

Floorball



History

The International Floorball Federation (IFF) was founded 12th of April 1986 in Sweden. This day is celebrated as International Floorball Day among the floorball community. Ten years later (1996), the first World Championships for men was played in Sweden and one year later for women in Finland.

Floorball is highly developed in Sweden, Finland, the Czech Republic and Switzerland. Since the first world championship, it has only been Sweden and Finland who managed to win the tournament (Sweden 10, Finland 4) and only Czech Republic and Switzerland who finished second (Czech Republic 2, Switzerland 1). These four countries are in the historic statistics joined by Norway with their one bronze medal.

The Game and Rules

Floorball is played in a match between two teams consisting of five field players and a goalkeeper in the rink at one time. The idea of the game is to score more goals than the opposite team. The game time is 3 x 20 minutes effective time.

The rink is built from a series of connected boards, made of a plastic material. The height of the board is 50 cm and the corners are rounded. On the International competition level, the rink size is 40 x 20 m and the goal size is 160 x 115 cm. The rules allow all rink sizes between 36 x 18 m and 44 x 22 m, as long as the rink formula is length = 2 x width.

Floorball combines football and ice hockey systems of penalties. When offences are made, free hits are given to the opponents and if offences are bad enough penalties are given. Players can be sent off for two, five, or ten minutes or for the rest of the game, depending on the severity of the offence. A penalized player is not allowed to leave the penalty bench area until their penalty time has finished.

A player cannot (for example):

- hit, block, lift or kick an opponent's stick
- Push, tackle or obstruct the opponent
- raise the blade above waist level when hitting the ball
- play the ball above knee level with the stick
- jump up and stop the ball
- play the ball between the opponent's legs

Lesson Plan



Warm Up (10 min)	Athletic drills, mobilization, dynamic stretching
Exercise – Passing (7 min)	Passing (7 minutes) Practice passing the ball in pairs as accurately as possible to your teammates, extending the distance as much as possible.
Exercise – Dribbling (7 min)	Players are divided into two groups, each group starts in the opposite corner of the rink. Every player has a ball. A player starts running with the ball along the barrier, passing the ball regularly to the barrier and receiving it back. They are followed by another player.
Exercise – Shooting (6 min)	Players are divided into two groups. Each group forms a half-circle shape in front of the goal. One after another they practice shooting at the goal.
Game (15 min)	A game by the official rules is played.
Cool Down (5 min)	Slow pace running, stretching.

Sources:

Florbal ve světě: Mezinárodní florbalová federace [online]. [cit. 2022-11-19]. Dostupné z:

Men's World Championships [online]. [cit. 2022-11-19]. Dostupné z:
<https://floorball.sport/world-championships/mens-wfc>

Floorball In a Nutshell [online]. [cit. 2022-11-19]. Dostupné z: <https://floorball.sport/this-is-floorball/floorball-in-a-nutshell>

Pictures:

https://st3.depositphotos.com/2450689/13216/i/450/depositphotos_132162834-stock-photo-floorball-stick-and-ball.jpg