

## ATHLETICS ATHLETE SKILLS ASSESSMENT

The sport skills assessment chart is a systematic method useful to determine the current skill level/ability of an athlete. The Athletics Skills Assessment Card is designed to assist coaches in determining athlete's ability level in athletics. This can be done before they begin participation and during the season to assess their progress. Coaches will find this assessment a useful tool for several reasons.

- Help coach to determine with the athlete which events they are ready to compete in.
- Establish the baseline training areas of athlete.
- Assist coaches to group athletes of similar ability in training teams.
- Measure the athlete's progression (by repeating the assessment during the season). Help determine athletes' daily training schedule.

Before administering the assessment coaches need to perform the following analysis when observing the athlete.

- Become familiar with each of the tasks listed under the major skills.
- Have an accurate visual picture of each task
- Have observed a skilled performer executing the skill.

When administering the assessment coaches will have a better opportunity in getting the best analysis from their athletes. Always begin by explaining the skill you would like to observe.

## INSTRUCTIONS

Use this tool at the start of the training and competition season. It helps to establish a baseline measurement of each athlete's starting skill level.

Ask the athlete to perform the skill several times.

If the athlete performs the skill correctly 3 out of 5 times, check the box next to the skill to indicate that the skill has been accomplished.

Plan repeat assessment sessions into your training and competition season.

Use the information in the assessment to determine focus areas for your training season. This may be skills the athlete must learn, improve or refine.

**NOTE:** Athletes may learn and master skills in any order. Athletes have accomplished the list for the event when all possible items have been achieved. Coaches can use this card in conjunction with competition results to help identify when an athlete may be ready to attempt a more challenging event.



## Special Olympics Athletics Skills Assessment Card

<b>Athlete Name:</b>	<b>Date:</b>
<b>Coach Name:</b>	

<p><b>Running Basics</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Maintains a balanced upright posture</li> <li><input type="checkbox"/> Maintains hips tall position</li> <li><input type="checkbox"/> Lifts opposite knee/arm while running</li> <li><input type="checkbox"/> Does not swing the arms in front of body or rotate the shoulders while running</li> </ul>	<p><b>Sprints</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Can perform a stand up or block start</li> <li><input type="checkbox"/> Has good foot speed</li> <li><input type="checkbox"/> Ability to start and finish a sprint event</li> <li><input type="checkbox"/> Sprints under control</li> <li><input type="checkbox"/> Likes to run fast</li> </ul>
<p><b>Starts</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Performs a stand up sprint start</li> <li><input type="checkbox"/> Demonstrates proper sprinting form</li> <li><input type="checkbox"/> Takes relaxed "On Your Mark" position in the starting block</li> <li><input type="checkbox"/> Takes balanced "Set" position in starting blocks</li> <li><input type="checkbox"/> Performs a sprint start out of the starting position upon hearing start command</li> </ul>	<p><b>Hurdles</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attempts to set over a low barrier</li> <li><input type="checkbox"/> Ability to step over a low obstacle while running</li> <li><input type="checkbox"/> Has good flexibility in hips</li> <li><input type="checkbox"/> Ability to start and finish a sprint</li> <li><input type="checkbox"/> Likes running over barriers</li> </ul>
<p><b>Middle Distance</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Can run for 3 min. at a steady pace</li> <li><input type="checkbox"/> Can run for 30 sec. at a fast pace</li> <li><input type="checkbox"/> Likes running 2-4 laps around track</li> </ul>	<p><b>Long Distance Running</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Runs in balanced and erect posture</li> <li><input type="checkbox"/> Runs with correct distance running form</li> <li><input type="checkbox"/> Ability to start and finish a 1600M race</li> <li><input type="checkbox"/> Ability to run at a certain pace</li> </ul>
<p><b>Relays</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Receives baton in a visual pass</li> <li><input type="checkbox"/> Performs an up-sweep/palm up baton pass</li> <li><input type="checkbox"/> Performs a down-sweep/palm up baton pass</li> <li><input type="checkbox"/> Performs baton pass in exchange zone</li> <li><input type="checkbox"/> Runs designated leg of relay race in proper manner</li> <li><input type="checkbox"/> Runs to teammate in proper lane</li> <li><input type="checkbox"/> Runs in lane while reaching back with designated arm</li> <li><input type="checkbox"/> Can run to teammate with baton</li> <li><input type="checkbox"/> Runs in lane while looking back at incoming runner</li> <li><input type="checkbox"/> Can run 100m/400m</li> <li><input type="checkbox"/> Likes running relays with teammates</li> </ul>	<p><b>Running Long Jump</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Performs a 9-step approach</li> <li><input type="checkbox"/> Performa a single leg takeoff</li> <li><input type="checkbox"/> Demonstrates the step-style flight technique</li> <li><input type="checkbox"/> Demonstrates the hang-style flight technique</li> <li><input type="checkbox"/> Demonstrates proper landing technique</li> <li><input type="checkbox"/> Jumps on command and under control</li> <li><input type="checkbox"/> Can perform a good standing long jump</li> <li><input type="checkbox"/> Can locate his/her starting mark</li> <li><input type="checkbox"/> Can locate takeoff board</li> <li><input type="checkbox"/> Likes jumping into sand pit</li> </ul>
<p><b>Race Walking</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walks in a balanced and erect posture</li> <li><input type="checkbox"/> Walks in proper form at low speeds</li> <li><input type="checkbox"/> Walks at various speeds, slow-fast</li> <li><input type="checkbox"/> Walks in competitive race walking form</li> <li><input type="checkbox"/> Walks under control</li> <li><input type="checkbox"/> Likes race walking</li> </ul>	<p><b>Standing Long Jump</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Assumes a ready-to-jump position</li> <li><input type="checkbox"/> Demonstrates the correct takeoff for standing long jump</li> <li><input type="checkbox"/> Demonstrates proper flight technique</li> <li><input type="checkbox"/> Demonstrates proper landing technique</li> <li><input type="checkbox"/> Jumps on command and under control</li> <li><input type="checkbox"/> Athlete can perform two-leg takeoff</li> <li><input type="checkbox"/> Athletes like jumping</li> </ul>



<b>Special Olympics Athletics Skills Assessment Card</b>	
<b>Athlete Name:</b>	<b>Date:</b>
<b>Coach Name:</b>	
<p><b>High Jump</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Performs a 7-step approach for a flop style high jump</li> <li><input type="checkbox"/> Performs flop style jump, landing on back</li> <li><input type="checkbox"/> Performs a scissor style high jump</li> <li><input type="checkbox"/> Performs a 7-step approach for a scissor-style high jump</li> <li><input type="checkbox"/> Jumps on command and under control</li> <li><input type="checkbox"/> Athlete can jump up into the air off one foot</li> <li><input type="checkbox"/> Athlete can take off with one foot and land in the pit</li> </ul>	<p><b>Shot Put</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Grips shot correctly</li> <li><input type="checkbox"/> Takes a ready-to-put position</li> <li><input type="checkbox"/> Performs a standing put, or wheelchair sitting put</li> <li><input type="checkbox"/> Performs a sliding put</li> <li><input type="checkbox"/> Performs a glide put</li> <li><input type="checkbox"/> Puts shot in a forward direction</li> <li><input type="checkbox"/> Puts shot in the shot put landing sector</li> <li><input type="checkbox"/> Performs reverse or weight transfer</li> <li><input type="checkbox"/> Can balance the shot in one hand using the correct grip</li> <li><input type="checkbox"/> Can safely pick up and hold the shot in proper position</li> <li><input type="checkbox"/> Likes putting the shot</li> </ul>
<p><b>Mini Javelin</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Grips the mini-javelin correctly</li> <li><input type="checkbox"/> Performs standing throw</li> <li><input type="checkbox"/> Performs a one-step throw</li> <li><input type="checkbox"/> Can perform a full 5-step run up and throw</li> <li><input type="checkbox"/> Pulls the mine-Javelin through, leading with the shoulder and elbow</li> <li><input type="checkbox"/> Steps forward and hold hand above shoulder height</li> <li><input type="checkbox"/> Releases the javelin at the correct height to ensure good flight</li> <li><input type="checkbox"/> Completes the follow through</li> </ul>	<p><b>Softball Throw</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Grips a softball correctly</li> <li><input type="checkbox"/> Demonstrates proper overhand throwing technique</li> <li><input type="checkbox"/> Throws softball on command</li> <li><input type="checkbox"/> Throws softball in a forward direction</li> <li><input type="checkbox"/> Throws softball in the softball marking area</li> <li><input type="checkbox"/> Can properly grip softball in throwing hand</li> <li><input type="checkbox"/> Can take correct ready-to-throw position</li> <li><input type="checkbox"/> Likes throwing a softball</li> </ul>
<p><b>Wheelchair Racing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Assumes a ready-to-race position</li> <li><input type="checkbox"/> Performs a forward stroke and recovery</li> <li><input type="checkbox"/> Demonstrate ability to complete a wheelchair race</li> <li><input type="checkbox"/> Races in a controlled manner</li> <li><input type="checkbox"/> Likes wheelchair racing</li> </ul>	