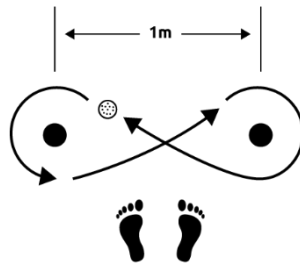


Special Olympics Challenge



Skill Floorball 1 – STICK HANDLING



Skill description: This skill involves using a floorball stick to guide the ball around two marker cones positioned 1 m apart in an alternating figure-of-eight (∞) pattern for 30 seconds.

Objective: This skill trains the athlete's feel for, and control of, the ball while guiding it closely on Fore- and Backhand.

Assessment: 1 point is awarded every time the ball is guided around a cone; an entire circuit of the ∞ is therefore worth 2 points.

Rules

- The distances and standing position can be seen in the diagram and must be adhered to.
- The player stands in front of the ball between the two marker cones and begins the skill at the sound of an acoustic start signal.
- The stick must be always used with both hands.
- If the player loses contact with the ball, they must retrieve the same ball and continue play without the timer being stopped.

Equipment

1 stick, 1 floorball ball, 1 stopwatch, two low marker cones (approx. 5x20 cm, height x diameter)

Notes

- The best place to perform this skill is on a firm, hard and level surface, either in a sports hall or at home.
- For the contest, it does not matter whether the athlete is left- or right-handed, or whether they start to the right or left.

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

challenge@specialolympics.ch.