



**SPECIAL OLYMPICS ONTARIO
FLOOR HOCKEY PRE-DIVISIONING QUESTIONNAIRE**

TEAM NAME: _____

HEAD COACH: _____

1. What is your teams self-assessed division of play? (please circle one)

A B High C Low C High D Low D

2. How many players are on your team? _____

3. Based on the rating scale above, please indicate *the number of players that would rank in each ability level*. (total number must add up to the number of players on your roster). Please list their jersey numbers in the lower boxes.

| A | B | High C | Low C | High D | Low D |
|----------------|---|--------|-------|--------|-------|
| | | | | | |
| Jersey Numbers | | | | | |
| | | | | | |

4. How many years has this team played together? _____

5. Please list any PROVINCIAL or NATIONAL games the team has attended:

| Provincials or Nationals | Date & Location |
|--------------------------|-----------------|
| | |
| | |
| | |

6. How many tournaments have you played in this current season? _____

7. Please list the teams you played against at those tournaments and the results of each game:

| Tournament & Date | Opponent Team | Result |
|-------------------|---------------|--------|
| | | |
| | | |
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| | | |



Individual Skills Assessment

Floor Hockey

Around the Horn Shooting

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

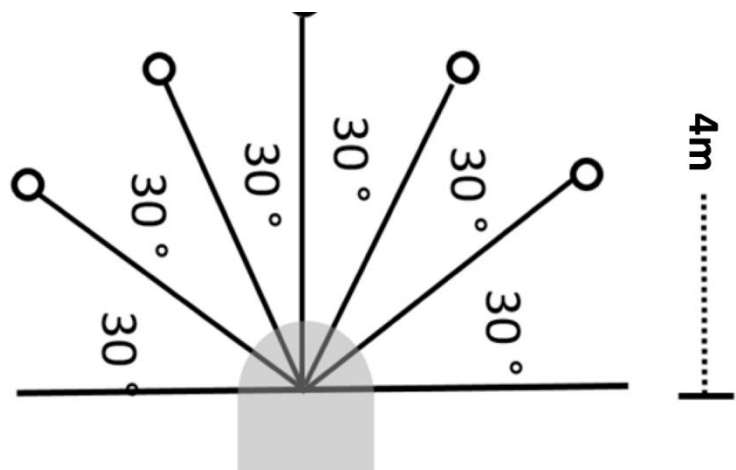
Equipment: floor hockey sticks, five pucks, tape, stopwatch, goal.

Description: Athlete takes one shot on goal from five different spots around the goal. These spots are located at the end points of five 6-meter long rays which start from a common point at the center of the goal line. Each ray is drawn such that it creates a 30-degree angle with the goal line extended or with a previously drawn ray. The athlete has a 10-second time limit to shoot all the pucks. One puck shall be at each spot before the athlete starts shooting. Athletes begin on the coach's mark. Athletes should begin on their dominant side, with their stick facing the middle of the floor, at the puck closest to the post.

Scoring: Each puck which completely crosses the goal line into the goal is worth five points. If an athlete hits a post, which prevents the puck from completely crossing the goal line, they are awarded 3 points. The score is the total of the five shots; 25 points maximum. If a puck is deflected from entering the goal by a previously shot puck and the official believes it would have been a goal, then the full 5 points are awarded. No goalie is to be in net.

NOTES;

1. 10-Second time limit
 - i. 5 total shots
 - ii. 5 Points per goal
 - iii. 3 Points per hit post





Individual Skills Assessment

Floor Hockey

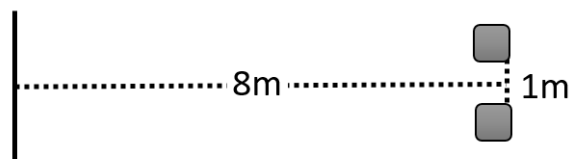
Thread the Needle

Purpose: To evaluate the athlete's control and accuracy when passing the puck.

Equipment: floor hockey sticks, puck, tape, marker cones.


Description: Athlete makes 10 passes from behind a line. Athlete tries to pass the puck between two cones (1 meter apart) which are placed 8 meter from the passing line. The first 5 passes shall be taken from a stationary position at the passing line. For the second set of 5 passes, the athlete shall begin 6 meters behind the passing, and approach the passing line at full speed. The athlete shall not cross the passing line, prior to making a pass on the move towards the target.

Scoring: Each time the puck completely crosses the line between the two cones, the athlete shall be awarded five points. If the puck hits the cone and completely crosses the line, the athlete shall be awarded three points. The athlete's total score is the sum of the scores from the ten passes; 50 points maximum.



5 passes

5 points for each successful pass

 Indicates
traffic cone



Individual Skills Assessment Floor Hockey

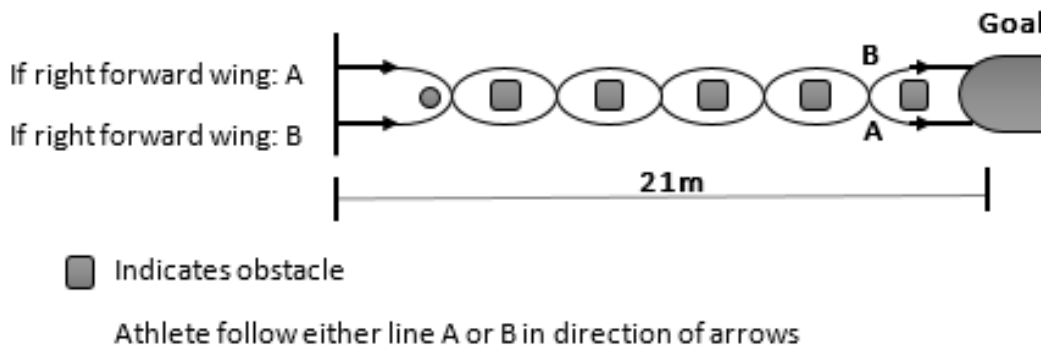
Weave and Shoot

Purpose: To evaluate the athlete’s speed and ability to handle the puck.

Equipment: floor hockey sticks, puck, six marker cones, tape, stopwatch, goal.

Description: An Athlete stickhandles the puck from a starting line through a course defined by cones, and shoots the puck at the goal. The distance from start line shall be 21 meter. The cones shall be placed in a straight line at intervals of 3 meter. The clock stops when the puck passes the goal line.

Scoring: The time consumed stickhandling (in seconds, to the hundredth of a second) is subtracted from 25. For any cones missed, subtract one point each. Five bonus points are given if the athlete scores a goal. No goalie is to be in net.



| <u>SCORING CHART</u> | |
|----------------------------------|----|
| | 25 |
| - __ (time elapsed) | |
| - __ (1 pt for each cone missed) | |
| + 5 (bonus if goal is scored) | |
| _____ TOTAL | |



Individual Skills Assessment Floor Hockey

Around the Horn Shooting – (for Goaltenders)

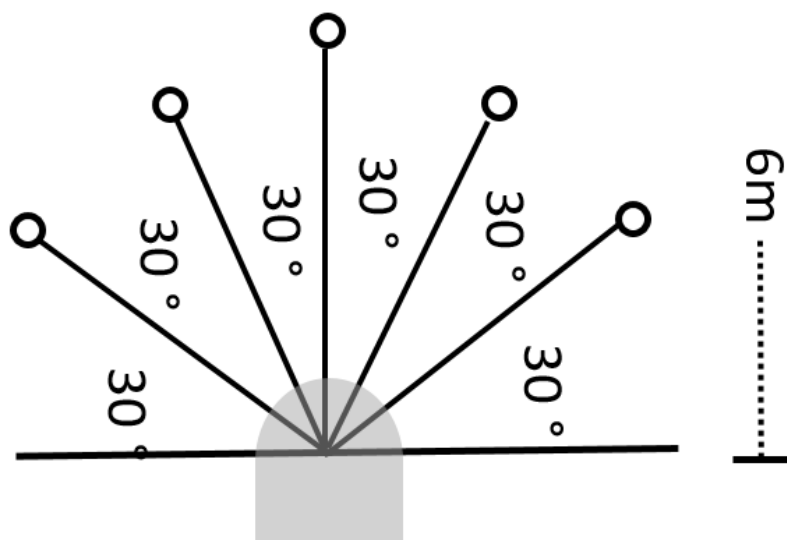
Purpose: To evaluate the athlete's ability to stop pucks from different locations on the floor. Only athletes with the possibility of tending net at the Provincial Qualifiers or Provincial Games should complete this drill.

Equipment: floor hockey sticks, five pucks (25 pucks if possible), tape, goal.

Description: Shooting should be performed by a skilled coach. Coach takes five shots on goal from five different spots around the goal. These spots are located at the end points of five 4-meter long rays which start from a common point at the center of the goal line. Each ray is drawn such that it creates a 30-degree angle with the goal line extended or with a previously drawn ray. Coaches should be shooting to a variety of target locations during the drill. If possible coaches should move to each spot in succession, without having to gather pucks.

**Please note the change in distance between the two Around the Horn Shooting drills.*

Scoring: Each shot is worth up to 4 points, for a maximum of 100 points. 4 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. 2 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.



**Individual Skills Assessment
Floor Hockey
Evaluation Page**

Team Name: _____ Head Coach: _____

**Total Without Goaltending*

| Name | Jersey # | Around the Horn | Thread the Needle | Weave and Shoot | Total* | Goaltending |
|--------------------|----------|-----------------|-------------------|-----------------|--------|-------------|
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| Team Totals | | | | | | |

