

Student Name:

Grade:

**Football Throw and Catch Assessment Sheet**

**Directions:** Answer the following questions to the best of your ability.

1. With your pencil shade in the parts of the fingers that should touch the laces when you throw a football using the proper grip.



2. If I throw with my right arm then I should step with which foot? Circle the correct answer to show your answer.

**Right Foot**

**Neither Foot**

**Left Foot**

3. When catching the ball above your head your hands should be in what position? Circle the correct answer to show your answer.

**Thumbs together**



**Pinkies together**



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