

# Flag Football Skills

## SCORECARD

Name: \_\_\_\_\_ Role:  Athlete  Partner

### Run and Catch

- 2 points for a completed catch
- 0 points if athlete is unable to catch a well thrown ball

Catching Box 1: \_\_\_\_\_ Catching Box 2: \_\_\_\_\_

Catching Box 3: \_\_\_\_\_ Catching Box 4: \_\_\_\_\_

Catching Box 5: \_\_\_\_\_ Total Sum: \_\_\_\_\_

### Throwing for Accuracy

- 2 points for an accurate/completed throw
- 0 points if receiver is unable to catch or touch the ball in catching box.
- Scoring is based on accuracy of the throw not the receiver catches the ball.

Ball 1: \_\_\_\_\_ Ball 2: \_\_\_\_\_

Ball 3: \_\_\_\_\_ Ball 4: \_\_\_\_\_

Ball 5: \_\_\_\_\_ Total Sum: \_\_\_\_\_

### Throwing for Distance

- 5 points – 25+ Yards
- 4 points – 20-25 Yards
- 3 points – 15-20 Yards
- 2 points – 10-15 Yards
- 1 point – 0-10 Yards

Attempt 1: \_\_\_\_\_ Attempt 2: \_\_\_\_\_

Total Sum: \_\_\_\_\_

### Agility & Speed Handoff

- 5 points – Under 7.5 Seconds
- 4 points – 7.6-9 seconds
- 3 points – 9.1-10.5 seconds
- 2 points – 10.6-12.0 seconds
- 1 point – 12.1 and over
- 1 second is added for every cone missed

Attempt 1:  $\frac{\text{Time}}{\text{Time}} + \frac{\text{Cones Missed}}{\text{Cones Missed}} = \frac{\text{Total Time}}{\text{Total Time}} = \frac{\text{Points}}{\text{Points}}$

Attempt 2:  $\frac{\text{Time}}{\text{Time}} + \frac{\text{Cones Missed}}{\text{Cones Missed}} = \frac{\text{Total Time}}{\text{Total Time}} = \frac{\text{Points}}{\text{Points}}$

Total Sum: \_\_\_\_\_

Total Score: \_\_\_\_\_

