



Floorball

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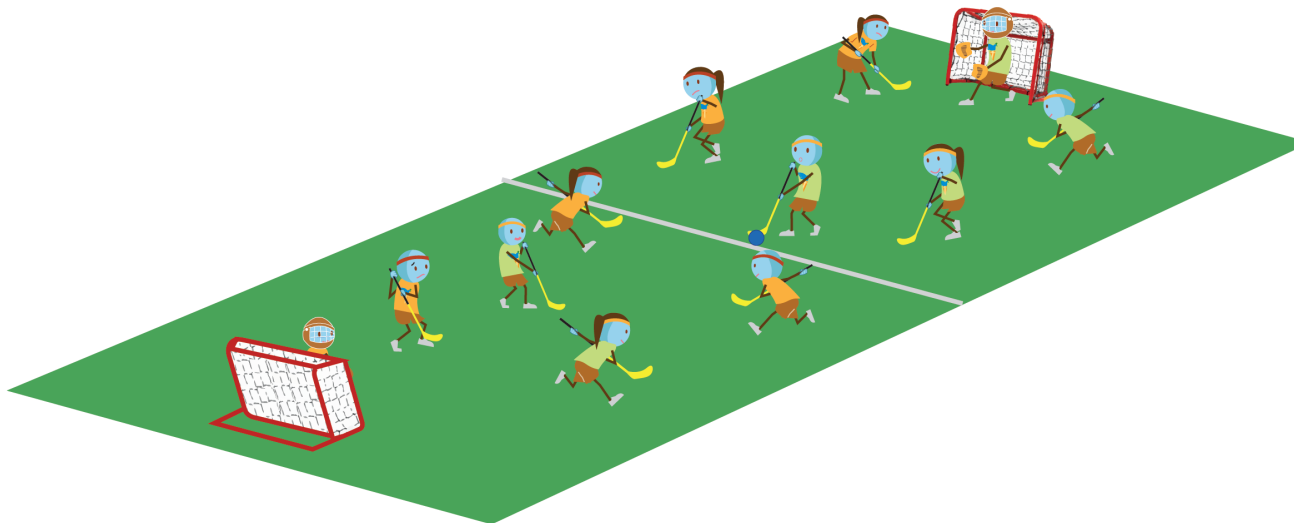


Aim of the game

To cooperate as a team to get the ball into the opposing side's goal, using sticks.

Basic rules

- Two teams of six players (five players plus goalkeeper).
- Each player has a stick except for the goalkeepers, who have a helmet and gloves.
- Players are allowed to run with the ball and stick without limit and to pass the ball in any direction.
- The winning team is the one that scores the most goals in the time allowed.



Features

Values

- Reflexes
- Agility and mobility
- Working individually in the interests of the team

Specific features

- **Free movement with the ball**
Players are allowed to move around the court freely with the ball in all directions.
- **The same stick for everyone**
The use of an identical stick reduces the effect of size difference between the participants; young girls and boys of differing ages can thus go head-to-head on a level footing.
- **A very important strategic element**
As strength is not of great importance in order to win, participants rapidly develop their own tactical skills (strategies) for attacking and defending as a team.

Champion tips

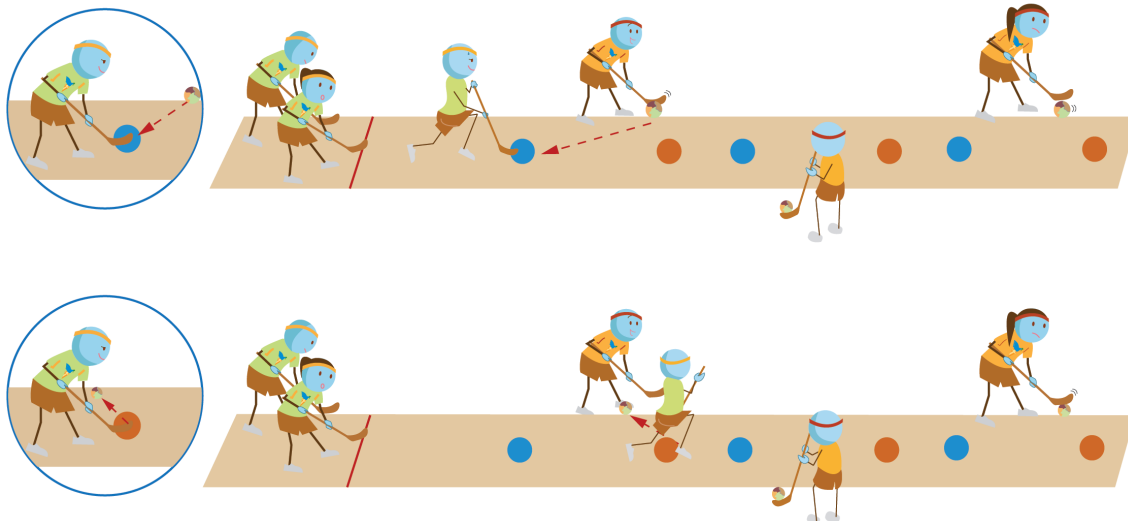
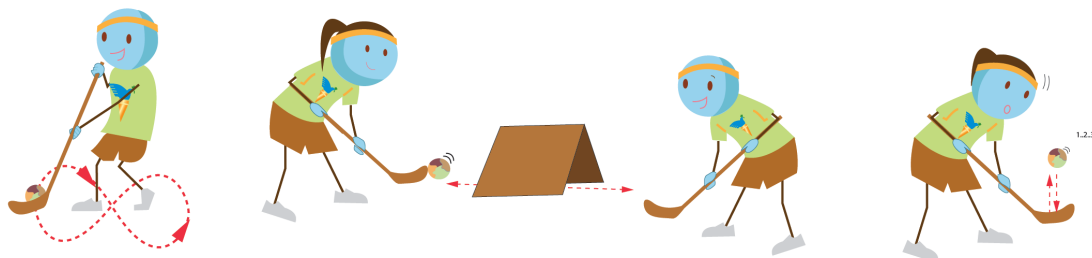
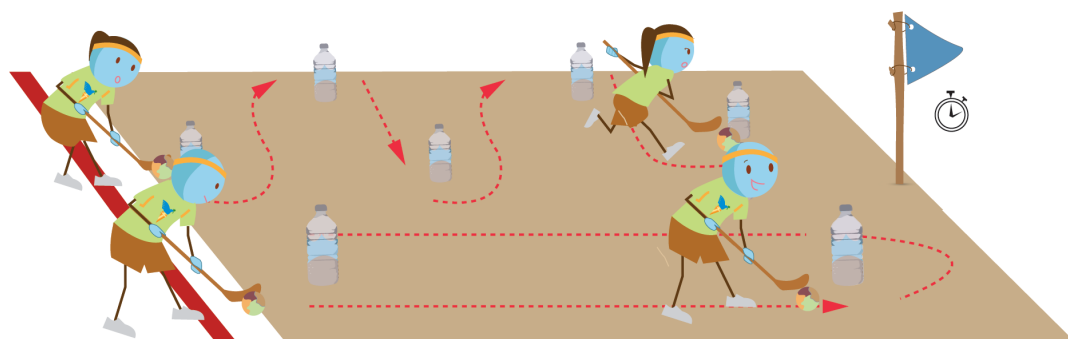
Team spirit develops between the players, making it an important characteristic of floorball. Each player is unique and should use their skills to benefit the others. If some players get more opportunities than others, they must understand that it is only of limited benefit without the input and progression of their teammates.

The speed of play and the small rink size makes floorball an activity where movement is collective, with and without the ball, which provides for efficient, offensive play. This occurs even in defence, where each player is part of a block and must adapt to their opponents' and teammates' moves.

Therefore, each action should be taken with the rest of the team in mind!



Setting up the activity



What can be adapted

Practice area

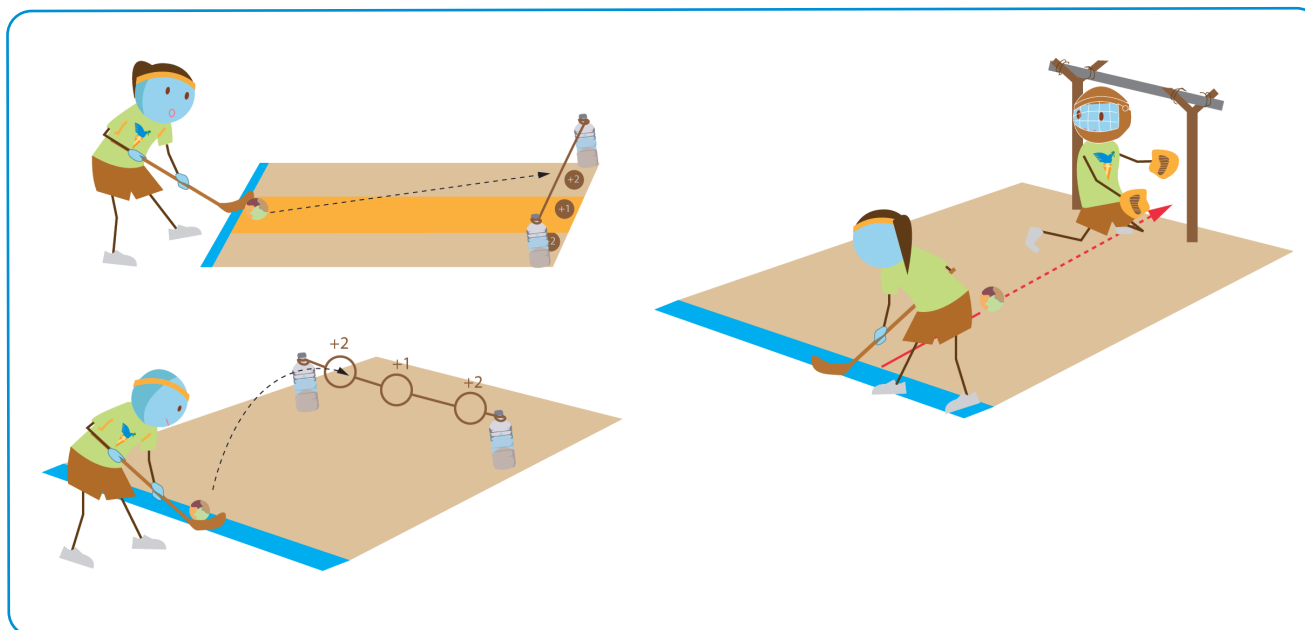
- Can be played inside or outside on all types of solid surface (tarmac, grass, etc.)
- The size and shape of the practice area can be changed (a larger or smaller rink depending on the number of players and the specific aim of the session).
- Can be played on a rink with just one goal (both teams simultaneously attacking and defending) or with two goals (each team attacking the opposing team's goal and defending their own).

Equipment

- Mark out the area of play using cones, rope, flags and/or painted lines/chalk (see sheet C).
- Distinguish between teams using headbands, stripes and/or different coloured clothing (see sheet C).
- Use:
 - ✓ goalposts, or equivalent (see sheet E),
 - ✓ a ball and sticks, or equivalent (see sheet E),
 - ✓ a helmet, gloves and protection for the goalkeeper (see sheets F and H).

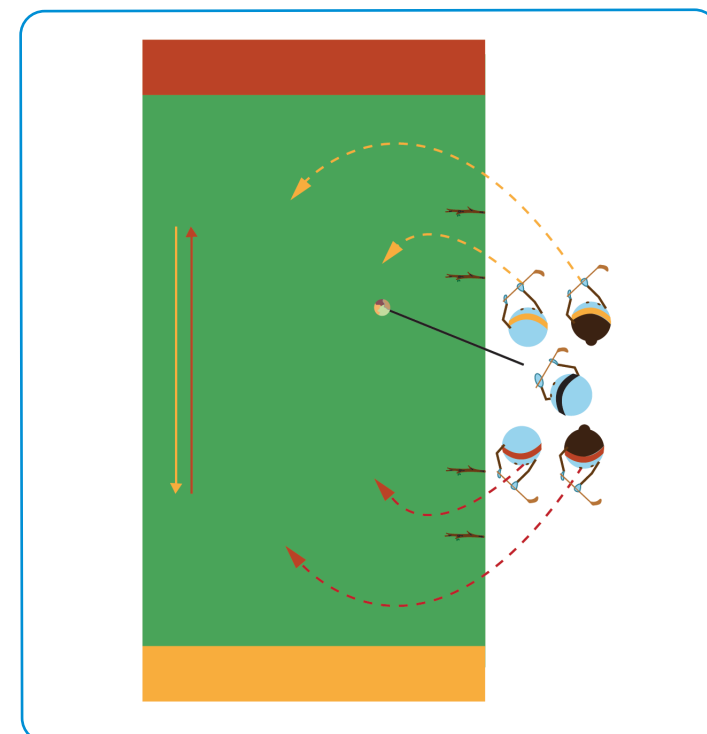
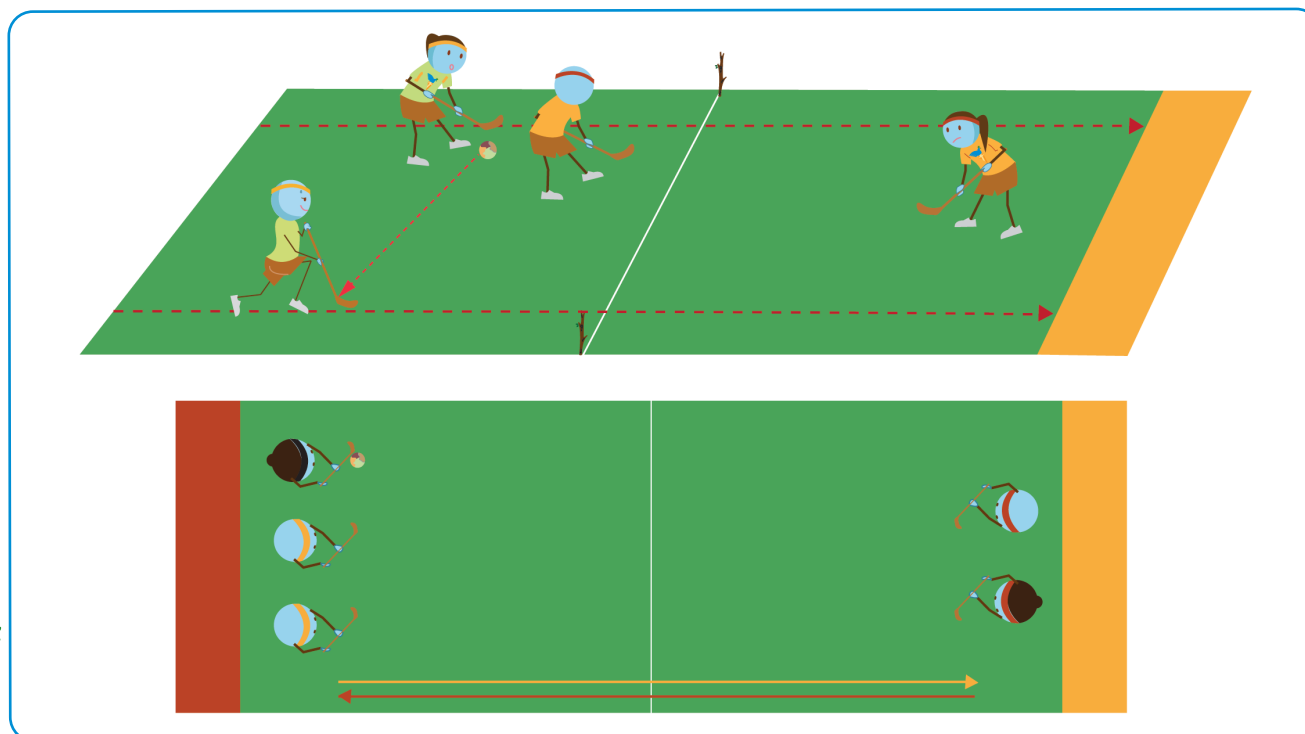
Rules

- Change the number of players per team.
- Reduce or increase the number of players on each side to create an unequal number of players and work on attack or defence (2 against 3, 4 against 6, etc.).
- To increase or decrease the difficulty:
 - ✓ increase or reduce the goal size,
 - ✓ use a smaller or larger ball.
- Decide on a minimum number of passes before a player must take a shot.
- Do not allow the goalkeeper to stand up (he/she must remain on his/her knees).
- Forbid players from running with the ball for more than three steps (after which point they have to pass the ball on).
- Change the goalkeeper's box (e.g. only shoot when a certain distance from the goal).
- Change the number of points scored according to the player who shoots and/or their position on the rink when they shoot.



Instructions

- Players should make sure that their partner is ready/paying attention before passing them the ball.
- Set a maximum time limit for attacking. If, by the end of this time, the attackers haven't scored, the ball reverts to the opposing team.
- When a defender is charged by an attacker, call their name and/or point it out to them.
- Ask for teammates' help in defence.
- Position yourself in an empty space and ask for the ball from teammates in attack (through speech, movements, etc.).
- Get the players to umpire matches in order to make sure the rules are respected.
- Change the number of players on court to avoid collisions.



Adapt the activity to your needs



Challenges identified

Trusting others

Communication
Listening to others

Cooperation

Working with others
Communication

Interdependence

Making an effort to help others
Using your skills to help others

Working with others

Communication
Interdependence

Working with others

Communication
Interdependence

Possible variations

In pairs, one is blindfolded and dribbles the ball while the other guides him/her using touch and/or speech.

All players on a team must have received the ball one or more times before the team can shoot.

No goal shooting! During a match, one player on each team can pass the ball but is forbidden from shooting.

Six-a-side match: each team only has three sticks that they have to pass around.

In two teams of eight: within each team, pairs of players are joined at the wrist.

Ethos of the activity

Score a winning goal, experience team spirit, feel the excitement of defending your goal...but also learn to accept defeat and manage your nerves before a game: floorball helps you to overcome these emotions and get to know yourself better.

Moreover, whether in attack or defence, players soon gain an awareness of their responsibilities towards the rest of the team. Throughout the game, they must make decisions and act on them.

Interpersonal skills and knowledge

Building an identity

- **Ability to pay attention and concentrate**
Players constantly watch the ball, even during defensive withdrawals.
- **Ability to make decisions**
Players choose the most appropriate path of action: dribbling, shooting or passing to a strategically placed player.

Relating to others

- **Respect for other people's abilities**
Players respect the capabilities of their partners and have confidence in them. If a less agile teammate is strategically placed on the court, players should not hesitate to pass them the ball.
- **Ability to adapt to others**
Players adapt to the strength and actions of their opponents and react quickly.

Sharing space

- **Sharing the practice area**
When playing in attack, players locate and move to empty spaces to cover ground and obtain the ball.
- **Positioning in the field**
Players interact with partners and opponents in a small space, respecting each other's physical well-being.

