



FLOORBALL TEST 3º ESO

NAME AND SURNAME:

COURSE:

1. Find out for each sentence whether it is an allowed or disallowed action by putting each number of the sentence in the appropriate box. 4 points, each sentence is worth 0.5 points

1. Stopping the ball with the head or hand
2. Pushing, hitting, hindering and holding an opponent
3. Stopping the ball with the stick, foot or chest.
4. Passing the ball with the foot
5. Directing the ball towards one's own stick with the foot.
6. Hitting the ball with both sides of the stick.
7. Entering the goal zone ATTACKER
8. Playing with the rink
9. Playing the ball from the ground
10. Raising the stick above the knee
11. Putting the stick inside the goal
12. Taking the ball away from an opponent without hitting his stick.
13. Entering the goal zone DEFENDER
14. Lifting or hooking an opponent's stick
15. Throwing the stick

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| PERMITTED ACTIONS | | | | | | | | | |
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| ACTIONS NOT PERMITTED | | | | | | | | | |
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2. Place the number of the sentence in the box of the infraction with which it is penalized. 4 points each sentence is worth 0.5 points

1. Playing the ball from the ground
2. Raising the stick above the knee
3. Entering the goal zone DEFENDER
4. Stopping the ball with the head or hand
5. Pushing, hitting, hindering and holding an opponent
6. Lifting or hooking an opponent's stick
7. Passing the ball with the foot
8. Throwing the stick

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| FREE HIT | | | | | | | |
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| PENALTY KICK | | | |
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3. Write which floorball skill the sentences are describing. 2 points each sentence is worth 0.5 points

a) **SKILL NAME:** _____

- 1) Keep the ball close to the paddle.
- 2) After the pass the paddle should point to where the pass is going to be directed.
- 3) Maintain a balanced stance
- 4) The head must remain high to be able to see the whole court.

b) **SKILL NAME:** _____

1. is used to elevate the ball.
2. is used to send the ball further and there is a more accentuated movement to accompany the ball with the stick.
3. is executed by putting the paddle obliquely to the ground under the ball

c) **SKILL NAME:** _____

- 1) The ball touches the paddle all the time.
- 2) Soft touch, NO HIT
- 3) Be ready for forehand and backhand pass
- 4) Protect the ball

d) **SKILL NAME:** _____

- 1) Handle the ball to the best of your ability.
- 2) Develop speed and body control
- 3) Try to move the defender into the desired position

