

# Individual Skill Contest (ISC) Floorball



**Special Olympics**

## Individual Skill Contest (ISC)

Developed for Special Olympics Floorball by Steen Houman, Jonas Hviid and Jesper Hviid, members of the Sport Ressource Team of Floorball

This material has two purposes, first, the exercises can be used as an additional element of competition during tournaments. Here, athletes can compete with and against each other. Because the exercises are standardized, athletes will also be able to track their own progress over time. The primary purpose of ISC is to serve as a preliminary divisioning tool that can provide a picture of the athletes' individual physical and technical abilities. Coupled with teammates score, it will give organizers an idea of the teams technical and physical abilities. ISC can not stand alone, as the players' tactical ability and game intelligence is not measured, nor is it possible to see how the athletes interacts within the team, here you will have to see the team play in a real divisioning game.

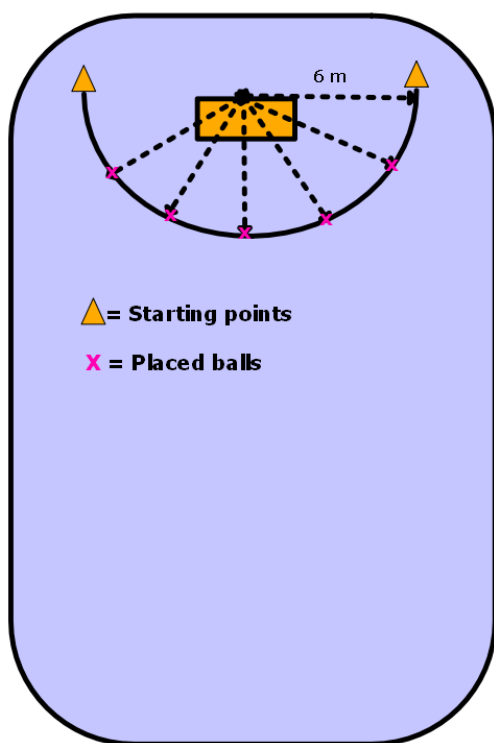
The ISC consists of 6 different drills, the purpose is to measure the athletes abilities in different technical and physical aspects of floorball. The athlete can score from 0-25 points in each drill and therefore 0-150 points in total.

### Drills:

- A. Shoot around the goal
- B. Receiving and passing
- C. Stickhandling 1
- D. Stickhandling 2
- E. Shoot for accuracy
- F. Flip pass over an obstacle



## A. Shoot around the goal



**1) Purpose:** To evaluate the athlete's shooting accuracy as well as the athlete's ability to score goals from any angle, given a time constraint.

### 2) Equipment:

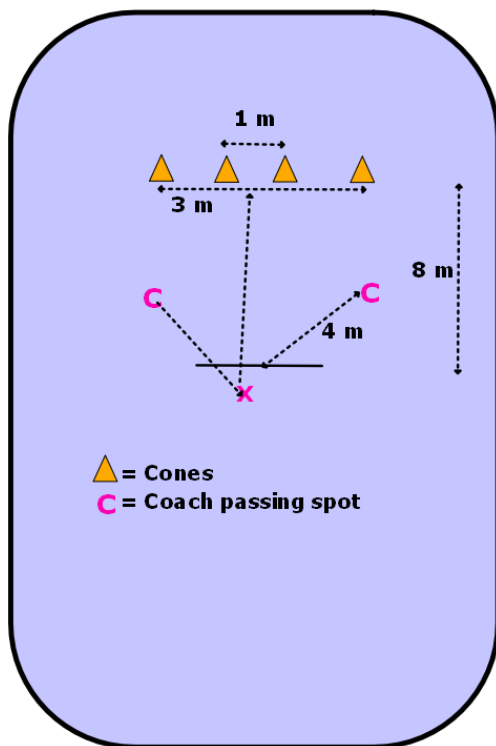
- Floorball stick,
- 5 balls
- Tape
- Tapemeasure
- Stopwatch
- Full-size floorball goal (160 cm x 115 cm)

**3) Description:** The athlete decides on a starting point depending on handedness. At a given signal, the athlete moves towards the first ball and shoots towards the goal. The athlete then moves on to the next ball, there is a time limit of 15 seconds to complete all 5 shots. Each ball is placed on a spot 6 meters from the centre of the goal-line. The spots should be placed on an imaginary semi-circle, which would create a different angle of 30 degrees between each shot.

**4) Scoring:** Each ball which completely crosses the goal line into the goal is worth five points. The score is the total of the five shots; 25 points maximum. (If a ball is prevented from crossing the line by a previously shot ball, and the official considers it to have been a goal, then the full five points is awarded.)



## B. Receiving and passing



**1) Purpose:** To evaluate the athletes' control and accuracy when receiving and passing the ball

### 2) Equipment:

- Floorball stick
- 5 balls
- Tape
- Tapemeasure
- Marker cones

**3) Description:** The athlete receives the ball from a coach, who passes the ball from a four meter mark, from either the left or the right side (athlete's choice) The athlete then shows control by stopping the ball. The athlete then makes a pass from behind the 8 meter line. The athlete tries to pass the ball between the cones which are placed 8 meters from the passing line. The athlete has five attempts with a maximum score of 25 points.

### 4) Scoring

5.pts: Control in receiving the pass, and then passing the ball in the 1 meter zone (between the center cones)

4 pts: Control in receiving the pass, and then passing the ball in the 3 meter zone (between the outside cones, but not in the 1 meter zone)

3 pts: Lack of control in receiving the pass, and then passing the ball in the 1 meter zone

2 pts: Lack of control in receiving the pass, and then passing the ball in the 3 meter zone

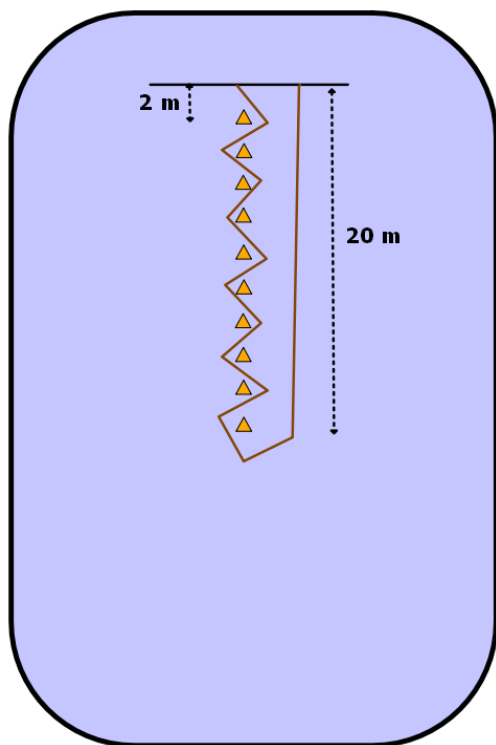
2 pts: Control in receiving the pass, and the passing the ball outside of the 3 meter zone

1 pt: Lack of control in receiving the pass, and then passing the ball outside of the 3 meter zone

0 pts: No contact with the ball and no pass



## C. Stickhandling 1



**1) Purpose:** To evaluate the athlete's speed and ability to handle the ball.

### 2) Equipment

- Floorball stick
- Ball
- 10 marker cones
- Tape
- Tapemeasure
- Stopwatch

**3) Description:** Athlete runs with the ball between the cones, when the athlete passes the last cone he/she turns and runs in a straight line back across the starting line. The distance from the start/goal line to the last cone shall be 20 meters. The cones shall be placed in a straight line with an interval of two meters. The time stops when the athlete reaches the start/goal line after completing the course.

### 4) Scoring:

Any cone missed or hit, adds an extra second to the athlete's time

25 pts: Time below 9.99 seconds

20 pts: Time between 10.00-11.99 seconds

15 pts: Time between 12.00-13.99 seconds

10 pts: Time between 14.00-15.99 seconds

5 pts: Time between 16.00-19.99 seconds

0 pts: Time above 20 seconds



## D. Stickhandling 2



**1) Purpose:** To evaluate the athlete's ability to handle the ball

**2) Equipment:**

- Floorball stick
- Ball
- Stopwatch
- Tape (If the field does not have any usable lines)
- Tapemeasure (If the field does not have any usable lines)

**3) Description:** The athlete has to dribble the ball (from backhand to forehand) across two lines as many times possible in 20 seconds. The two sidelines of a badminton court could be used, or else two lines are marked on the floor with 45 centimeters between them.

The athlete has three tries of which the best try count as the final score

**4) Scoring:**

25 pts: more than 40 dribbles across

20 pts: 35-39 dribbles

15 pts: 30-34 dribbles

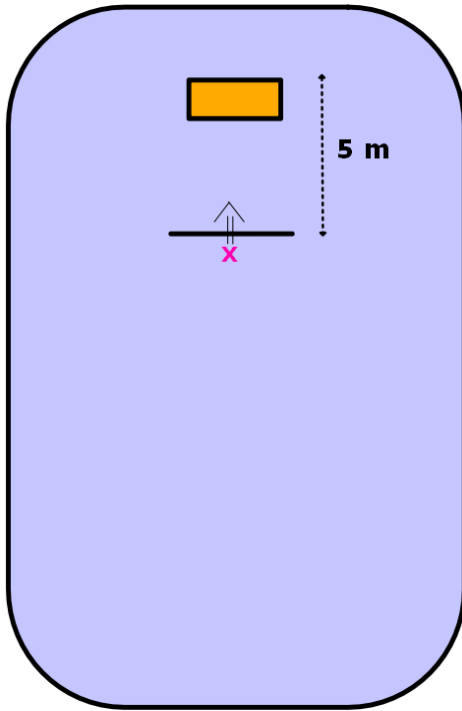
10 pts: 20-29 dribbles

5 pt: 10-19 dribbles

0 pts: 0-9 dribbles



## E. Shoot for accuracy



**1) Purpose:** To evaluate the athletes shooting accuracy, and the ability to lift the ball.

### 2) Equipment:

- Floorball stick
- 5 balls
- Full size floorball goal (160 cm (w) x 115 cm (h))
- Solid tape or rope.

**3) Description:** The Athlete takes five shots on goal, the shots should be taken from a line which is placed five meters from and directly in front of the goal. The Athlete can choose any type of shot. Six sections are defined within the goal by rope or tape as shown in the diagram on the next page. The vertical ropes or tape are placed 45 cm in from each goal post. The horizontal rop or tape is placed 30 cm above the floor. (a second horizontal tape or rope could be placed on the floor in order to keep the vertical lines in place.)

### 4) Scoring:

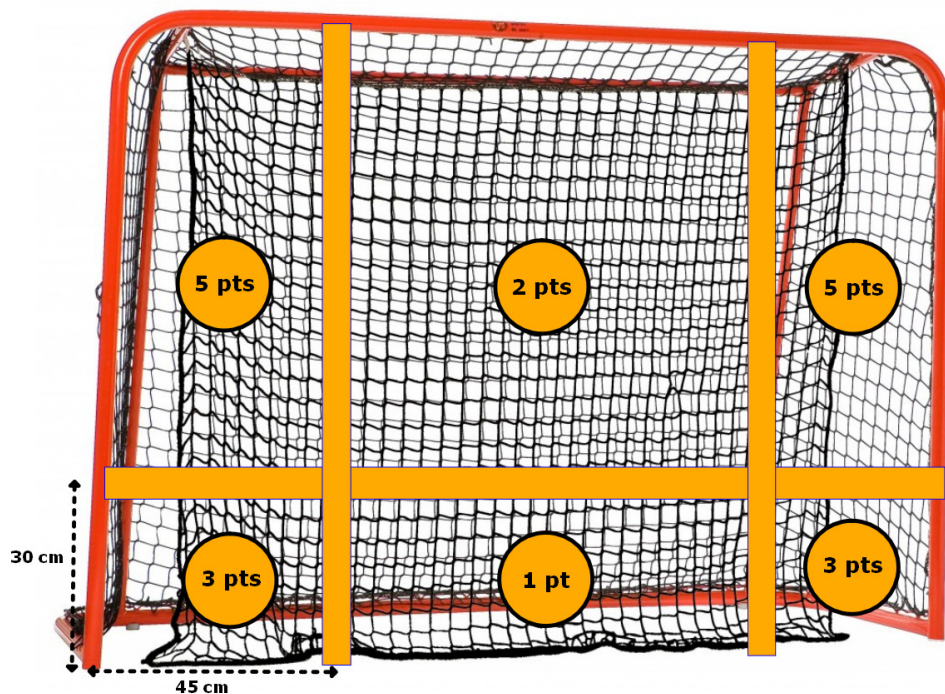
- 5 pts: Any shot entering the upper left or right section
- 3 pts: Any shot entering in the bottom left or right section
- 2 pts: Any shot entering the upper middle section
- 1 pt: Any shot entering the lower middle section
- 0 pts: Any shot failing to entering the goal

Each shot must completely cross the line into the goal for the athlete to receive any points, except if the rope or tape prevents the ball from crossing the goalline. In such case the athlete is given the points for the higher section (posts not included) The score is the total of the five shots, 25 points maximum.



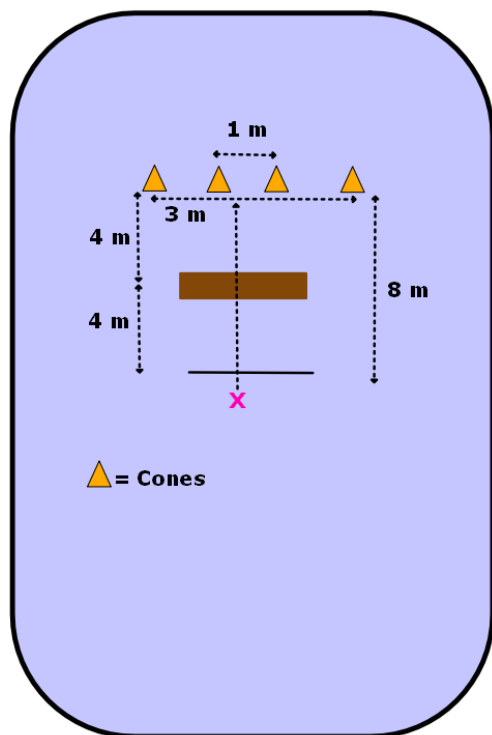
## E. Shoot for accuracy

### Point sections





## F. Flip Pass over an obstacle



**1) Purpose:** To evaluate the athlete's control and accuracy when flip passing (lift pass) the ball over an obstacle

### 2) Equipment:

- Floorball stick
- 5 balls
- Obstacle (bench or other obstacle with a height of 25-30 cm and a minimum of 3 meters in length)
- Tape
- Tapemeasure
- 4 marker cones

**3) Description:** From a stationary position 8 meters from the cones, the athlete attempts to flip pass the ball over the obstacle and in between the cones. The ball has to touch the floor in the landing-zone (between obstacle and cones)

### 4) Scoring:

- 5 pts: Flip Pass over the obstacle, touch in the landing-zone and into the 1 m zone (between the two centercones)
- 4 pts: Flip Pass over the obstacle, touch in the landing-zone and into the 3 m zone (between the two outside cones, but not in the 1 m zone)
- 3 pts: Flip Pass over the obstacle, but long of the landing zone, and into the 1m zone
- 2 pts: Flip Pass over the obstacle, but long of the landing zone, and into the 3m zone
- 2 pts: Flip Pass over the obstacle, touch in the landing zone, but outside the 3m zone
- 1 pt: Ball hits the obstacle, but does not travels over the obstacle.
- 0 pts: Pass misses the obstacle on either left or right side.

