

PLAYER SKILL EVALUATION ASSESSMENTS



“The Football Development Model skill progressions are that road map for us that allows us to – step by step – start with baseline skill and work and constantly progress our kids.”

John Ferry

Modified Coach, Niagara Erie Youth Sport Association (NY)

Long-term athlete development is at the core of the Football Development Model (FDM). This includes understanding player progress. Below you can access assessments to use during preseason and postseason that will help you evaluate the development of each individual player.

PRESEASON ASSESSMENT

Before you get fully into your practice routine, make sure to use the following pages to do a preseason assessment. This will help you understand where your athletes are at, prior to the season. Then, when the season concludes, use the postseason assessment to see how much your athletes have advanced.

OPTIONAL POSTSEASON ASSESSMENT

At the conclusion of your season, feel free to repeat the assessment for each player on your team. This can be a useful tool to measure player progress and to share with each athlete’s parents.

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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|--------------|--|
| 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.

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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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| | |
|--------------|--|
| 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.

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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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|--------------|--|
| 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.

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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 | | | |

