**SKILLS ASSESSMENT TEST – LEVEL 1 FLOORBALL TECHNICAL COACHING COURSE**

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| **Skills Assessment** |  | **Pass** | **Fail** |
| 1. Running with/without the ball technique (forward, backward and sideways) |  |  |  |
| 2. Pass the ball while in a stationary position using (forehand, backhand, one touch pass and air pass) |  |  |  |
| 3. Pass the ball while on the move using (forehand, backhand, one touch pass and air pass) |  |  |  |
| 4. Receiving a pass while in a stationary position (forehand, backhand and air pass) |  |  |  |
| 5. Receiving a pass while on the move (forehand and backhand) |  |  |  |
| 6. Shooting while in a stationary position (wrist shot, slap shot, drag shot and backhand shot) |  |  |  |
| 7. Shooting while on the move (wrist shot, slap shot, drag shot and backhand shot) |  |  |  |
| 8. Dribbling the ball (forward, backward and sideways) |  |  |  |
| 9. Game awareness (passing into space for teammates, moving into space to receive the ball, dribbling into open space and shooting when there is time and space) |  |  |  |
| 10. Basic floorball rules |  |  |  |