



FLOORBALL SKILLS

MARCH 22-26 | 1PM-4PM
AGES 9-12



YOUR SPORT LEADER:
➤ Evan

SCHEDULE OF ACTIVITIES

MONDAY: will kick off with introductions and warm ups, followed by learning the rules of the game, ball handling drills, as well as passing and movements!

TUESDAY: review rules, passing and receiving skills. Then, move into shooting technique and accuracy, speed and shooting drills.

WEDNESDAY: will go over skills, followed by learning bouncing techniques and how to protect, control and dribble the ball.

THURSDAY: Continuing with bouncing and protecting drills, and shooting!

FRIDAY: wrap up the week with skill review and individual tactics, relays and competition.

ITEMS TO BRING TO CAMP:

- Running shoes, water bottle, snacks
- Extra masks!

A mask must be worn when entering, exiting and moving around the building. While taking part in physical activities, masks are optional and if desired, sport camp leaders will direct participants to remove mask when appropriate.