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| **Reciprocal Task Sheet: Flag Football Skills Test** |

**Doer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Catcher/Defender**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
**Observer**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions**: Work with 2 other students. Place all names on your task sheet. One person is the “doer”, one-person catches, throws, defends, while the third person is the observer. Observer checks “yes” or “no” and provides feedback and completes task sheet. Rotate positions upon completion of task sheet. Each person turns in a task sheet.

**Check “Yes” (Y) or “No” (N)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Y/N** | **Y/N** | **Y/N** | **Y/N** | **Y/N** | **Y/N** | **Y/N** | **Y/N** | **Y/N** | **Y/N** |
| **Passing** |  |  |  |  |  |  |  |  |  |  |
| Pass ball 10 yards |  |  |  |  |  |  |  |  |  |  |
| **Catching** |  |  |  |  |  |  |  |  |  |  |
| Catch ball 5 times in a row from a 10 yard pass |  |  |  |  |  |  |  |  |  |  |
| **Centering Ball** |  |  |  |  |  |  |  |  |  |  |
| Center ball and “hike” 5 times. |  |  |  |  |  |  |  |  |  |  |
| **Blocks** |  |  |  |  |  |  |  |  |  |  |
| Perform shoulder block on partner |  |  |  |  |  |  |  |  |  |  |
| Perform pass block with partner |  |  |  |  |  |  |  |  |  |  |
| **Hand Off** |  |  |  |  |  |  |  |  |  |  |
| Hand off to the right |  |  |  |  |  |  |  |  |  |  |
| Hand off to the left |  |  |  |  |  |  |  |  |  |  |
| **Punting** |  |  |  |  |  |  |  |  |  |  |
| Punt ball 5 times |  |  |  |  |  |  |  |  |  |  |

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