND PUNTING SKILL ASSESSMENT RATING (1-3)

Can place-kick a ball in the air 10+ yards forward	
Can punt a ball in the air 10+ yards forward	
Can punt and place-kick a ball to a specified target with reasonable accuracy	

 FUNDAMENTAL MOVEMENT SKILL ASSESSMENT RATING (1-3)

Can shuffle laterally on the balls of the feet without feet touching while keeping a low center of gravity	
Can perform combination movement transitions (i.e., run-shuffle-run, run-skip-run, run-roll-run)	
Can perform a backpedal movement while maintaining balance and body control	
Can jump off one leg and land on the other while maintaining balance and body control	
Can perform lateral line jumps (ski jump) while maintaining balance and body control	
Can perform jumping jacks with coordinated movement	
Can perform single leg balance and reach	
Can perform push-up and roll	
Can perform forward and backward shoulder rolls	



PLAYER ASSESSMENT: AGES 10+

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PASSING SKILL ASSESSMENT **RATING (1-3)**

Can accurately throw a football 15+ yards	
Can accurately throw a football to a moving target 10-15 yards away	
Can accurately throw a football while moving laterally to a stationary target 10 yards away	

RUNNING AND RECEIVING SKILL ASSESSMENT **RATING (1-3)**

Can demonstrate continuous directional movement through the catching motion (run through the catch)	
Can adjust speed and body position to match the flight of the ball (i.e., a ball thrown high, low or behind)	
Can demonstrate the ability to turn, locate and track a thrown ball	
Can adapt speed of movement to meet the needs of the competitive scenario	
Can maintain balance and body control while running in multiple directions and orientations	

KICKING AND PUNTING SKILL ASSESSMENT **RATING (1-3)**

Can place-kick a football in the air 15+ yards forward	
Can punt a football in the air 15+ yards forward	
Can punt and place-kick a football to a specified target with accuracy	

FUNDAMENTAL MOVEMENT SKILL ASSESSMENT **RATING (1-3)**

Can perform diagonal shuffle movements (stop and go) while maintaining balance and body control	
Can demonstrate efficient backward movement in varying directions while maintaining balance and body control	
Can demonstrate single leg balance with cone touch	
Can demonstrate two-cone single leg cross over cone touch	
Can perform various plank activities	
Can perform a squat walkout	

	TIME #1	TIME #2	TIME #3
Timed 20-Yard Sprint			
Timed 5-10-5 Touch the Line			
Timed Run-Shuffle-Shuffle-Run (Three Cones)			

PLAYER ASSESSMENT: AGES 12+

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PASSING SKILL ASSESSMENT **RATING (1-3)**

Can accurately throw a football while moving laterally to a stationary target 15+ yards away	
Can accurately throw to a moving target 10+ yards away while moving laterally	
Can demonstrate the ability to use varying degrees of trajectory (pace, touch, etc.) based on the situation	

RUNNING AND RECEIVING SKILL ASSESSMENT **RATING (1-3)**

Can locate, track and catch a football through obstacles/distraction	
Can demonstrate the ability to use their body to shield a defender while completing the catch	
Can demonstrate the ability to make an evasive move immediately following the catch	
Can consistently demonstrate acceleration and deceleration mechanics with fluidity and efficiency	

KICKING AND PUNTING SKILL ASSESSMENT **RATING (1-3)**

Can place-kick a football in the air 15+ yards forward with directional control (kick to the cone)	
Can punt a football in the air 15+ yards forward with directional control (punt to the cone)	
Can demonstrate the ability to adjust the force of the kick/punt for desired distance	

FUNDAMENTAL MOVEMENT SKILL ASSESSMENT **RATING (1-3)**

Can perform a T-test pattern of movement while maintaining balance and body control (run-shuffle-backpedal)	
Can fluidly perform diagonal shuffle movements (stop and go) while maintaining balance and body control	

	TIME #1	TIME #2	TIME #3
Timed 30-Yard Sprint			
Timed Three-Cone drill			
	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3
Standing Broad Jump			
Squat Jump Vertical			





THANK YOU ESPN

USA Football sincerely appreciates
ESPN for its support of the
Football Development Model