

YOUTH FOOTBALL

Evaluation Criteria

Preschool
3-5 yrs
Stage:
Rookies

School Age
5-12 yrs
Stage:
Fundamentals/
Advanced

Teen
12-14 yrs
Stages:
Fundamentals/
Advanced

PRESCHOOL FOOTBALL

Ages 3-5

FOOTWORK

- ☐ High Knees in Place
- ☐ Marching with Arm Swings
- ☐ Tiptoe Walks / Heel Walks
- ☐ Mini Ladder Steps (1-2 steps only)
- ☐ Animal Walks (bear crawl, crab walk, frog jumps)

AGILITY

- ☐ Cone Zig-Zags (slow run/walk)
- ☐ Red Light, Green Light
- ☐ Follow the Coach (mirroring changes of direction)
- ☐ Jump Over the Line
- ☐ Freeze Tag with Agility Focus

THROWING/CATCHING

- ☐ Ball Toss to a Target
- ☐ Catch with a Partner (short distance)
- ☐ Throwing into a Bucket or Hoop
- ☐ Coach Toss and Catch
- ☐ Underhand and Overhand Practice

BASIC DEFENSE

- ☐ Two-Hand Tag
- ☐ Shadow the Coach (defensive stance)
- ☐ Backpedal with Balance
- ☐ "Stay in Front" Opponent

BALL HANDLING

- ☐ Tuck and Run (holding ball tight while running)
- ☐ Hand-Off
- ☐ Catching Footballs
- ☐ Find the Laces

FOOTBALL SKILLS AND DRILLS

Ages 5-7

FOOTWORK

- ☐ High knees through ladders
- ☐ Cone toe taps
- ☐ Quick-step shuffle (5 yards)
- ☐ Mini hurdle hops

AGILITY

- ☐ Cone weaving (jog and stop)
- ☐ ZigZag Cone Drill
- ☐ Hop-and-turn drills

DEFENSIVE FUNDAMENTALS

- ☐ Mirror me drill
- ☐ Backpedal and freeze
- ☐ 1v1 shuffle tag
- ☐ "Catch the QB" (angle approach)

RECEIVING SKILLS

- ☐ Toss and catch with coach
- ☐ Overhead balloon catch
- ☐ Soft-hand tennis ball drill
- ☐ Basic route catching (5-yard out, slant)

PASSING SKILLS

- ☐ Stationary target toss
- ☐ Toss through hoop
- ☐ Step-and-throw with partner
- ☐ "QB and Center" snap exchange

BLOCKING (NON-CONTACT)

- ☐ Push & move shield drill
- ☐ Mirror foot shuffle
- ☐ Get low stance practice
- ☐ Blocking pad relay race

FOOTBALL IQ

- ☐ Tracking the ball
- ☐ Line up by position
- ☐ Count the downs

Ages 8-10

FOOTWORK

- ☐ Lateral ladder shuffle
- ☐ Zig-zag cone footwork
- ☐ Box step-over drill
- ☐ Sprint & plant

AGILITY

- ☐ Pro agility shuttle (5-10-5)
- ☐ Zigzag mirror drill
- ☐ Reaction cone touch
- ☐ Chase-and-tag relays

DEFENSIVE FUNDAMENTALS

- ☐ Angle pursuit drill
- ☐ Breakdown & finish drill
- ☐ 1v1 contain drill
- ☐ Zone drop-and-react

RECEIVING SKILLS

- ☐ Route tree intro: Slant, curl, out, go
- ☐ Catch in stride drill
- ☐ Cone-to-cone high-point catch
- ☐ Sideline catch with toe-tap

PASSING SKILLS

- ☐ Drop back & throw drill
- ☐ Throw-on-the-run
- ☐ Accuracy cone challenge
- ☐ QB footwork triangle

BLOCKING (NON-CONTACT)

- ☐ Kick-out block drill (pads)
- ☐ Pull-and-lead simulation
- ☐ Mirror and engage
- ☐ Combo block intro

FOOTBALL IQ

- ☐ Learn formations (basic)
- ☐ Down & distance scenarios
- ☐ Identify open receiver
- ☐ Knowing plays

FOOTBALL SKILLS AND DRILLS

Ages 11-13

FOOTWORK

- ☐ Double ladder shuffle
- ☐ T-step & go
- ☐ L-drill (3-cone drill)
- ☐ Jump cut footwork

AGILITY

- ☐ Command reaction sprints
- ☐ 3-cone drill with burst
- ☐ Shadow defense drill
- ☐ Sprint-to-backpedal transitions

DEFENSIVE FUNDAMENTALS

- ☐ Read & react from coverage
- ☐ Press and mirror release
- ☐ Closeout & breakdown
- ☐ Strip-the-ball drill

RECEIVING SKILLS

- ☐ Advanced route running: post, corner, double move
- ☐ Catch in traffic
- ☐ Drag and dig catch
- ☐ Jump ball / contested catch

PASSING SKILLS

- ☐ 3- and 5-step drop passing
- ☐ Read-the-defense quick throw
- ☐ Throw vs air blitz
- ☐ Lead-the-receiver throws

BLOCKING (NON-CONTACT)

- ☐ Reach block & seal
- ☐ Drive block vs resistance
- ☐ Double team progression
- ☐ Pass protection footwork

FOOTBALL IQ

- ☐ Play call simulation
- ☐ QB read progression
- ☐ Coverage recognition (zone/man)
- ☐ Clock management challenge

