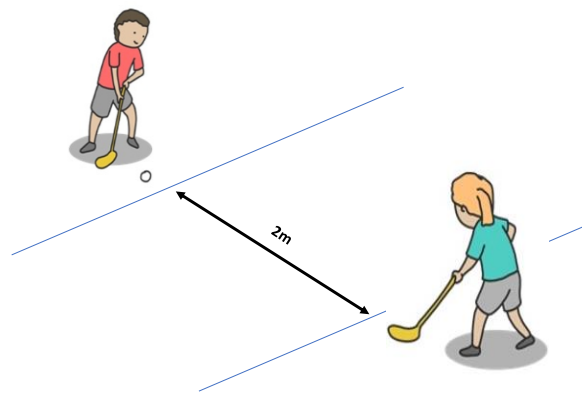


Special Olympics Challenge

Skill Floorball 2 – Team-Pass

Description: The object of this skill, with two players in direct play, is to make as many passes as possible in 60 seconds back and forth at a distance of at least 2 meters.



Objective: This skill develops quick, short and accurate passing.

Assessment: The number of successful passes back and forth is counted, whereby the ball may only be passed back when it has crossed the player's own line.

Rules

- The spaces and distances are shown in the drawing and must be strictly complied with.
- One player with the ball starts with the first pass at an acoustic start signal.
- The pass must always be made with both hands.
- The ball may not be played within the "zone".
- If a pass does not reach the line of the other player, the player at fault must retrieve the ball from the zone and resume playing it from behind their line.

Equipment

2 floorball sticks, 1 floorball ball, 1 stopwatch, two marking lines 2 m apart (if possible, use existing lines in the hall)

Notes

- This skill is a team assessment. An athlete may participate in several teams.
- This skill is best conducted in a gymnasium or at home on a solid, hard and flat surface.



- For the Challenge, it is recommended to play from forehand to forehand. That is the simplest and surest way to pass. For training purposes, however, the passes should be varied, e.g. forehand to backhand, backhand to forehand or backhand to backhand.

If you have any questions regarding this skill, we will be happy to assist you:

challenge@specialolympics.ch.