

# Floorball Individual Skills



Name \_\_\_\_\_ Age \_\_\_\_\_ Team \_\_\_\_\_

## 1. SHOOT AROUND THE GOAL

Try 1	Try 2	Try 3	Try 4	Try 5	Total

5 points for each ball that crosses the goal line. Max. 25 pts.

## 2. RECEIVING AND PASSING

Try 1	Try 2	Try 3	Try 4	Try 5	Total

Max. 25 pts.

### Scoring Receiving & Passing:

- **5 pts** – Control Receiving & Pass the ball in 1-meter zone
- **4 pts** – Control Receiving & Pass the ball in 3-meter zone
- **3 pts** – Control & Pass outside 3-meter zone
- **2 pts** – Control the ball but no pass
- **1 pt** – Contact or received but no control of the ball
- **0 pts** – No contact with ball & no pass

## 3. STICKHANDLING

	Starting seconds	Time Elapse (must be in seconds)	- 1 sec. for each missed cone	+ 5 sec. if goal is scored	Total
Try 1	25 sec				

### Scoring Shoot for Accuracy:

5 pts.	2 pts.	5 pts.
3 pts.	1 pt.	3 pts.

## 4. SHOOT FOR ACCURACY

Try 1	Try 2	Try 3	Try 4	Try 5	Total

Max. 25 pts.

## 5. FLIP PASS OVER AN OBSTACLE

Try 1	Try 2	Try 3	Try 4	Try 5	Total

Max. 25 pts.

### Scoring Flip Pass Over an Obstacle:

- **5 pts** – Flip pass the ball, over the obstacle into the 1-meter zone
- **4 pts** – Flip pass the ball, over the obstacle **into** the 3-meter zone
- **3 pts** – Flip pass the ball, over the obstacle **outside** the 3-meter zone
- **2 pts** – Flip pass the ball, over the obstacle but short of scoring zone
- **1 pt** – Ball hits the obstacle but does not pass over the obstacle.
- **0 pts** – No contact with the ball

# TOTALS

Shoot Around Goal	Receiving & Passing	Stick-handling	Shoot for Accuracy	Flip Pass Over Obstacle	Total