

# FLOORBALL GUIDE

GETTING STARTED  
&  
PLANNING LESSONS



# 1. A look at the big picture

## Focus

### 1.1 - Why Floorball?

### 1.2 - Fundamental values

### 1.3 - Goals and guidelines

## 1.1 Why floorball?

Floorball is an inexpensive, fast and fun sport, requiring only a stick, sneakers, shorts and a T-shirt to play. Beginners can easily pick up the game, yet; it holds great potential for the development of stick and ball handling, passing, and shooting skills.

The sport is ideal for coed and mixed age groups due to the emphasis on speed, skill, and technique rather than physical strength. Body and stick checking are not permitted and playing the ball above the knee is not legal. Due to these rules and the fact that the equipment is very lightweight (carbon fiber stick with a plastic blade and a plastic whiffle-type ball), injuries are almost non-existent.

Over the past twenty-five years, many Europeans have picked up the sport. As a side effect, they have been able to develop world-class hockey players, many of whom got their start in Floorball.

## 1.2 Fundamental values

Floorball is one of the fastest ball sports in the world, which makes it hard to master; yet, it is a very easy sport to pick up and play. When talking about Floorball, a lot of minds go straight to hockey. This isn't completely wrong since there are similarities, especially in the area of stick handling.

Floorball is not a rough game. Players may not tackle or “check” each other with or without the ball, nor is it permitted to hit the stick of an opponent. Shoulder-to-shoulder contact is allowed. When played at a higher level, games can get very intense and feature close contact; but as a beginner, you should always strive for a clean steal of the ball and playing with as little body contact as possible.

Floorball for kids should be introduced and developed **with a focus on fun and play**. Among kids of different ages, the differences between their physical and social development is key. The manner in which they are introduced to the sport will affect their approach of the sport as a whole and possibly their future athleticism.

## 1.3 Goals and guidelines

**Creating a life long interest for Floorball and for sports in general** shall be one of the most important guidelines, especially when dealing with kids and beginners just learning about the sport. Creating an approach where the sport is fun and giving everyone a chance to participate is another goal. A great number of kids and beginners are introduced to the sport every year. It is very important to ensure that **girls and boys are set upon the same conditions and taught equally**, preferably playing and learning together.

To keep the simplicity and the excitement of the sport alive, it is necessary to **focus on the joy, the fun, and the playfulness**. As we, along with our team and our friends, grow into the sport and the level of skill increases, the goals and objectives of what we want to achieve in the sport get higher too.

# 2. Development of the basics

## Focus

- 2.1 - Fundamental understanding
- 2.2 - Ball handling
- 2.3 - Basic stick-handling technique
- 2.4 - Shots
- 2.5 - Teamwork
- 2.6 - Sting length

### 2.1 Fundamental understanding

Floorball is driven by the individual skill and technique of the players instead of their physical size, appearance and ability, which makes it a very easy game to play with friends and beginners, mixed ages and genders.

The general pace of the game is not quite as fast as hockey with less end to end action. Play is more focused on passing the ball around until an opportunity for a shot on goal is created (similar to a hockey power-play, where the player with the puck is not under a lot of pressure). This will be good to keep in mind as the players and their skills develop.

### 2.2 Ball handling

You don't have to be an expert to play Floorball. Anyone who can hold a stick and run at the same time is able to learn how to play. When playing Floorball, a player needs to be able to move at all times, passing, shooting or moving off the ball. Ball control is defined as the player's ability to handle and move (with) the ball, receive a pass, deliver a pass and shoot the ball in any game situation.

When developing an understanding of the way to play the game, there are three key factors that we need to acknowledge:

**Ball control.** In order to be able to play the ball, the player needs to be able to move around in all directions and be able to protect the ball from the opponent, using both sides of the blade to do so.

**Body positioning.** The player should try to keep the ball close to her/his body, in order to be able to keep possession of the ball and hold off an opponent. If an opponent approaches, move the ball slightly behind you in order to protect the ball with your body and still face the opponent.

**Ball movement.** By being able to move the ball side-to-side or forward and backward with the fore and backhand side of the blade, you can control the ball and at the same time get past an opponent

As we keep developing throughout this learning process, these fundamental skills should be kept in mind and revisited when the basics of Floorball are getting a little out of focus for the players.

### 2.3 Basic stick-handling Technique

#### POSITIONING

A player should hold the stick with two hands as much as possible, with the hands about shoulder width apart. Players should always strive to be in the basic game position, the upper body up, head facing forward and the knees slightly bent. The position is similar to the "ready position" in badminton, making it possible to quickly move in every direction.

#### RECEIVING

When the player receives the ball or intercepts it, it is important to receive it with "soft hands," using a gentle, slightly backward movement of the stick and blade at the moment of ball contact to absorb the power of the ball.

When the action/ball is close to you, the blade needs to be on the ground. This helps you receive the ball in a controlled manner and pass it off as quickly as possible.

## PASSING

When passing the ball you need to press the blade slightly to the floor and then move the blade in the direction you want to pass to. The ball should leave the blade before the player's body mid-point. If it leaves the blade after reaching this point, the ball will most likely go in the air.

## 2.4 Shots

There are three basic shots in floorball, which are presented below, along with a multitude of variations that can be added on as the skill of the players progresses. For each type of shot mentioned below the player faces the ball and legs at least shoulder width apart. Always remember not to lift the stick above waist level and make sure players control the follow through. A high stick penalty can be the result of lifting the stick above waist height either on the wind up or follow through.

**Slapshot.** This is the most basic shot, preferred by beginners. Use a backswing to gain power and hit the ball. It is important that your stick does not go above your waist level during the back swing to avoid hitting another player. Try to keep your arms straight in the backswing since this also helps you avoid a high stick. If you want the ball to go higher you should hit the ball slightly in front of your body's mid-point (in the direction of the shot).

More advanced players hit the floor about 4 to 6 in before the ball since this gives more power to the shot and take advantage of the flex in the stick. Also, try to transfer your weight from the back leg to the front leg as part of the shooting motion.

**Wrist shot (similar to a snap shot in ice hockey).** This is a slightly more advanced shot, but it can be made much faster, thereby taking the opponent by surprise. The position of the ball should be somewhat in front of your body's mid-point. Start with the stick slightly behind your back foot and slide the stick forward along the floor until you hit the ball. Follow through the movement to make the ball go in the desired direction. Just like in the slapshot case the flex in stick can be used to apply more power when you release the shot.

**Sweeper shot (similar to a wrist shot in ice hockey).** This is a powerful shot which also gives you good precision, although it takes some practice to master. Roll the ball back behind your back foot and then sweep it forward until you reach your front foot. Follow through the movement to make the ball go in the desired direction. During the sweep, you should try and transfer the ball from the heel to the toe of your blade. This will give you control of the ball and enable you to aim with high precision. To add more power to the ball, you should transfer the weight to your front foot at the end of the shot.

## 2.5 Teamwork

In Floorball we want to give everyone an opportunity to play. The same thing applies to the actual game. Floorball is not a one-man show and that is something you will understand when you start playing the game. Working with all your teammates, passing the ball around, will make playing the game a lot easier and also much more fun!

## 2.6 Stick length

It's important to get the correct length for your stick. A long stick will reach further but will make it more difficult to control the ball when it is close to your feet/body. A short stick will give you better control when the ball is close to your feet/body, but a short stick can hurt your back over time if you are playing bent over.

Measuring the right stick length: Measure the distance from the floor to about one fist height above your belly button. Subtract 5.9 inches (15 cm) from that value (**this accounts for the blade not being included in the stick length**).

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### Sizing guide

When sizing Floorball sticks in a store: With the blade on the floor, hold the stick at a 45-degree angle in front of yourself. The top of the stick should reach to your belly button.

HEIGHT IN CENTIMETERS		HEIGHT IN FEET AND INCHES	
Player	Stick	Player	Stick
100-120	55-60	3'3"-3'11"	1'1"-1'12"
120-140	70	3'11"-4'7"	2'4"
140-150	80	4'7"-4'11"	2'7"
150-160	85-87	4'11"-5'3"	2'9"-2'10"
160-175	90-92	5'3"-5'9"	2'11"-3'0"
175-190	95-97	5'9"-6'3"	3'1"-3'2"
Above 190	100-104	Above 6'3"	3'3"-3'5"

# 3. Developing and organizing a team

## Focus

- 3.1 - Introduction
- 3.2 - Street Floorball
- 3.3 - Different group sizes
- 3.4 - Implementation

### 3.1 Introduction

Floorball is a versatile sport, where a lot of action and changing situations can occur in a split second. The game is adaptable, it can be played in any size sports venue, simply adjust the number of players to accommodate the available space.

Children learn best by playing different types of small or mini games. Any kind of small games where the players have a lot of contact with the ball are the best situation for learning and improving skills. Our goal is to provide a maximum amount of ball contact to the players in order for them to develop stick and ball handling skills.

The basic objective in Floorball is to score as many goals as possible, while at the same time preventing your opponent from scoring. The skill level of the players determines the team tactics and sometimes, when skill levels are low, the best tactic is to have no tactic at all and just play.

### 3.2 Street Floorball

Street Floorball is the flexible and easy to implement, “Sport for All” recreational game format of Floorball. Street Floorball is not necessarily played in the street but rather refers to a fun and easy way to organize playing events for individual players, teams or clubs, newcomers and veterans. Rather than trying to set up season-long Floorball leagues, with organized teams, this is the ideal, inexpensive solution to get people together to play.

It can be set up as 3 vs. 3, 4 vs. 4 or 5 vs. 5, with or without a goalkeeper, depending on the size of the venue and the availability of goals.

### 3.3 Different group sizes

Organizing a day or weekend of Floorball might seem a little hard at first for someone who has never dealt with the sport before and finding a starting point might be the most difficult task. Breaking the process down certainly helps. At first you need to recognize how many players are participating in the event. If you are dealing with a group of participants exceeding 20, you should consider setting up a tournament type of event, creating a setup where the players won't be sitting, waiting for their turn longer than they are playing the actual game. This will help increase the fun. In the section below you will find more guidelines and recommendations regarding the size of your group.

### 3.4 Implementation

If you have a group of players, no matter what size, the best way to get them to play is to simply set up games, organized by a leader/coach/referee to make sure that all players get to play for about an equal amount of time, that the game is being played by the basic rules, and that fair play and sportsmanship are observed.

## 4-10 PLAYERS

Start by setting up two teams. The goal is to have as many players on the court as possible without making it feel too tight. We would recommend having between 2-4 players on the court, per team. If you only have two teams, we recommend playing up to ten goals and winning by two or more (for example, a score of 10:6 or 11:9 fulfills this requirement). If you have more than two teams, we recommend playing in a format where the first team to score three (or five) goals wins, with the winning team staying on the court until defeated.

## 10-20 PLAYERS

When we have bigger groups we are also able to establish more of an organized way of playing. Make sure you agree on a length of time per game (five minutes for example), a specific number of goals for a team to score (as described earlier), or a mixture of both time and goals (five minutes or the first team to score three goals), in order to win the match.

After determining the size of the court, divide the group into teams with 4-7 players. Playing with 3, 4 or 5 players (per team) on the court at a time leaves 1-2 extra players per team to change in and out of the game. These player changes (on the fly) help keep energy levels on the court high.

When you have established your teams and the players are familiar with the basics of the game, form a match-system that fits your time schedule and the availability of space to play on. Following are some examples of different match systems:

1

### **Round Robin tournament with four teams.**

Every team plays at least once against every other team (or twice or three times, all depending on the amount of time you have for your tournament, as long as everyone plays everyone else the same amount of times). A win counts for three points and a tie counts for one point.

When the Round Robin phase is done, rank the teams according to the number of points they have earned in the tournament. If teams are tied in points you look at the number of goals scored, the better goal differential (goals scored minus goals allowed) or the head to head result in the games, in order to break the tie. If all else fails, you can simply flip a coin. Once the teams are ranked, you either have a champion, the team with the most points overall, or you can hold playoffs. If you decide to hold playoffs, the top ranked team will play against the fourth ranked team and the second ranked team will play against the third ranked team. After you've played these "semi-finals," let the two losing teams play each other to determine the 3rd (and 4th) place, followed by the winners, playing each other for the championship (and 2nd place).

2

**Golden Goal.** With three teams available to play, start with two teams playing each other until one of the two teams scores a goal (Golden Goal). You can now go into a system of play where the winning team stays on the court until defeated or you can go into a rotation where a team comes off the court after having played two games in a row.

If you play with three teams in the "winner stays on" system and want to add a time restriction (first goal scored or two minutes), then you must add the rule that "if no goal is scored, the challenger stays on the court." This system is frequently used when goalkeepers are a part of the game

3

If you form two larger teams you can play with 5 players per team on the court, plus a goalie if available. Players change in and out of the game on the fly to get a quick rest. Ideally, a "shift" on the court should be about a minute and a half to two minutes in duration during which a player constantly moves and works.

Players may need help in timing the length of their shift. Play for two periods of 15 minutes each, with a 2-3 minute break, giving the players a chance to fill their water bottles and talk about the game for a minute.

Before starting, make sure all players know the simplified rules and the basics. This makes the game much more enjoyable and safer for the newcomers.

## 20 OR MORE PLAYERS

When you get into bigger groups, you will be able to be even more creative. Although when you have a group consisting of more than 20 people, we would recommend using more than one court and breaking up into smaller teams since too much waiting is not fun for anyone. We would recommend using example 1 (Round Robin) as the best type of activity for this large number of players. You would definitely be able to use examples 2 and 3 as well, but a Round Robin style of play, with or without playoffs might be the easiest way to get everyone playing.

On the other hand, if you have a large enough court, about 22 yards by 44 yards, you could try and play with two teams, having two or three “lines” of players per team. Every line plays for about a minute and a half to two minutes and then changes out with the next line. This keeps everyone fresh and the energy level in the game stays high. To make “changing” in and out even easier, defenders change with each other, centers change with each other and forwards change with each other. The next person to go on keeps time and signals the player on the court (whom they are changing with) when the time is up. Of course, players can always change out before their time is up. A good time to change is when a team is in possession of the ball, during a break in play like a face off after a goal or a hit in or a free hit (for the team that wants to change). The team in possession of the ball does not have to wait for the defending team to run their change.

Having more than 20 people can be a lot of fun if you are handling the situation the right way. However, be creative! Feel free to mix things up, change small details about the different game types, blend them together, add your own spin to it and see how things work out. After all we’re all here to learn about the sport so don’t feel like this curriculum is written in stone. You are the teacher, coach, and tournament director and maybe even the referee. Don’t forget to have fun with everything and good luck!

## 4. Simplified rules

One of the reasons for the popularity of Floorball is that it is an “easy to get into” sport, similar to soccer. No specific skills are needed in the beginning, you simply need to be able to hold a stick and run, the rules are simple and all you need to play is a Floorball stick, a ball and a space.

Floorball can be called the “sport of today” but it is quickly becoming the “sport of the future,” being played in over 75 countries worldwide and growing.

Before working on the development of our skills, here is a look at some basic rules we should know before getting started.

**Stick interference.** Players may not lift, slash, hold or otherwise impede an opposing player’s stick. This is an infraction that results in a free hit for the other team.

**High Stick.** Players may not make contact with the ball using their stick above average knee level. Players may not raise their sticks above waist level at any time, including on the backswing or follow-through of a shot. This is an infraction that results in a 2-minute penalty and a free hit for the other team. Please note that this is an important rule in order to prevent face and eye injuries so be strict, especially in the beginning to set the standard and learn the players a proper behaviour.

**Hands.** Players may not use their hands to play or touch the ball, with the exception of the goalie within the goal crease. This is an infraction that results in a free hit for the other team.

**Feet.** Players can use their feet once to either pass to another player or kick the ball onto their own stick.

**Head.** Players may not play the ball with their head. This is an infraction that results in a free hit for the other team.

**Jumping.** Players may not jump to play the ball. One foot must be on the ground when touching the ball (Running is not considered jumping). Jumping over the ball without touching it is permitted. This is an infraction that results in a free hit for the other team.

**Playing on the ground.** Players may not sit, have a hand on the floor (stick-holding hand excluded) or go down on both knees to play the ball or block shots; only goalies may play from their knees. This is an infraction that results in a free hit for the other team.

**Placing your stick between another player’s legs.** Not allowed. This is an infraction that results in a free hit for the other team.

**Illegal distance.** Defensive players (or their sticks) may not be within 10 feet (3 meters) of the ball on a free hit or on a smaller court 7 feet (2 meters).

**Body contact.** Only shoulder-to-shoulder contact (like soccer) is allowed. Tackling is not allowed. Players may not hold opposing players, or their jerseys, or interfere with their movement. Minor infraction results in a free hit. Major infraction, such as a dangerous play, or repeated infractions result in a 2-minute penalty.

**Infraction in a scoring position resulting in a penalty shot.** When playing without a goalkeeper, a penalty shot is taken from the midpoint of the court, on an open goal. Playing with a goalkeeper, the penalty taker must move the ball forward or sideways, but not backwards, before making the final shot.

**Crease violation, if playing with a goalkeeper.** Defensive players (or their sticks) may not be inside the goalie crease (the small box in front of the goal cage). If a defensive player plays the ball in his own goal crease, a penalty shot is awarded to the attacking team. A defensive player in the goal crease (without touching the ball) or an attacking player in the goal crease results in a free hit.

# 5. Basic game variations and tactics

## Focus

5.1 - Beginning defending

5.2 - Beginning attacking

5.3 - Ending a session

## 5.1 Beginning defending

When it comes to Floorball, there are a number of different formations in which the team can defend. The most important factor is to understand when the team has switched to defending. When the opponent has played the ball past the highest fore-checking player of our team, we need to transition to defense, since all player needs to be able to see the ball and their opponents.

In order to defend efficiently against the player with the ball, the defending player needs to always be between the/any attacking player, the ball and his or her own goal (goal side). The movement, speed and skill of the opponent will determine how close the defending player should be to the opponent in order to not lose contact. The main objective is not to take the ball but to prevent the attacking player from passing the ball past the defender or take a shot on goal. The same applies when defending an opponent without the ball. Being goal side\* of the attacking player is a crucial and very important part about defending.

\* A defending player should always position him or herself in such a way that the ball and/or the attacking player has to go through him/her to get to goal. Also, a defending player should always see both, his/her opponent and the ball. Seeing only the ball is not good enough.

## 5.2 Beginning attacking

When entering the attacking phase, all the players on the field have an important role. One will be moving the ball forward whilst looking to pass it, others create passing lanes where no defensive player is between them and their teammate with the ball, one supports the ball carrier by giving a pass alternative to the back and one is moving into position to maybe take the shot.

The team attack will be at it's best when the entire team is participating and are being active in the attack.

## 5.3 Ending a session

The best way to familiarize your self with the basic tactics is to use them in match-like situations. Ending your practice with a scrimmage allows your players to use the skills and tactics they have been going over during the session. Set up teams, courts or rules to fit the group and the skill-level of the players you're dealing with.

Never forget the fundamental rule of this sport, we are here to have fun and to enjoy each other's company. It is the responsibility of everyone on the team, coach and players alike, to remember and play by this rule.

Enjoy!

# 6. Planning lessons

This guide is intended to help you teach the game of Floorball and plan lessons for large classes of students. The guide consists of a variety of basic exercises that are suitable for newcomers to the sport. They are designed to make the introduction more fun and beneficial for everyone involved.

We have divided the guide into warm-up activities, exercises and scrimmaging (Game-Play). For each exercise, we explain the purpose of the exercise and give tips on how it can be modified to fit your needs. Finally, we provide guidelines for planning an entire lesson.

## Warm-up

When it comes to the warm-up, it is good to get a feeling of smoothness in the wrists, so the ball won't feel like a "hot potato" when you start playing. Some of the warm up exercises have a more playful approach. The target is to have fun while the player gets familiar with the stick. These exercises focus mainly on warming up floorball skills. It is also a good idea to add other warm-ups for the body such as running or stretching, depending on your time frame and age group.

## Exercises

The beauty of the sport is that focus is usually on stick handling and playfulness. A great deal of freedom and fun are the things that bring out the inspiration that players need to keep developing. This has been kept in mind when planning the following exercises.

## Overall approach

All of us are ultimately here for the same reason, **to have fun doing what we do**. If it is not fun, why do it? This will be important to keep in mind as these kids and beginners evolve into more skilled players. After an initial introduction to the sport has taken place we should focus on creating a fun, safe and supportive environment that allows every player to learn, grow and develop. We will all learn more and more over time and become better at shooting, passing and dribbling. We will also learn to work and play as a team.

We are about fundamental development at this stage. We will be able to take on more complex and difficult skills and tasks as we progress over the duration of this learning process. For now, a lot of focus will be on giving everyone the opportunity to try out the new sport taking place in their school, the local YMCA, Boys and Girls Club or neighborhood recreational center, keeping it at a simple level. We should strive to facilitate a feeling of inclusion and fun for everyone.

# Have fun!

# A complete program

Although it is preferable to have as many sticks as possible, all the exercises can be performed with fewer sticks than players and most with about 2 players per stick. Also, most of the exercises use only a limited space, so you can fit many groups in an entire field. Therefore, there should be no problem planning a complete program even for a large group with a limited number of sticks.

Divide the session into three parts: warm-up, exercises and scrimmage. The time of the respective parts should be about 15% warm-up, 60% exercises and 25% scrimmage.

## Warm-up

Choose one of the warm up exercises, for example number 2: Tunnel ball. Divide your students into suitable groups of players. Play for about 5-10 minutes.

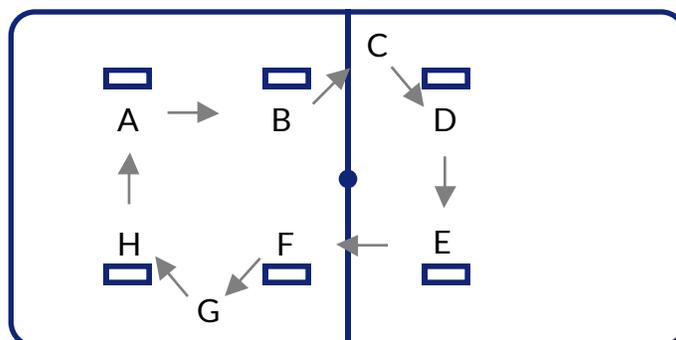
## Exercises

Here we have 3 to 5 different stations that the students rotate between. Choose one of the exercises for each station. (If there are many students you may need to have two or more of each exercise set up at each station.) Spend about 10 minutes on each station before rotating. We recommend a water break halfway through.

Since most exercises are suitable for 4 or 8 players it may be a good idea to have 8, 16 or 24 players in each of the rotating groups. Note that the rotating groups may be of different sizes in order to fulfill this. The exact size of the groups may require some detailed planning depending on the exact number of students and which exercises you wish to use.

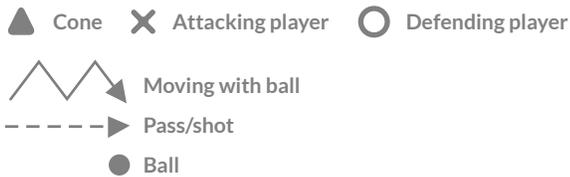
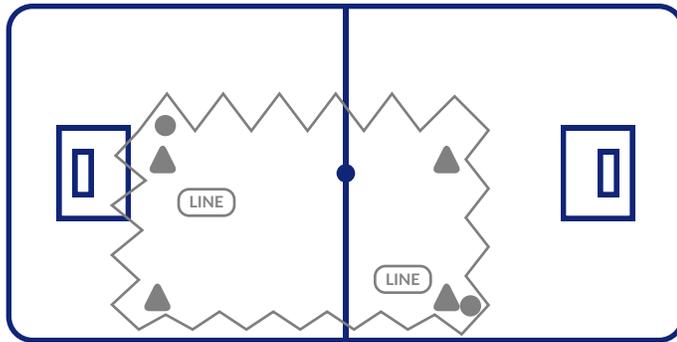
## Scrimmage (game-play)

Divide your students into teams of 3-4 players. Set up as many fields as possible for 3v3 or 4v4 matches. Play for 2-3 minutes before rotating the teams. Floorball is a high intensity sport where, even on a small court, a short game will get the players tired. If there are many teams, all teams will not be playing at all times. If there are, for example, 8 teams (A-H) there can be two teams on the side as the rotation scheme below shows. Always leave the sticks on the field when rotating off. See the rules for scrimmaging (Game-Play) in our separate guide, where you can also find some game variations and tactics. The guide can also be found at our web page [www.floorball4all.com/how-to-play](http://www.floorball4all.com/how-to-play).



# Warm-up

## 1. CHASE TAIL - APPROX. 8 PLAYERS



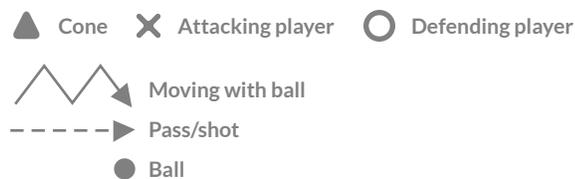
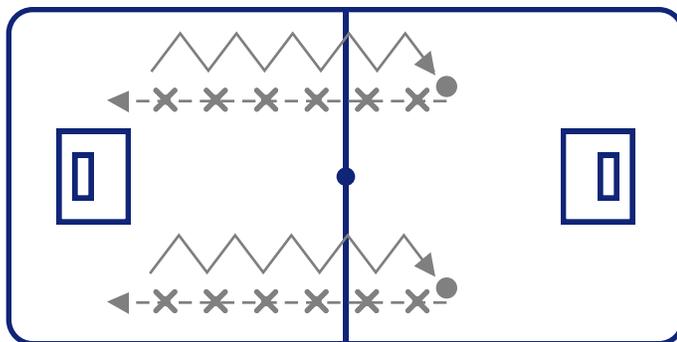
### Instructions

Start with two teams, in lines, at opposite corners of the designated play area. There should be about 4 players in each line. Both lines should have their “tails” towards the center of the field. The first person in each line starts with a ball and a stick. On a given signal, the first player in each line runs around the field according to the figure. Both players going in the same direction. When the first person has run one lap s/he gives the ball to the next person in line, who starts another lap, and so on. When a player comes to the end of the line s/he hands the stick forward to the next player in line without a stick. For the game to work smoothly, the first two players in each team should have a stick. The goal is to catch up with the other player, to win the game.

### Purpose

This warm up includes running and dribbling in order to get your pulse going, although in a fun way where two teams are facing each other, creating an exciting atmosphere.

## 2. TUNNEL-BALL - 4-6 PLAYERS/TEAM



### Instructions

Two or more teams line up parallel to each other. There should be 4-6 players in each line. The last person in each line has a ball and on a given signal s/he brings it forward to the start of the line. The player then passes the ball between the legs of his teammates back to the last person in line who repeats the process. For the game to work smoothly, the last two players in each team should have a stick. When a player comes to the front of the line s/he hands the stick back to the closest player in line without a stick. Each line of players will move forward toward a finish line. The team who crosses the finish line first, wins.

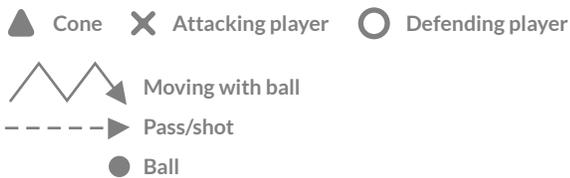
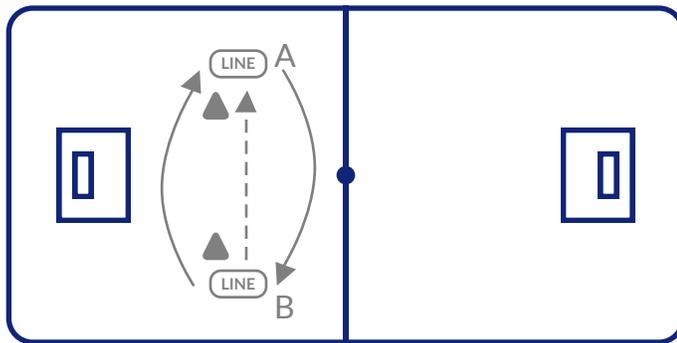
### Purpose

This is a fun, competitive exercise that creates a good atmosphere at the beginning of a lesson. The drill is also suitable for the end of a session along with a scrimmage (Game-Play).



# Exercises

## 1. FOLLOW THE PASS - 8-12 PLAYERS



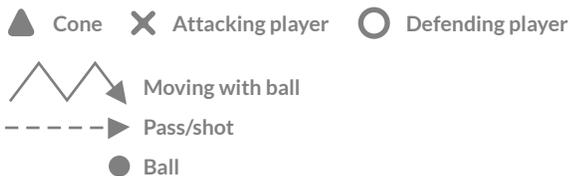
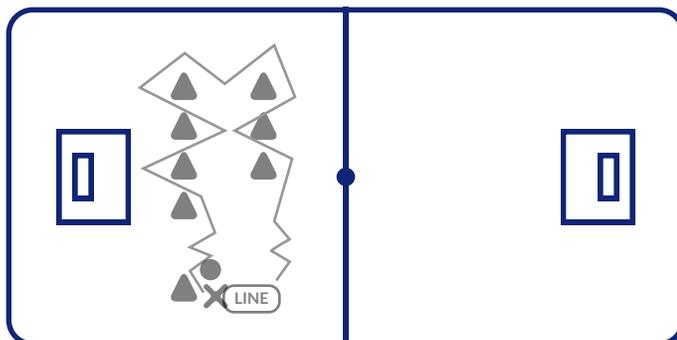
### Instructions

Form two lines with 4-6 players in each. The first person in line A passes the ball to the first person in line B, and then runs to stand last in line B. The first person in line B then passes the ball to the first person in line A and runs to the end of line A. Keep going and always move the stick forward to the first player in the line without a stick. To smoothly function, the first two players in line A and line B should have a stick.

### Purpose

This exercise is designed to practice passing with a high tempo. Try to focus on keeping the passes on the floor at all times. Vary the exercise by switching from forehand to backhand and limit the number of touches when passing until players can pass with only one touch.

## 2. SLALOM - APPROX. 4 PLAYERS



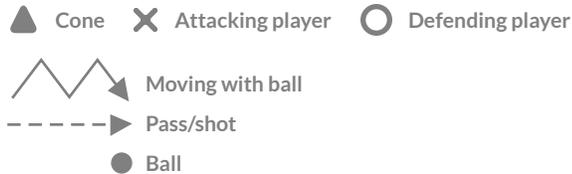
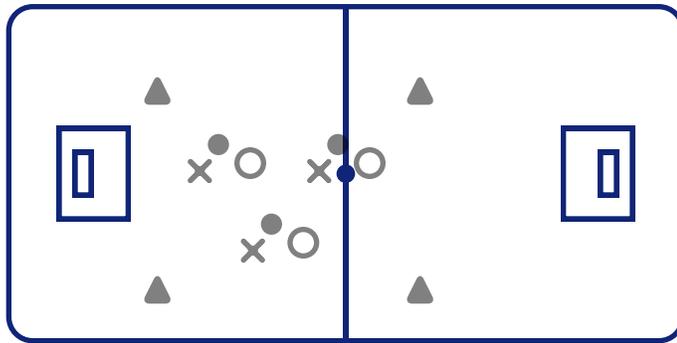
### Instructions

The first player in the line starts from the single cone and dribbles to the first line of cones. He dribbles up through the first line of cones and dribbles back through the second line of cones. The next player starts dribbling off when the player in front has gone through the first line of cones. A player returning to the line hands the stick forward to the next player in the line without a stick. This exercise can be done as a single station or as a competition between two or more teams. The first two players need a stick and a ball in order for the drill to run smoothly.

### Purpose

This exercise practices basic stick handling. Being able to move the ball from one side to the other is a key component in stick handling, and once mastered, enables the player to take the game to the next level.

### 3. SMALL TEAMS - 9-12 PLAYERS



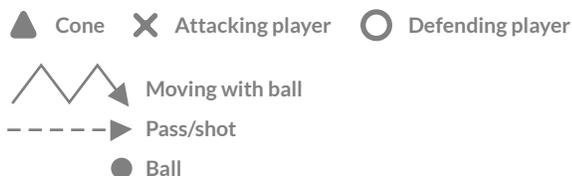
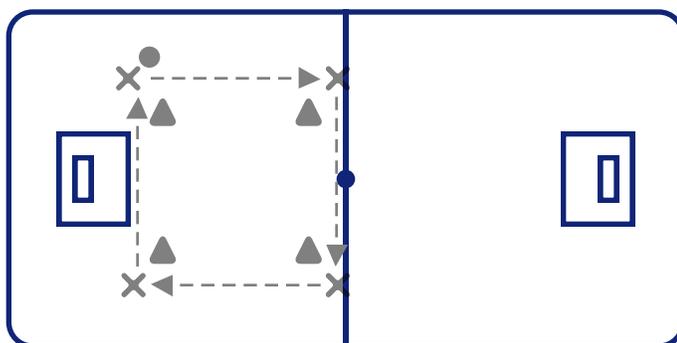
#### Instructions

Play 3 v 3, or 4 v 4 in a small space. Divide the group into three teams. One team starts with the ball and tries to keep possession of the ball while the second team tries to gain possession of the ball for themselves. Play for about 2 minutes then substitute one of the teams with the third team. Except for the first rotation, each team plays for four minutes and rests for two minutes. Depending on the number of players per team, a minimum of 6-8 sticks is required for the exercise to work.

#### Purpose

In this exercise the players will learn to shield and protect the ball using the body and their stick. They will get an understanding on how to move off the ball (for their teammate with the ball), in order to create passing lanes to keep possession of the ball and to find quick solutions when under pressure. Players should focus on handling the ball under pressure with the head up in order to see where opponents, passing options and/or dribbling spaces are.

### 4. SWEDISH SQUARE - 4-8 PLAYERS



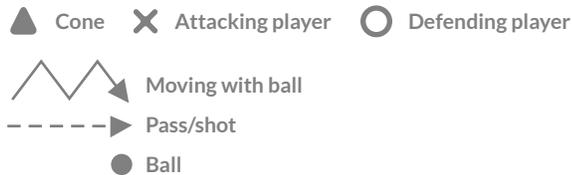
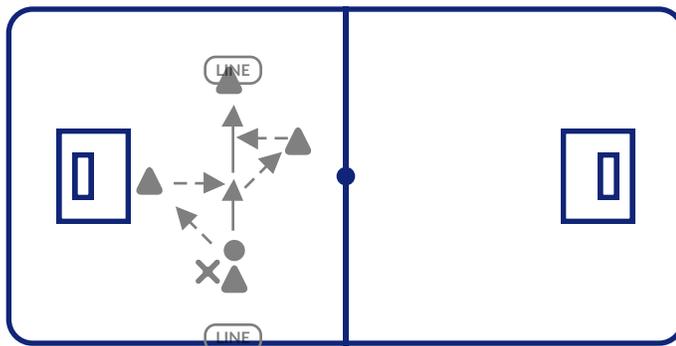
#### Instructions

Four players form a square, where they pass the ball to each other according to the figure. You can have one extra player for each player in the square to switch between each pass. If necessary, each pair can share one stick. Encourage the players to communicate with each other while passing the ball and to focus on their body shape when receiving the ball. They should have their body open to the court, facing the diagonal corner, when receiving the ball.

#### Purpose

This exercise teaches players to deliver and receive passes quickly and effectively, as well as communicate during play. Vary the exercise by limiting the number of touches when passing, and by switching direction to practice both forehand and backhand.

## 5. AUSTRALIAN TRIANGLE - APPROX. 8 PLAYERS



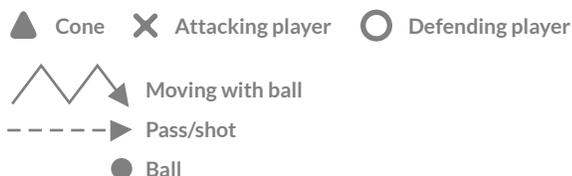
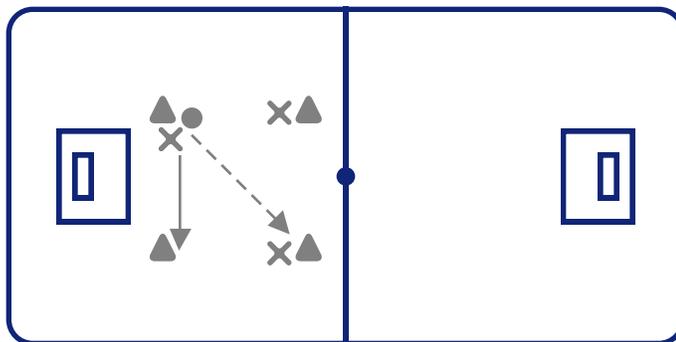
### Instructions

Form two lines facing each other according to the figure. There should be about 3 players in each line. Two players have fixed positions at the cones on the sides. The first player in one line starts by passing the ball to the player on his left. This player returns the pass slightly in front of the first player so that he can receive the pass on the move. The first player then passes the ball to the player on his right who also returns the pass slightly in front of the first player. The player ends by passing the ball to the first player in the opposite line, this player then repeats the process, going the other way. Pass the stick forward to the first person in the line without a stick. Switch the fixed players at the cones after a while. A minimum of five sticks are needed for the exercise to progress smoothly, one each with the fixed players on the sides, one each with the first and second player in the starting line and one with the first player in the opposite line. Encourage the players to communicate with each other while passing the ball.

### Purpose

This exercise practices passing during movement which is an important part of game-play. The players should focus on handling the ball with the head up to keep track of their teammates while moving forward.

## 6. NORWEGIAN SQUARE - 4-8 PLAYERS



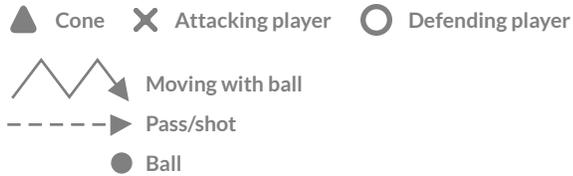
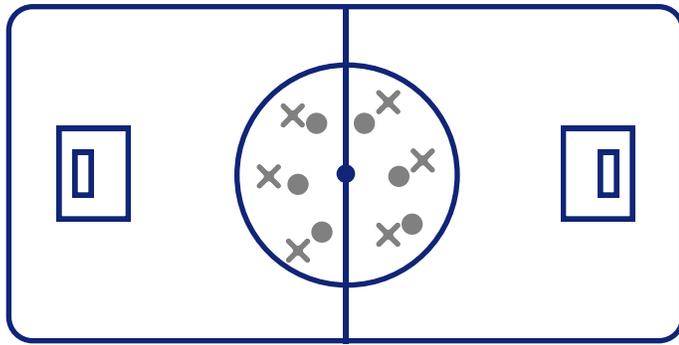
### Instructions

Form a square of four cones. Place a player at three of the corners, leaving one corner free. There can be one or two substitutes. The first player passes the ball to one of the other two players. He then runs to the free cone and waits for a new pass. The player who received the pass repeats the process. Substitute one of the players every minute.

### Purpose

This exercise practices both stamina and stick handling. The players also need to stay alert to keep track of which passing options are currently available. Vary the exercise by lowering the number of allowed touches.

## 7. KNOCKOUT



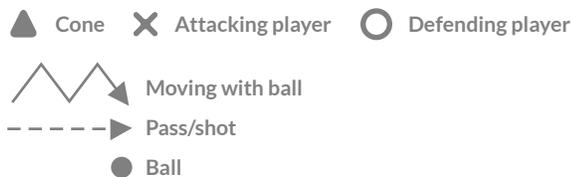
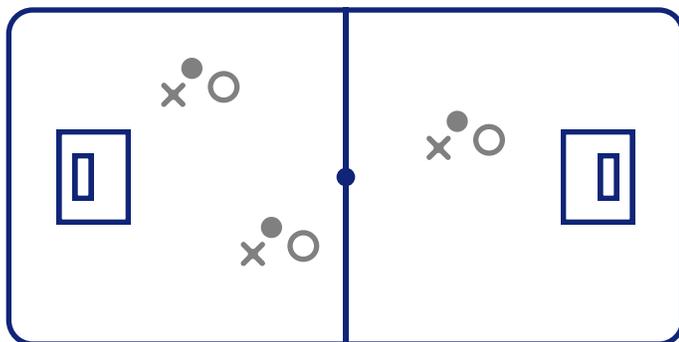
### Instructions

Gather all players in the center circle. Every player must have a ball and their stick. The objective of the game is to knock out other players by sending their ball out of the circle, using the stick. A player who gets knocked out waits outside the circle until the game is over.

### Purpose

Practice your ball handling, practice to look up.

## 8. 1 VS. 1



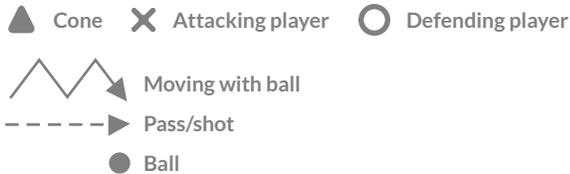
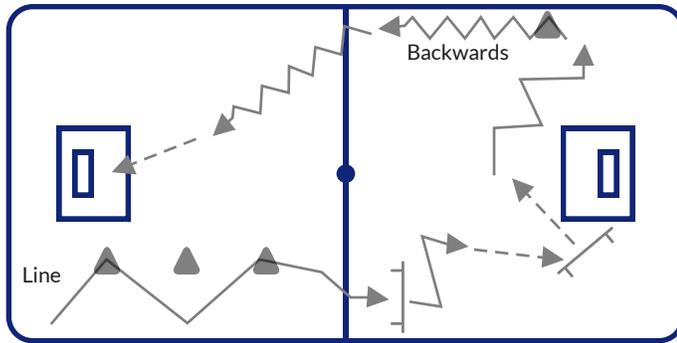
### Instructions

Get into pairs. The player with the ball is the attacker, the player without the ball is the defender. The defender tries to take the ball from the attacker. If possession is lost, the defender becomes the attacker. Switch partners every few minutes.

### Purpose

Practice ball control and keeping possession whilst having an opponent trying to steal the ball.

## 9. BROOKLYN



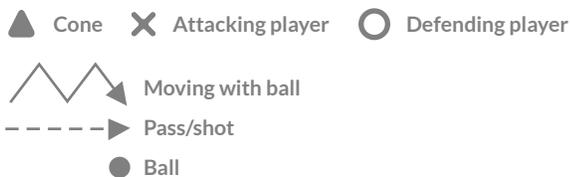
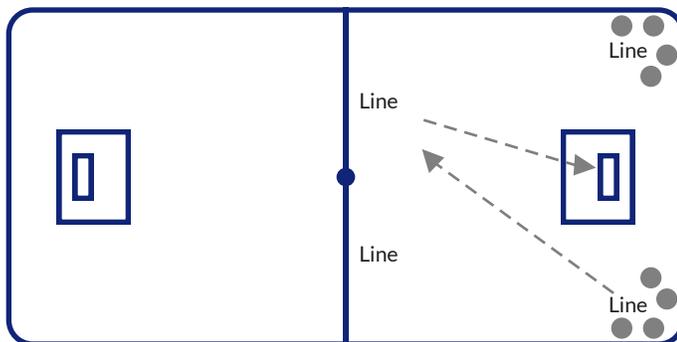
### Instructions

Start with a line of players in the corner, zigzag around the cones with the ball, lift it up over the bench with your stick and continue. Pass the second bench, go around the cone and continue backwards. Finish off with a pass or a shot before starting over by the end of the line.

### Purpose

Improve your ball handling.

## 10. THE CROSS



### Instructions

Form four lines, two lines in the corners, with balls, the other two lines on either side of the center circle behind the middle line. Pass the ball diagonally from one corner to the line on the far side of the center circle. The player in front of this line receives the ball and takes a shot at goal. After the shot has been taken, the other side has their turn. After passing or shooting, move to the next line in a clockwise direction.

### Purpose

Good exercise for a goalkeeper as well as practicing accuracy, passing and shooting from a distance.

## Different mini-games

To challenge the player's ability to react to changing situations on the field and to look for the best possible available position, it is good to play different forms of mini games: You can try these games in a 3 vs. 3 format or with more players where indicated:

- **Walking Floorball, 5-6 players per team. No running is allowed!**
- **Sticks held upside down with the goals closer together.**
- **Normal play with multiple balls.**
- **Normal play with four balls.**
- **Normal play but no running with the ball.**
- **Normal play with the stick only in one hand.**

## Links

### **The International Floorball Federation (IFF)**

Information on the world of Floorball with useful downloads of teaching materials as well as the official Rules of the Game, links to associations, equipment manufacturers and more.

[www.floorball.org](http://www.floorball.org)

### **Floorball Equipment Suppliers**

[www.floorball4all.com](http://www.floorball4all.com)

[www.unihoc.se](http://www.unihoc.se)

[www.zone.se](http://www.zone.se)

[www.reactorfloorball.com](http://www.reactorfloorball.com)

### **The United States Floorball Association (USFbA)**

Information on Floorball in the USA.

[www.usafloorball.org](http://www.usafloorball.org)

### **This guide**

[www.floorball4all.com/how-to-play](http://www.floorball4all.com/how-to-play)



Floorball 4 All, Inc.  
8 The Green, Suite #4800  
Dover, DE 19901  
[info@floorball4all.com](mailto:info@floorball4all.com)

[www.floorball4all.com](http://www.floorball4all.com)