



Floor Hockey

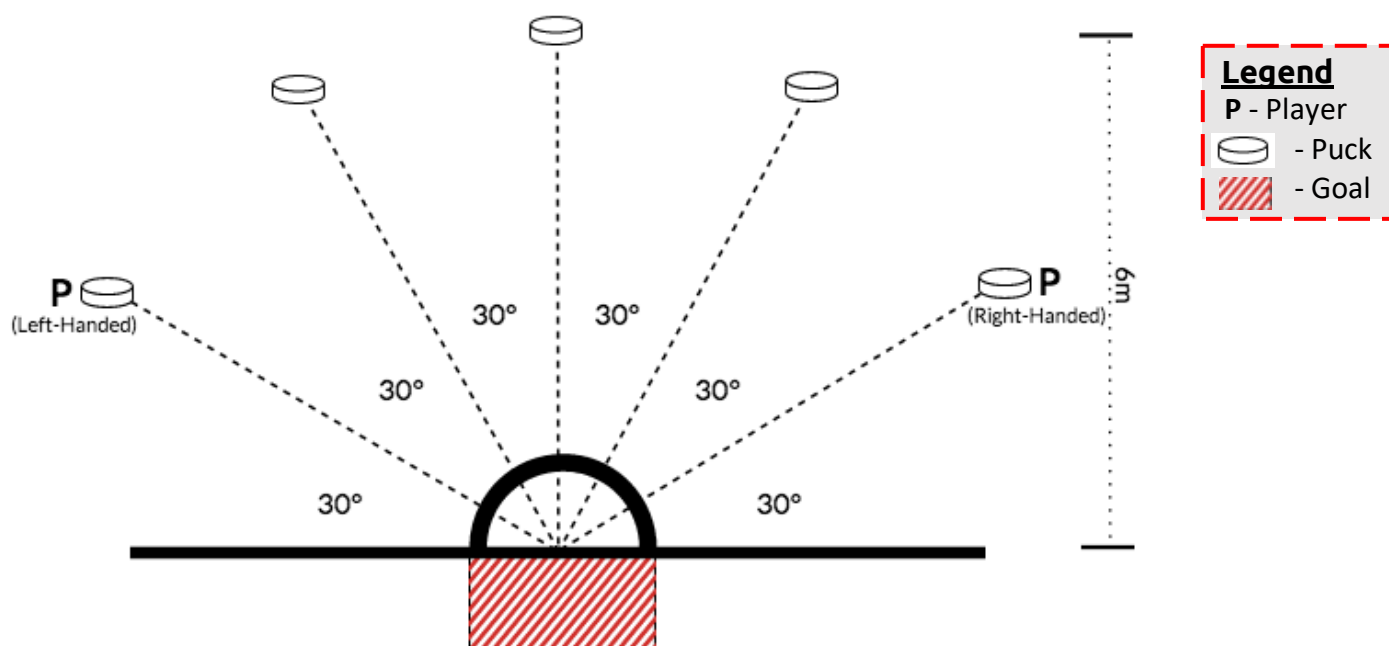
Skills Assessment Test

Special Olympics
Ontario



School Programs

Shooting (Around the Horn)



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: A regulation floor hockey goal, one floor hockey stick, five pucks, and tape.

Set-Up: Shooting spots are located at the end points of five approximately 6-meter long lines, which start from a common point at the center of the goal line. Each line is drawn such that it creates an approximately 30-degree angle with the goal line extended or the previous line. At the start of the drill, one puck is to be set up at each shooting spot.

TEST DESCRIPTION

Time: No time limit

A player takes 10 total shots from the five marked shooting spots; two shots at each spot. The player should begin on their dominant side, with their stick facing the middle of the floor, at the puck closest to the post. The player takes all five shots in succession, moving to the next closest spot after each shot. Upon completing the first five shots, all pucks are set back up in the designated shooting spots and the drill is repeated. **No goalie is to be in net.**

SCORING

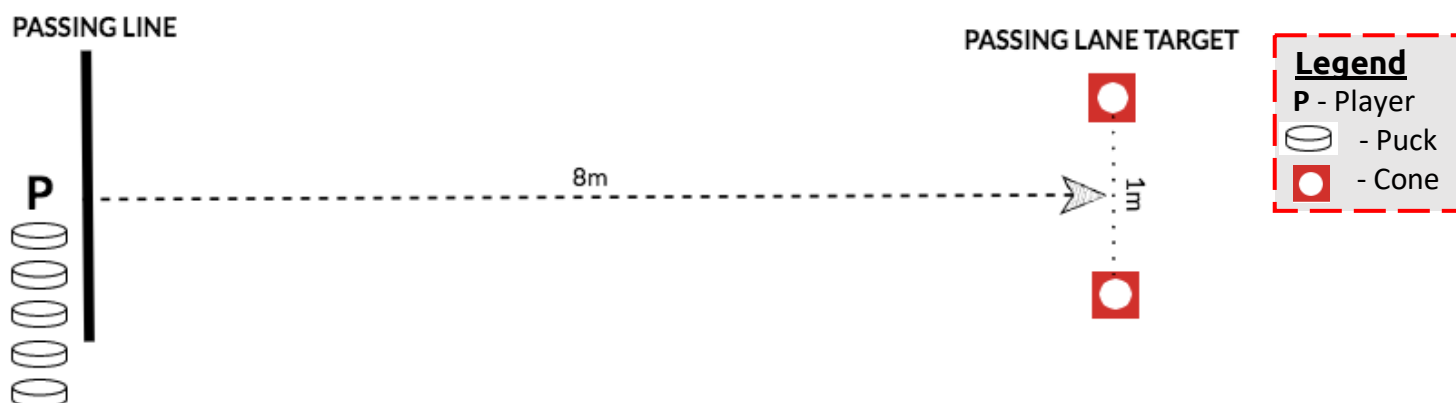
Each goal is worth one point, for a maximum of 10 points. If a puck is deflected from entering the goal by a previously shot puck, full points are awarded.

VOLUNTEER REQUIREMENTS

- One volunteer to set up pucks at shooting spots for the first and second round of 5 shots.
- The above volunteer may keep score or assign a new volunteer to do so.



Passing (Thread the Needle)



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: One floor hockey stick, five to ten floor hockey pucks, tape, and two cones.

Set-Up: Two cones are placed 1-meter apart to create a "passing lane" target. The target is placed 8-meters from a passing line that is marked by tape. Five pucks are set up beside the player at their starting point for both the stationary and on-the-move passes.

TEST DESCRIPTION

Time: No time limit

The player makes 10 total passes from behind the passing line, attempting to pass the puck between the passing lane target. The first 5 passes shall be taken from a stationary position at the passing line. For the second set of 5 passes, the player shall begin approximately 6 meters behind the passing line and approach the passing line at full speed. The player must then complete the pass just prior to crossing the passing line.

SCORING

Each time the puck completely crosses the line between the two cones, the athlete shall be awarded one point. The player's total score is the sum of the scores from the 10 passes, for a maximum of 10 points. A pass completed after the player has crossed the passing line will not count towards any points.

VOLUNTEER REQUIREMENTS

- One volunteer to keep track of successful passes through the passing lane.
- One volunteer to ensure the player does not cross the passing line.
- The above two duties may be performed by one volunteer if necessary.
- If necessary, one volunteer to retrieve pucks and return them to the passing line.



SET-UP REQUIREMENTS

Set-Up: Six cones will be placed in a straight line at intervals of 3-meters each, with the start line and finish line also being placed 3-meters from the first and last cones respectively. The total distance from the start line to the finish line will be 21-meters. An "X" will be marked with tape at the middle point of the course between cones #3 and #4.

Time: One-minute per trial

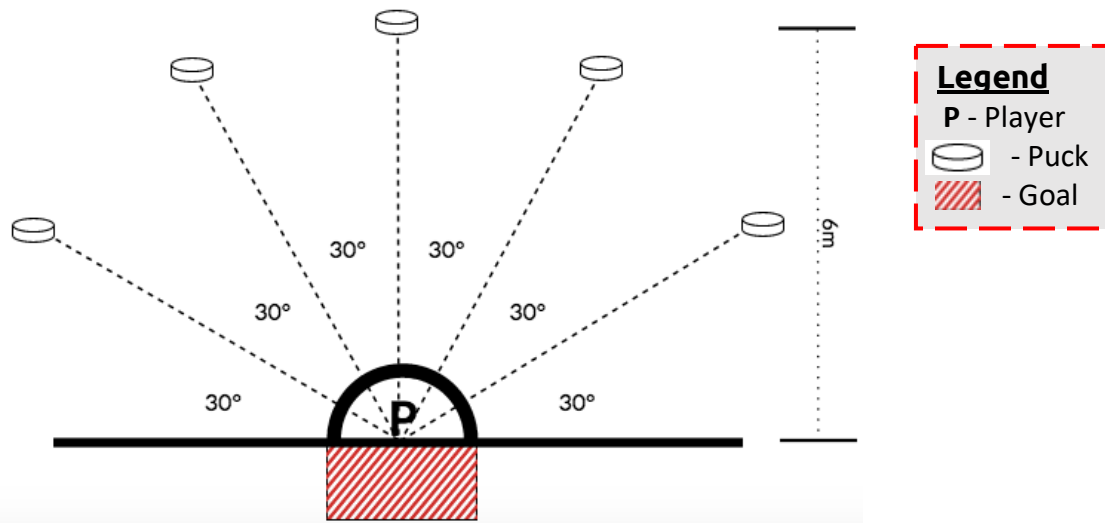
The player stickhandles the puck from the starting line through a course defined by cones, passing each cone on alternating sides in a weaving pattern. Upon reaching the X marked between cones #3 and #4, the player will stop, pass to a volunteer approximately 5-meters away, receive a pass back from the volunteer with the same puck, and then continue the course. Once the final cone is passed, the player will handle the puck to the finish line, leave the current puck behind, and sprint back to the starting line to repeat the drill. A volunteer is required to have a new puck ready at the starting line. The player continues until the 60 second time limit is reached. If a player loses control of the puck at any point, they must first regain control of the puck before continuing the course.

One point is awarded each time a cone is crossed. Therefore, one successful completion of the course is worth 6 points.

- One volunteer with a stopwatch to indicate when to start and when 60 seconds elapses.
- One volunteer to receive and return passes at the middle-point of the course.
- One volunteer to keep track of the number of cones crossed.
- Two of the above duties may be performed by one volunteer if necessary.



Goaltending (Around the Horn)



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: A regulation floor hockey goal, one floor hockey stick, five pucks, and tape.

Set-Up: Shooting spots are located at the end points of five approximately 4-meter long lines which start from a common point at the center of the goal line. Each line is drawn such that it creates an approximately 30-degree angle with the goal line extended or with a previously drawn line. One puck is to be set up at each shooting spot for the beginning of the drill. **Note the difference in length from the first "Around the Horn" drill.**

TEST DESCRIPTION

Time: No time limit

A volunteer takes five shots on goal from the five different spots indicated around the goal at the end of each line. Volunteers should be fairly skilled at shooting and attempt to shoot at a variety of locations on goal during the drill to effectively test the goalie's ability. The volunteer will complete the five-shot arc five times for a total of 25 shots, moving in succession between each shot.

SCORING

Each shot is worth up to 2 points, for a maximum of 50 points. 2 points should be awarded if the goaltender makes the save and there is no rebound, the rebound remains in the confines of the goal crease, or the puck is directed behind the net. 1 points should be awarded if the goaltender makes the save, but a rebound is allowed outside of the goal crease and in front of the goal line extended. 0 points are awarded if a goal is scored.

VOLUNTEER REQUIREMENTS

- One volunteer to shoot the pucks on net, preferably with stronger shooting ability.
- One volunteer to keep track of points.
- One volunteer to place the pucks back at the designated spots after the arc is completed.
- Two of the above duties may be performed by one volunteer if necessary.

