

5th GRADE SKILL CHECKER

5 th GRADE	DATE COMPLETED
2-4th skills PLUS	
Advanced cadence	
<u>Blocking:</u>	
Downfield	
Open field	
<u>Tackling</u>	
Team tackling & pursuit angles	
Initial hit & clean up/strip techniques	
<u>LBs:</u>	
Visual Keys	
<u>Offensive Line:</u>	
Trap/Pull Techniques	
<u>Offense</u>	
Toss Sweep	
<u>Bootlegs</u>	
<u>D-Line:</u>	
Swim technique	
Bull technique	
Disruption techniques (line penetration)	
<u>Special Teams:</u>	
Punt/Punt Return	
Kickoff/Kick return	