**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.

1. **Receiving and Passing**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Try 1** | **Try 2** | **Try 3** | **Try 4** | **Try 5** | **Total** |
|  |  |  |  |  |  |

5 points for each puck that crossed the line between the cones.

1. **STICKHANDLING**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Starting Points** | **- Time Elapse** | **- 1pt for each missed cone** | **+ 5 if goal is scored** | **Total** |
| **Try 1** | **25** |  |  |  |  |

1. **SHOOT FOR ACCURACY**

5 pts

2 pts

3 pts

3 pts

1 pt

5 pts

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Try 1** | **Try 2** | **Try 3** | **Try 4** | **Try 5** | **Total** |
|  |  |  |  |  |  |

1. **FLIP PASS OVER AN OBSTICLE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Try 1** | **Try 2** | **Try 3** | **Try 4** | **Try 5** | **Total** |
|  |  |  |  |  |  |

**TOTALS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Shoot Around Goal** | **Passing** | **Stick** | **Shoot Accuracy** | **Flip Pass** | **Total** |
|  |  |  |  |  |  |