

EFFORT EVALUATION LIST

Effort is defined as the following:

- Being in a proper stance and having your eyes on your key
- Operating at top speed (no change of speed)
- Getting passed by a player at your position
- 3 step burst when the ball is thrown
- Staying on your feet (off the ground)
- Off ground quick (no using a hand and knee to get off the ground)
- Taking on a hit (no turning down)
- Taking the path of least resistance
- Once a tackle is secured attempt to “GET the BALL”
- Leaving a football on the ground
- Having to miss time due to equipment

