**Grade 7 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)

**II. Pass control**

1. Can control ball using foot (instep, “v – trap”, “outstep”). 4 3 2 1 (controlling ball along ground)

**III. Shooting**

1. Can shoot on goal (instep, “laces”, “outstep”) 3 out of 3 times from 4 3 2 1 penalty spot (to differentiate, students can shoot from different distances)

**IV. Dribbling**

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

**Legend**

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