



Svensk
Innebandy

Floorball at School

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FLOORBALL IS A SPORT WHERE EVERYONE CAN JOIN IN AND HAVE FUN!

This booklet provides tips for you, as an instructor, to create fun and inclusive floorball activities for all. The booklet describes exercises and games for children of all ages so that you can set up activities according to the target group.

Floorball is a sport that appeals to many people, it is fun, simple, varied, and open to everyone. A sport in which everyone can participate based on their level of ambition and ability!

Floorball can be played in different ways depending on the skill level of the players. Everything from 3 versus 3 on a rink measuring 20x10 metres to 5 versus 5 on a 40x20-metre rink, with or without a goalkeeper.

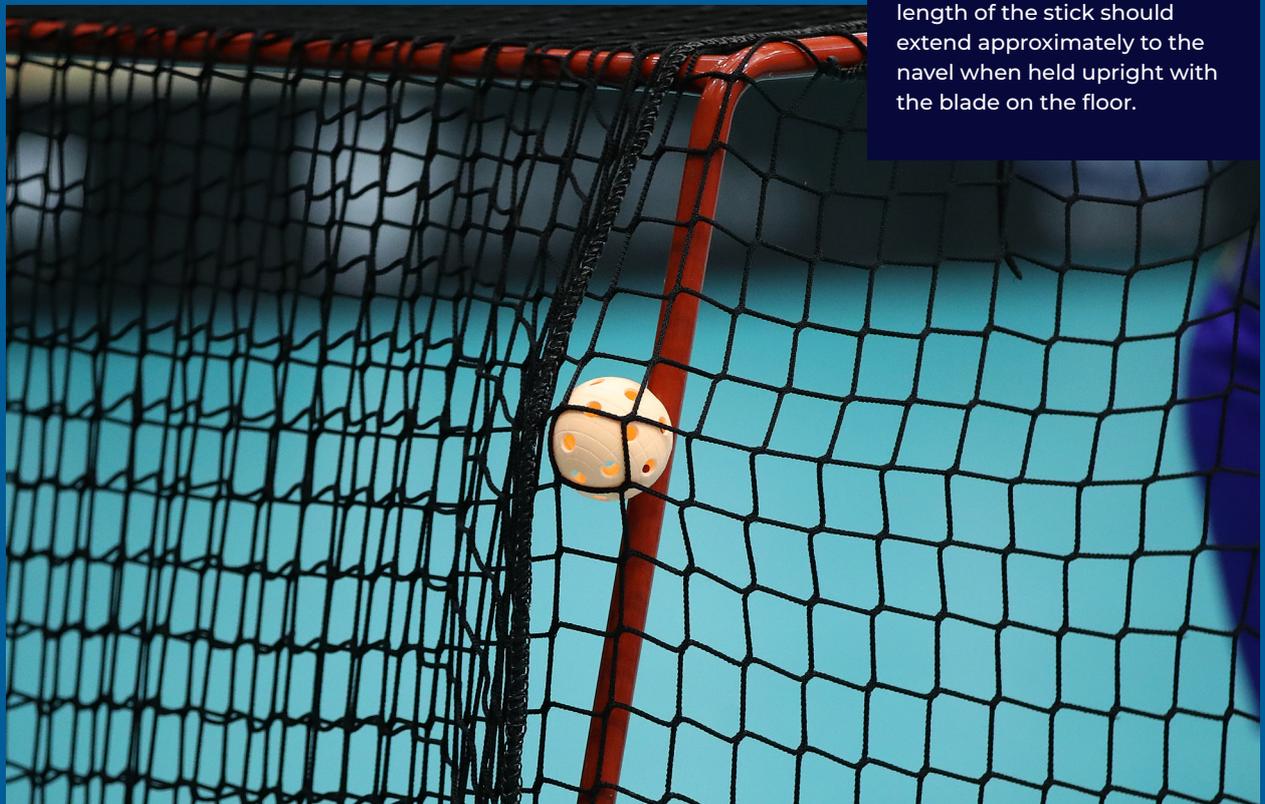
Thanks to the Värmland and Halland Floorball associations for their assistance in creating the material.

BASIC TECHNIQUES

Like in all other sports, there are several different actions, but there are a few basic ones to start from.

Ready position is the starting position that optimally enables many actions to be performed. Slightly bent legs, weight on the front part of the foot, and with the core muscles tensed. This makes it easier for the child to move and improves stability when tackling. The ready position looks similar in many sports, which can help you to explain to the children what they should consider.

For the children to have the best possible conditions for practising techniques and various basic actions, the length of the stick should extend approximately to the navel when held upright with the blade on the floor.



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WARM-UP

Below are suggestions for different ways to warm up with a ball and stick.

SLALOM RUNNING

Run along a course, each child has a ball. The child who is last in line runs slalom around the other children in the line until the child is at the front. This exercise works best when the class is divided into smaller groups.

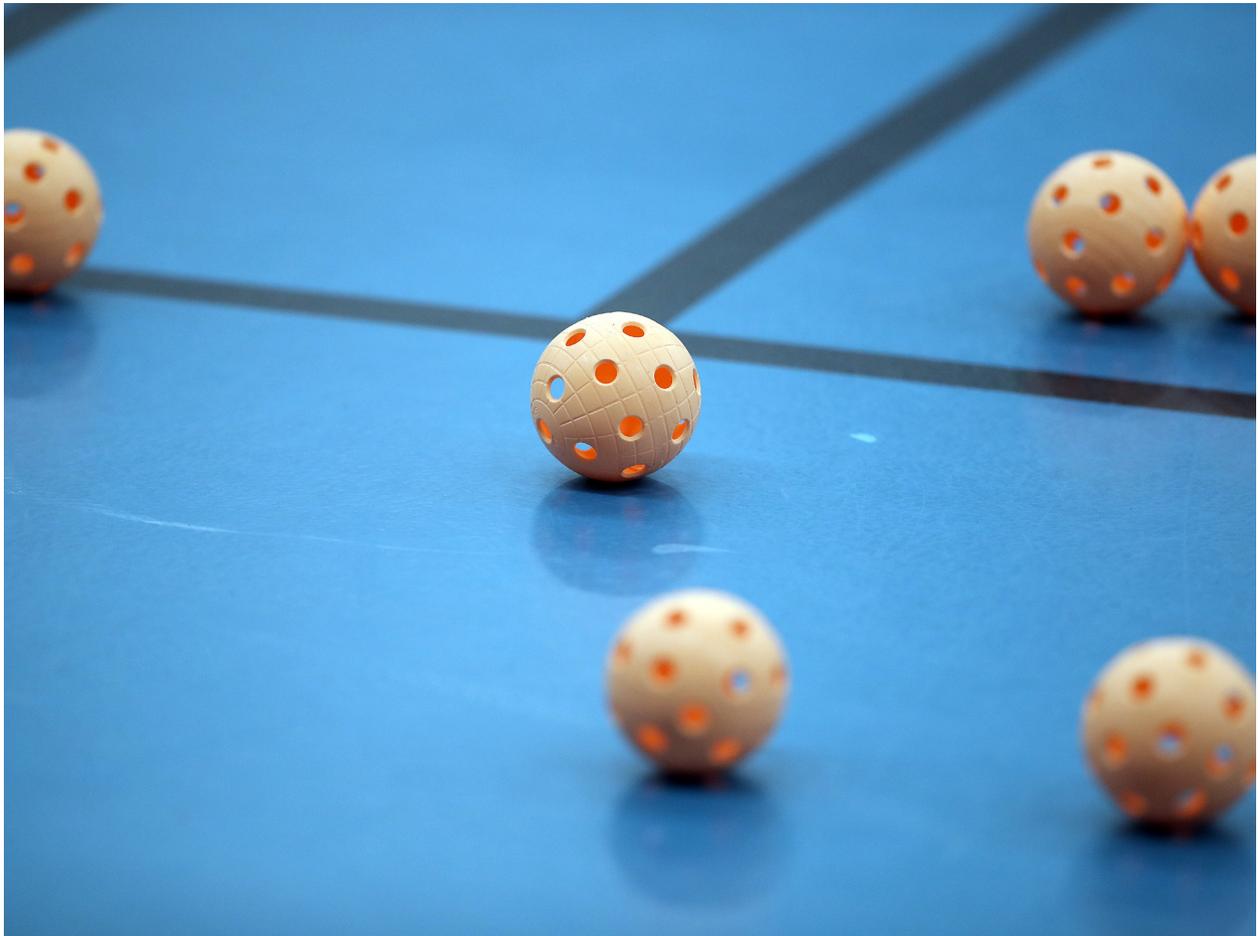
PAIR PASSING

A pair of children moves around the hall, passing the ball between themselves.

Here you can add that at the whistle, the child without the ball should try to take the ball off the other child; this continues until the whistle is blown again. The children then keep moving around and passing the ball to each other.

BUSTLE

Let the children move around in a limited area with a stick and ball without bumping into each other. The children can pass balls to each other, spin around and dodge when they encounter someone, and so on.



GAMES

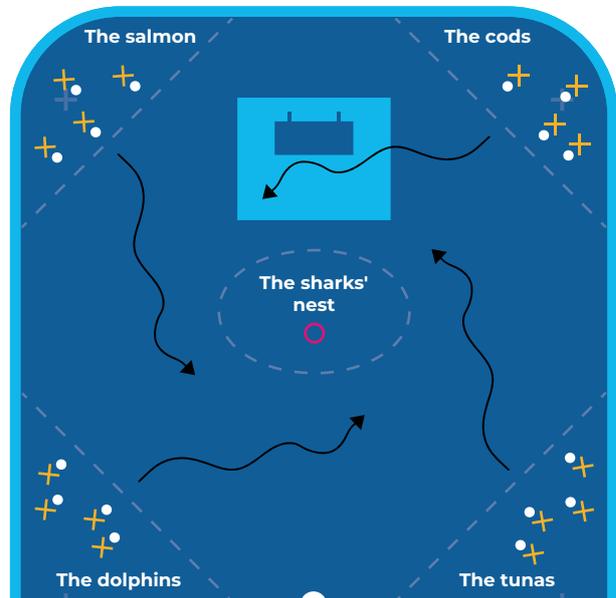
Many traditional games can be played with a stick and ball. A few examples follow below:

FISHY FISHY CROSS MY OCEAN

A traditional game for which many children already know the rules. In the game all children have a stick and ball, which helps the children to practise skills such as driving the ball, changing pace with the ball, split vision, and feints.

The children are divided into four corners where they get to decide which type of fish they want to be. The corner they start in is always their team's nest. The children each have a stick and ball with them throughout the game. The sharks in the middle, preferably a leader, start with a stick only.

The person leading the game now shouts either one of the team names (e.g. 'herring') or 'fishy fishy, cross my ocean'. If the latter is called, all children must leave their nests, otherwise only the team that is called (e.g. 'herring'). The teams then run around the shark's nest with ball and stick. The person leading the game shouts 'the shark is coming' and the 'sharks' are allowed to leave their nest to try to take the ball from as many of the fish as possible before the fish return to their nests. Those who lose their ball become new sharks, while those who make it back play another round. The game begins again when everyone (except the new sharks) is back in their nest. Continue playing until there are only a few children left as fish.



Fishy Fishy Cross My Ocean

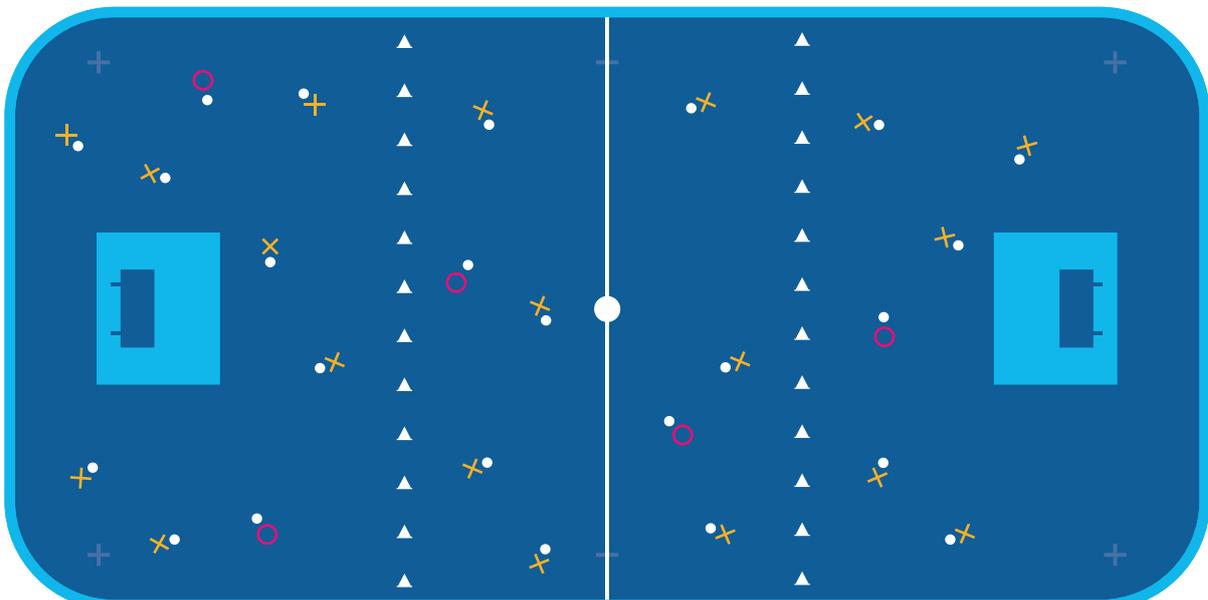
DRIBBLE TAG

Tag is a simple game where you can use a stick and ball in a variety of ways.

Playing dribble tag allows you to practise passing and dribbling. It is possible for the whole group to play using the whole rink, but it is even easier to divide

the group into two or three smaller groups to reach as many children as possible and to make the game more fast-paced.

Choose one or more 'taggers'. Everyone has a ball, even the tagger(s). Everyone dribbles around in the hall or in a limited zone. When a child is tagged, they stop and start dribbling on the spot. To free themselves, they must pass their ball to a child who is free and swap balls, then the child will be free.



Dribble Tag

RELAYS (3-4 CHILDREN/TEAM)

In relay games, you are only limited by your imagination when it comes to which actions and activities to include, but here are a few examples:

- Slalom between cones, back and forth.
- Slalom between cones forward, pass the ball back.
- Slalom between cones, run backwards while controlling the ball.
- Hit a cone with a pass 5 times/team, whoever passed gets the ball.
- Balance the ball on the blade back and forth, if the child drops the ball, they pick it up and continue from where the ball was dropped.
- Move the ball between two cones without touching the floor. Whoever has the ball on the blade must not move their feet, if the ball is dropped on the floor, the team starts all over again.

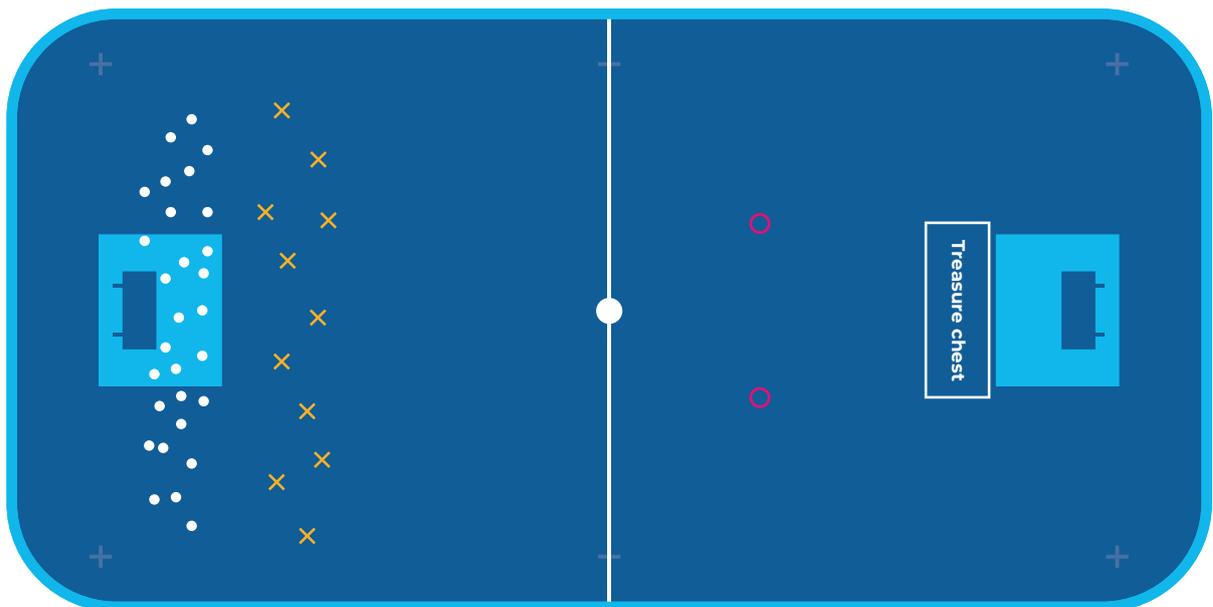
RELAY BINGO

To eliminate the gap between those who win or lose a relay, you can play the relay using a bingo card and one dice per team.

A bingo card with 9 squares is handed out to the teams along with a pen and a dice. The teams decide themselves which numbers to write in the boxes based on the dice numbers 1-6. When a team member has run their relay, they roll the dice, and if they land on the number on the dice that corresponds to the team's bingo card, the relevant box must be ticked. The first team to tick three squares in a row shouts 'Bingo' and wins the relay.

TREASURE GRAB (BASED ON CAPTURE THE FLAG)

The children must steal the treasure (balls) and get them over to the other side and into the treasure chest (goal). The children can steal/take the balls with their hands or drive them using a stick. In the middle there are two pirates (children or leaders) who try to tag the other children. Tagged players must leave the ball where they get tagged and pick up and grab a new one.

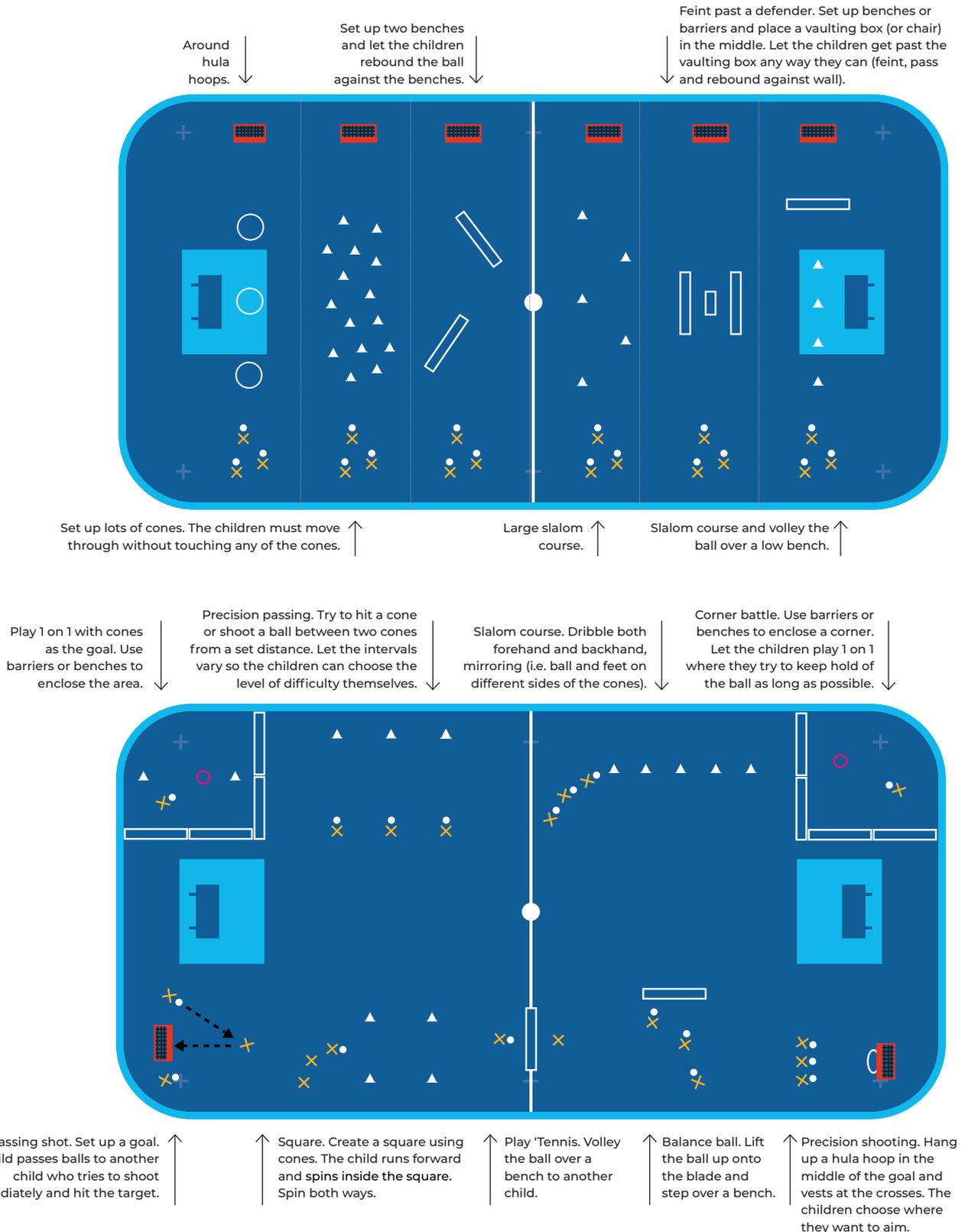


Treasure Grab (based on Capture the Flag)

STATION TRAINING

Try out station training, a few minutes at each station.

Three to four children per station should be appropriate. End each station with a shot at goal, at a hula hoop, or object. It is a good idea to have a specific interval when the next child should start so that it will not be too crowded among the children.



DIFFERENT TYPES OF PLAY

In addition to playing on the full rink, you can play in several different ways to make the game more motivating and to get everyone involved.

PLAY ON A SMALLER RINK (2 vs 2 and 3 vs 3)

Games can be varied in many different ways:

- Normal game with goals.
- Without goals, 5 passes in a row in the team gives 1 point.
- With cones as goals, passing to a teammate between the cones gives you points.
- With goals turned back-to-front.
- With several goals.

NUMBER BALL

The children stand next to the rink in two teams. You roll in a ball and say a number. That number of children in each team then jumps in and plays against each other. The game continues until the ball is in the goal, ends up outside the rink, or when you feel the game has been played long enough.





PULS POWER PLAY

FLOORBALL FITNESS

Floorball Fitness combines games using a stick and ball with elements that improve both strength and cardio. The terms used are **Pulse**, **Power**, **Play**. Floorball Fitness offers many health benefits in a single workout and requires no prior knowledge. Exercises using the body are mixed with sport-specific training.

Pulse – Start the session with a warm-up followed by exercises to get your heart rate up and get your body ready for training.

Power – Adapted strength training based on the group's composition and size, with a focus on strengthening and stabilising the muscles. The exercises are to some extent adapted to floorball.

Play – Time to play! Game activities in a smaller area without physical contact where everyone can participate. Here you practise various actions where playing for fun is the main focus.

For more inspiration and tips
– Floorball Fitness



Play floorball
in an easier and
more fun way!

FLOORBALL FLEX

The rules of Floorball Flex are simplified and specially adapted for those who have not played floorball before. A general rule is that the ball is taken from the opponent by intercepting passes and blocking. Taking the ball directly from an opponent's stick is not permitted. This means that whoever has the ball has more time to receive, control, and pass the ball to the next player. This is a game where everyone can participate and where it is easier for different ages and skill levels to play on the same terms.

- Take the ball away from the other team by blocking areas and intercepting passes. The ball must not be taken directly from the opponent's stick.
- Running into an opponent holding the ball is not permitted.
- No shooting from the team's half of the rink.
- The stick must always be below the knees.
- After a goal, the whole team returns to their starting point.
- If the ball goes out the playing area: Retrieve the ball and throw in to restart the game.

Floorball Flex is played 3 vs 3 or 4 vs 4 with or without goalkeepers on a playing area one third the size of the rink.

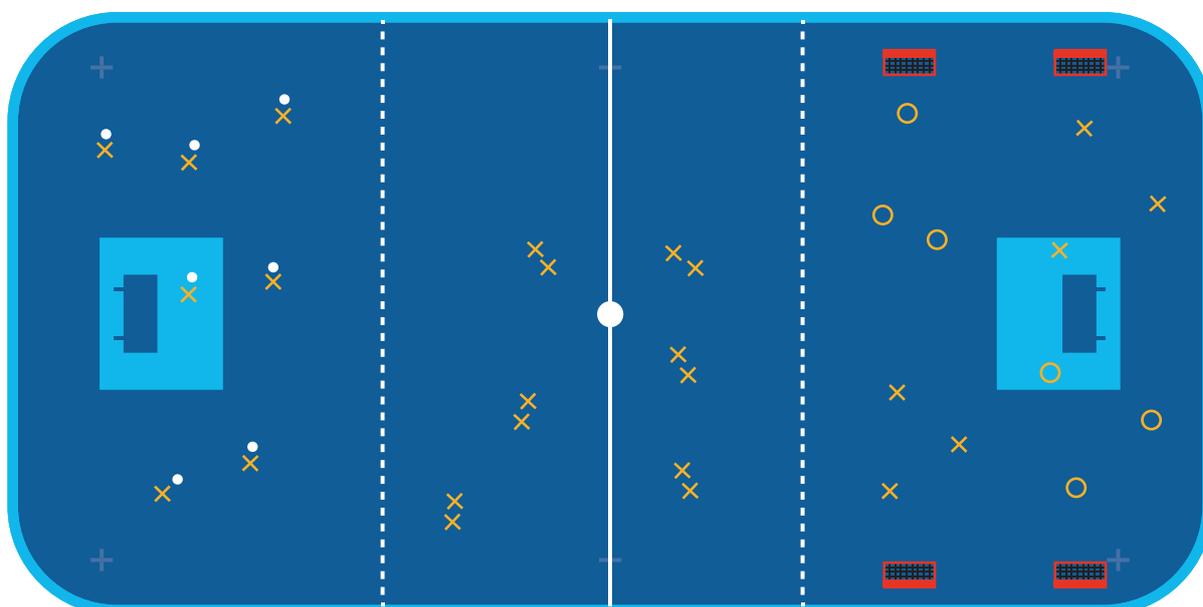
For more inspiration and tips
– Floorball Flex



Pulse ↓
Bustle, pair passing, knock down cone

Power ↓
Squats, cradle, dragon, back lift

Play ↓
Floorball Flex





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