

Kindergarten Foot Ball-Handling Skills Assessment

Directions: Demonstrate each type of kick for your teacher.
 You may have up to three (3) chances to demonstrate your skill level.
 You and your teacher will mark your level of skill for each type of kick by checking off the appropriate box.
 *You may NOT catch the ball between kicks, but you MAY let the ball bounce between kicks. (1-2 bounces)

Student #:	Name:
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Grade/Class:	
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	Mastery (4)	Proficient (3)	Developing (2)	Needs Improvement (1)
1. Instep Kick: (Surface: inside of the foot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Lateral Kick: (Surface: outside of the foot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Shoelace Kick: (Surface: top of shoe)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Knee Kick: (Surface: Quadriceps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Heel Kick: (Surface: back of foot, on heel)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mastery: (4 in a row) Kick ball/footbag using the correct part of the foot, in a controlled, balanced motion. Ball/footbag must come up to waist level.
Proficient: (3 in a row) Kick ball/footbag using the correct part of the foot, in a controlled, balanced motion.
Developing: (2 in a row) Ball/footbag makes contact with foot. No control over where it goes.
Needs Improvement: (1-0 in a row) Ball/footbag cannot make contact with the foot.