

# Floorball

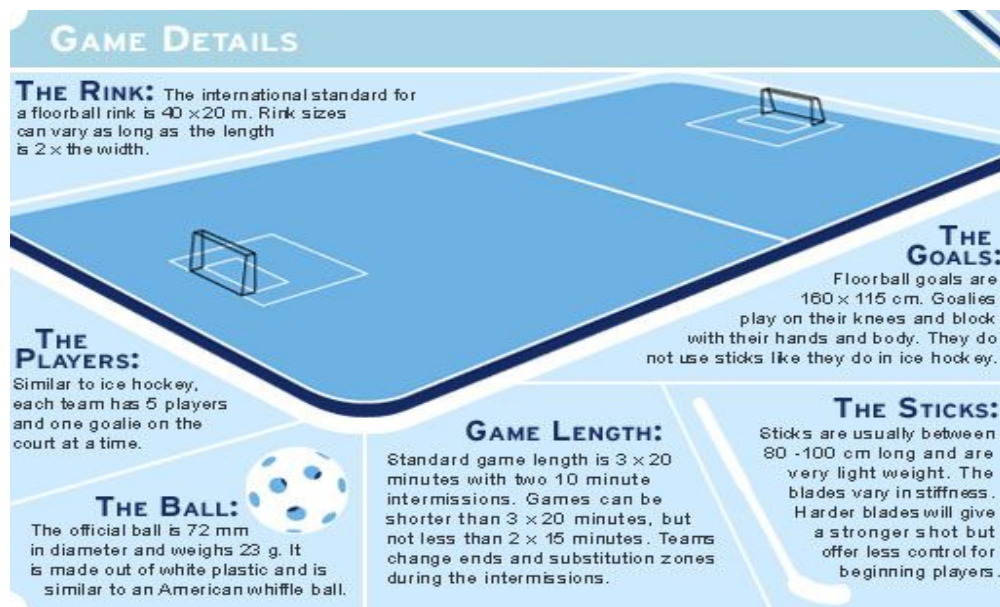
1. Basic Vocabulary
2. Basic rules, the rink and players
3. Basic skills
4. Comprehension



## But first, What is Floorball?

Floorball is an indoor game, similar to ice hockey, but it is non violent. It is a fast team sport with no physical contact . While floorball is similar to ball or floor hockey, it is faster and safer because of the unique rules and the lightweight equipment. The emphasis is on speed and skill rather than strength.

Floorball is also called floor hockey, innebandy, (in Sweden) salibandy (in Finland) and unihockey (in Switzerland).There are many professional leagues, such as Finland's Salibandyliiga and Sweden's Svenska Superliga. It also doesn't require any bulky equipment. **All you need is a stick and a ball!**



## 1. Basic Vocabulary

**rink:** pista, cancha

**rounded corners:** esquinas redondeadas

**upper:** superiores, de arriba

**wide:** ancho

**to measure:** medir

**goalkeeper:** portero

**nearest:** el más cercano

**damaged:** dañado

**goal cages:** jaulas de portería

**match:** partido

**tie:** empate

**resumed:** continuado, reanudando

**penalty:** castigo/penal

**penalty shot:** tiro de penal

**leading:** que conducen a

**to end with a tie:** acabar en empate

**breaks:** descansos

**to change sides/ends:** cambiar de campo

**throw-out:** saque

**to tackle:** hacer una entrada

**according:** de acuerdo con

**face-off dots:** puntos de face-off

**guilty:** culpable

**replaced:** reemplazado

**prevented:** evitado

**committed:** cometida

**offence:** falta

**a correctly scored goal:** un gol marcado correctamente

**penalty bench:** expulsión al banquillo

**awarded:** concedido

**shoot:** tirar

**at least 3 m from the ball:** por lo menos a tres metros de la bola

**fixed situations:** situaciones a bola parada

**dribble:** conducir

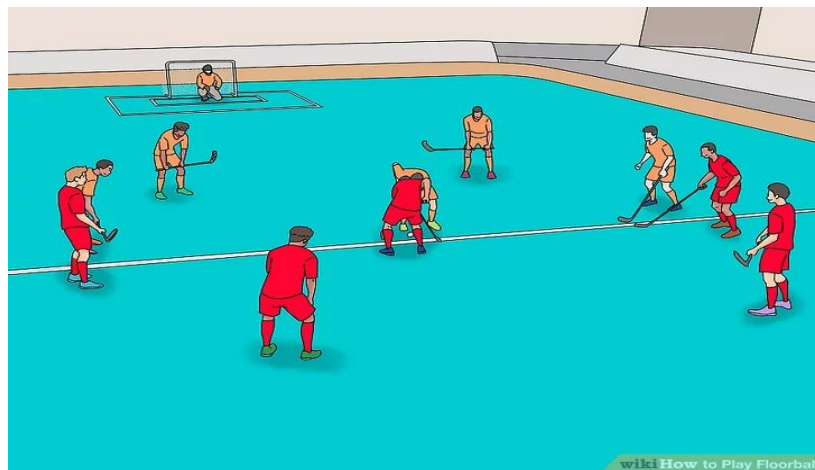
## 2. Basic rules, the rink and players

### Rules

In official floorball competition, teams play 5 v 5 with goalies just like in ice hockey and the games consist of three 20-minute periods with two 10 minute breaks.

If a match ends with a tie, teams play extra time until one team scores. The extra time is limited to 10 minutes. If no team scores in 10 minutes, the match is decided by penalty shots.

Start each game and new period with a face-off. Place the ball right in the center of the court, equally-spaced between both goals. 1 teammate from each team should approach the ball, placing their blades so that the ball is next to the center of the blade without actually touching the ball yet. After the whistle, the 2 teammates go for the ball, trying to hit it back to their own teammates. If a goal is scored, you continue playing with a face-off.



No high sticking. Blade must stay below player's knees. If ball is played with any part of the stick above the knee, it is high sticking.

No slashing. Do not hit your opponent's stick.

No lifting, pushing or kicking the opponent's stick.

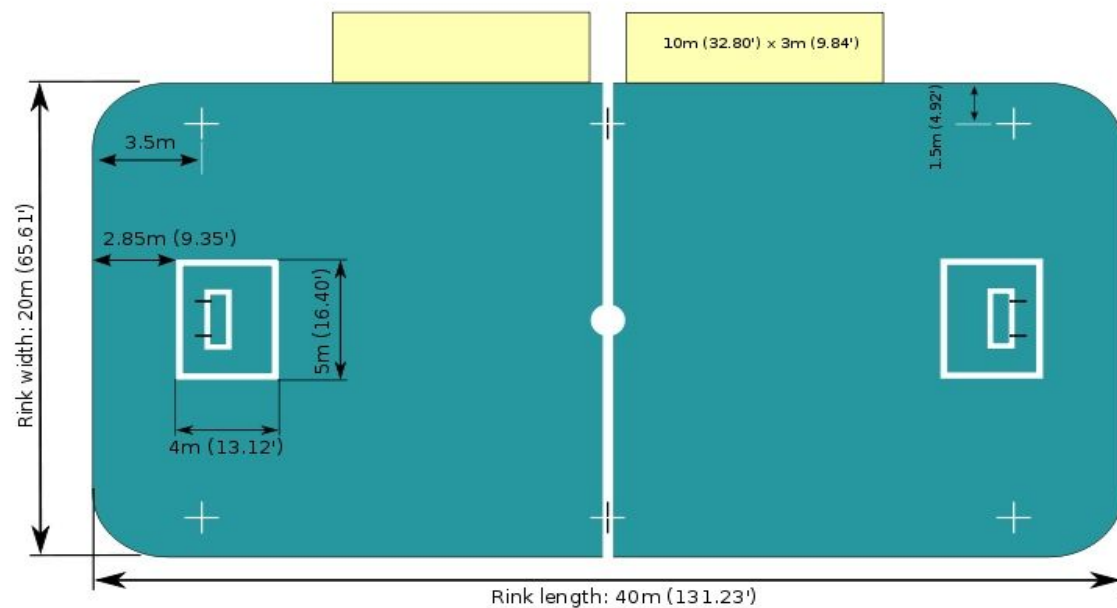
You cannot reach between your opponent's legs with your stick.

It is OK to foot pass the ball to your own teammate but you cannot kick the ball twice in a row.

Do not play the ball with your hand or head.

Do not jump to reach the ball.

## The Rink



## Dimensions of the rink

The rink must be 40 m x 20 m and have a board all around it with rounded corners.

## Markings on the rink

All lines must be 4-5 cm wide, in a clearly visible colour.

Goal areas measure 4 m x 5 m.

Goalkeeper areas measure 1 m x 2,5 m.

Face-off dots are on the centre line and on the imaginary extensions of the goal lines, 1.5m from the sides of the rink.

## Goal cages

Goal cages measure 160cmx115cmx40/65cm. Upper corners must be rounded.

## The Players

### General

There are normally five outfield players and one goalkeeper for each team. The basic positions are: a goalkeeper, two defenders, a center and two attackers.

There is a left defender and a right defender. Similarly, there is a left attacker and a right attacker. The latter two are often called left wing and right wing respectively.

A *defender* is primarily responsible for his or her side. An *attacker* is primarily responsible for his or her own side when in attack and to cover his opposing defender when the opponents are attacking.

The *center* is responsible for supporting the attack and to support the defense. This means that centers are required to run a lot and have an excellent sense of positioning.

These areas are the primary zones of responsibility, and depending on the situation of the game, any of the players might be found elsewhere on the court. There is also a certain areas of overlap, and players may choose to swap roles during the game. This means that the left defender and the right defender may choose to swap. Another common scenario is that a

defender comes into the attack, and then either the center or the attacker from the same side drops back to temporarily take on the role of defender.

## Defending

Defenders typically wait for attackers to make a mistake rather than chase them off the ball. If you try to chase a ball, and make a mistake, the attacker will often be left open to shoot. Concentrate on closing down space and intercepting passes.

As a defender, you should:

- Try to close down space (leave fewer options for the attackers).
- Try to intercept passes.
- Do not hit the attacker's stick to get the ball.
- Try to nick a ball if it is unprotected.

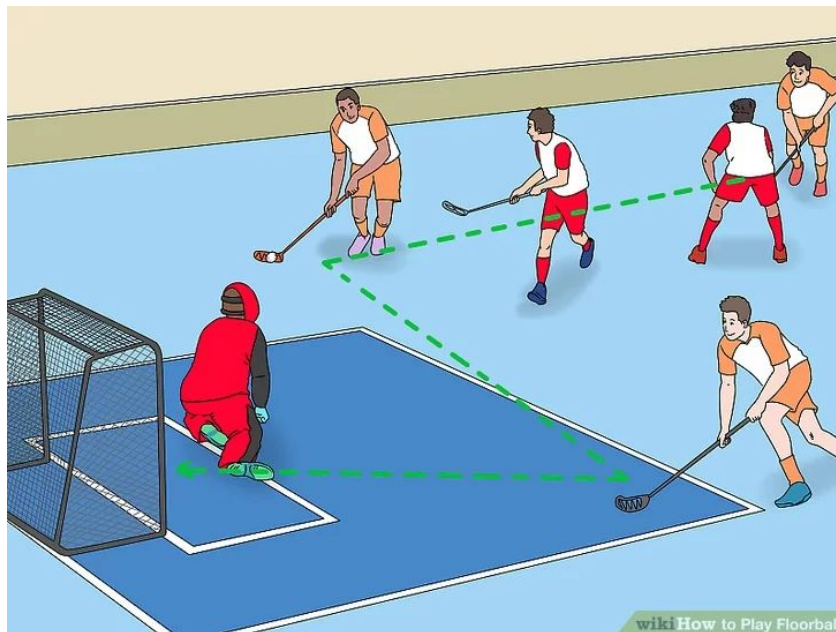


## Attacking

As an attacker, you are concerned with keeping the ball and opening up possibilities to shoot on goal.

As an attacker, you should:

- Try to open up space for more options to play.
- Try to play safe passes (making sure that they arrive at their intended target).
- Shoot on the goal if you can.
- Confuse the defense by running continuously and switching sides.
- Try to keep the ball moving.
- Run into a position where you can receive the ball.



## Goalie

Prevent the ball from reaching the goal as the goalkeeper. The goalie blocks shots made from the other team, preventing them from scoring. Unlike the other positions, the goalkeeper can use their hands while they're inside the box, trying to catch the ball before it reaches the net. If the goalie is outside of the goalkeeper's box, they're no longer allowed to use their hands.

Most goalkeepers sit on their knees to help defend the goal more easily. Goalkeepers don't have sticks.



### 3. Basic skills

#### General

Floorball tactics are defined by basic formations, but sudden changes in formation sometimes take place to throw off opponents.

The ultimate aim is to score goals, and goals can be scored more easily when the defense is disorganised. On the other hand, the aim of the defenders is to prevent goals. This is done most effectively by keeping opponents from taking direct shots on goal.

#### Dribbling

Passing plays a vital role in floorball, but dribbling at speed is also very useful. Being able to dribble quickly while keeping the ball in control will allow your team to counter attack the opposition before they are ready to defend.

The ball is usually positioned right in front of the player while they are dribbling. If there is ample space, the dribbler can carry on by pushing the ball slightly forwards with each motion. However, dribbling through players or in tight spaces requires switching of the ball from the forehand to the backhand whilst running.



## Shooting

The best drill to improve shooting is the zigzag drill. This drill features a player running towards the goal, but in a zigzag motion that drags momentum from the forehand to the backhand and then again to the forehand side. The player will zigzag a few times before shooting. The goal of the drill is to confuse the keeper about whether you will shoot on the forehand or backhand side.



1

GOALKEEPER / GOALIE

2

LEFT DEFENDER

3

RIGHT DEFENDER

5

CENTRE

4

LEFT ATTACKER (WING)

6

RIGHT ATTACKER (WING)



#### 4. Comprehension

- 1) Floorball is violent. Circle T/F
- 2) The sport is focused on strength rather than speed and skill. Circle T/F
- 3) You need lots of equipment. Circle T/F
- 4) How many people are on each team not including the goalies?
- 5) How many 20-min periods are there?
- 6) What is high sticking?
- 7) You can play the ball with your hand and head. Circle T/F
- 8) What are the 4 basic player positions?
  
- 9) Players don't change roles. Circle T/F
- 10) If the goalie is outside of the goalkeeper's box, they're no longer allowed to use their hands. Circle T/F
- 11) What are 2 techniques or skills to practice?
- 12) Draw the rink with the players in the correct positions.