

# FOOSBALL PASSPORT

**YOUR CONTACT:**

**THIS CART IS PERSONAL**








**LAST NAME**





**FIRST NAME**

**BIRTHDATE**

The levels are completed in the given order. If there are any doubts concerning the mastering of a level, do not hesitate to repeat the exercises before moving on to the next level.

80% of attempts must be succeeded to pass the exercise (60% for under 18 year olds).

Level	Test	Date	Assessor Signature
	<ul style="list-style-type: none"><li>Move the bars smoothly</li><li>Purposely hit the ball</li><li>Pass the ball from one player to another</li></ul>		
	<ul style="list-style-type: none"><li>Strike a ball after having moved it</li><li>Catch a slow-moving ball</li><li>Pass the ball from one rod to another</li></ul>		
	<ul style="list-style-type: none"><li>Hit the ball at the goal from the 2-bar, the 5-bar and the 3-bar</li><li>Coordinate the 2 and 1 bars' movements and positioning</li><li>Know the simplified rules</li></ul>		
	<ul style="list-style-type: none"><li>Hit an on-target shot from the 3-bar moving the ball laterally</li><li>Hit an on-target shot from the 2-bar moving the ball laterally</li><li>Succeed in passing the ball from the 5-bar to the 3-bar</li></ul>		
	<ul style="list-style-type: none"><li>Execute three different passes from the 5-bar to the 3-bar including one wall pass - <b>x5</b></li><li>Execute three different shots from the 3-bar including at least one long shot - <b>x5</b></li><li>Execute three different shots from the 2-bar including at least one long shot - <b>x5</b></li></ul>		
	<ul style="list-style-type: none"><li>Execute three different passes from the 2-bar to the 5-bar - <b>x5</b></li><li>Execute two different passes from the 2-bar to the 3-bar - <b>x5</b></li><li>Know the complete rules</li></ul>		

Level	Test	Date	Assessor Signature
	<ul style="list-style-type: none"><li>Two person exercise : keep possession of the ball on a predefined opponent's 5-bar to 3-bar pass - <b>x5</b></li><li>Two person exercise : keep possession of the ball in defense on an opponent's 3-bar shot - <b>x5</b></li><li>Two person exercise : keep possession of the ball in defense on an opponent's 5-bar shot - <b>x5</b></li></ul>		
	<ul style="list-style-type: none"><li>To be executed with one touch per bar : advance the ball from the 2-bar to the 5-bar then to the 3-bar and shoot - <b>x5</b></li><li>To be executed without stopping the ball : move the ball to and from all 11 players - <b>x5</b></li><li>Be able to conceive and explain a defensive pattern for 3-bar and 2-bar shots</li></ul>		
	<ul style="list-style-type: none"><li>On two different tables : repeat the exercises of level 5 - <b>x10</b></li><li>On two different tables : repeat the exercises of level 7 - <b>x10</b></li><li>On two different tables : repeat the exercises of level 8 - <b>x10</b></li></ul>		
	<ul style="list-style-type: none"><li>Succeed in passing the ball from the 2-bar to the 5-bar, then to the 3-bar and executing a long shot - <b>x10</b></li><li>Repeat exercise above using a variation for each action - <b>x10</b></li><li>Repeat the first two exercises above on three different tables - <b>x10</b></li></ul>		