

**Table 4.1** Developmental Rubric for Soccer

	<b>Kindergarten</b>	<b>Grades 1–2</b>	<b>Grades 3–5</b>	<b>Grades 6–8</b>	<b>Grades 9–12</b>
<b>Dribbling</b>	Is able to touch the ball with various parts of the foot. When touching the ball with one foot, can maintain balance while switching from one foot to the other.	Is able to use the dribble to advance the ball toward the target. Can move in different directions while following different pathways.	Is able to maintain possession of the ball against a light defense. Makes a smooth transition from receiving a pass to dribbling, to advance the ball toward the goal. Can pass the ball to others while dribbling.	Is able to use the dribble to maintain possession while playing small-sided games against moderate level of defensive pressure.	Is able to maintain possession and use the dribble effectively during game play. Can transition smoothly from receiving a ball from another player to advancing the ball, to passing the ball to a teammate or shooting it to score.
<b>Shooting and passing</b>	Can kick a stationary ball, causing it to advance in the intended direction.	Can kick a stationary ball from a moving approach and hit a target 10 feet (3 m) away.	Is able to shoot or pass the ball from a dribble and can receive a pass from another teammate during game play.	Is able to maintain possession of the ball by passing to a teammate. Can hit the target when doing penalty kicks.	Can shoot the ball from a dribble or pass to score. Passes the ball to teammates, advancing the ball toward the goal or to an open player.
<b>Trapping and volleying</b>	Is able to stop the ball using a foot trap.	Can trap the ball with either foot and with parts of the lower body.	Traps the ball with various parts of the body. Is able to begin dribbling with some hesitation after the initial stop.	Traps the ball with a variety of body parts and settles it to initiate the next play. Is able to direct a volley kick with some accuracy.	Is able to trap the ball and control it regardless of the incoming level. Is able to score using a volley kick.
<b>Offensive skills</b>	Knows that the dribble is used to advance the ball toward the goal and that a team needs to shoot the ball into the goal to score.	Is able to dribble and move the ball toward the goal.	Moves to an open area to receive a pass from a teammate. Can create a scoring situation when up a player (e.g., 2v1).	Maintains possession of the ball with the dribble or pass. Understands how to create space and find open space.	As first attacker, knows when to pass, dribble, or shoot while playing a game. Switches the point of attack when appropriate.
<b>Defensive skills</b>	Knows that the way to keep the other team from scoring is to position oneself between the ball and the goal area.	Can move down the field while mirroring an opponent. Is able to back shuffle while moving to face an offensive player.	Works to delay opponents' advance of the ball while forcing the dribbler in one direction.	Is able to gain control of the ball from the dribbler with a tackle. Can force the dribbler to a player giving cover.	Fills passing lanes to prevent opponent from scoring. Is able to block shots as a player or goalkeeper.

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020).