

DIDACTIC UNIT: FLOORBALL

History

Floorball was created in the USA during the 1950's. It was created as a variant of Ice-Hockey due to the fact that original Ice-Hockey was only practiced by adults.

It was used at schools because neither ice or roller skates were needed and in a small amount of years it was practiced in all the country.

It was introduced in Europe by some Swedish students and Sweden is from then on the country that practices more Floorball in the world.

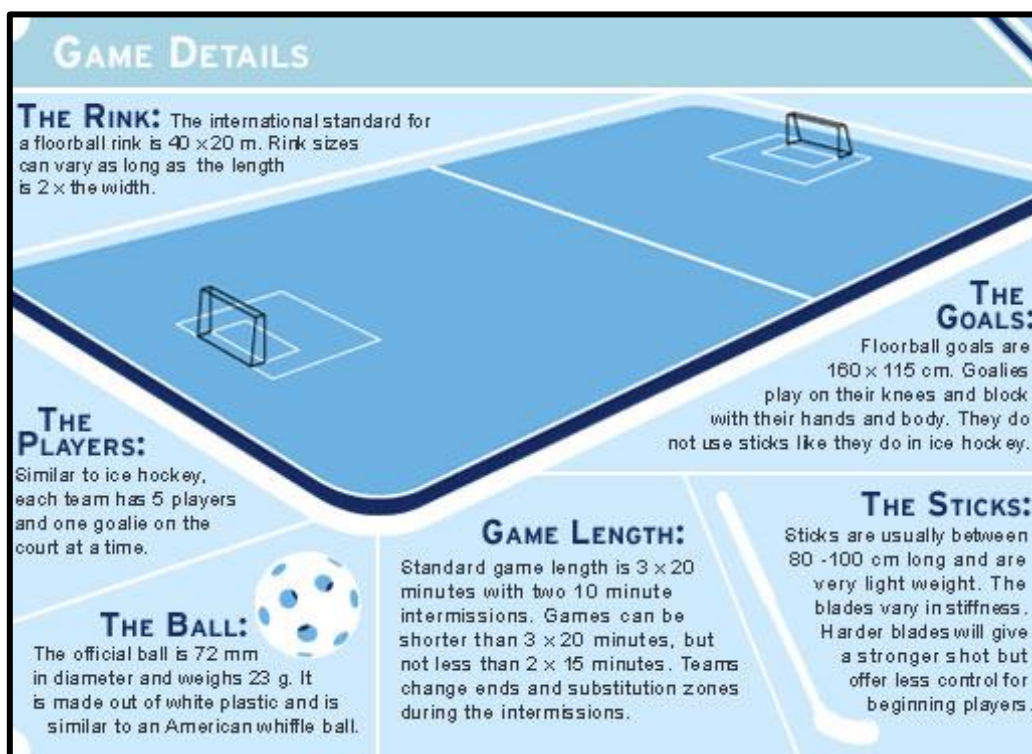
In Spain, it started being played at schools because it was an alternative and modern sport which is easy to start practicing.

Objective and court

The main objective of the game is to introduce the ball in the net by kicking it with the stick. The team that scores more goals wins the game.

The international standards of the game are developed in the picture below. Usually, teams have 5 players and one goalkeeper on the court.

Sticks, balls, court (rink) and other measures may vary so the game can be better developed in class.



Main rules

Actions that are not allowed	
(punished with a free throw)	(punished with a penalty)
Enter the goal area (if you are not a defender)	Pushing, grabbing or tripping the opponent
<u>Lift or hook the opponent's stick</u>	Throwing the stick
Lift the stick above the knee	Insulting an opponent or the ref
Stop the ball with a hand or the head	Moving the goal to avoid a goal
Pass the ball to another player with the feet	Entering or putting a part of the body in the goal zone
Actions that are allowed	
Hitting or directing the ball with both sides of the stick	
Stop the ball with the feet, chest or stick	
Move the ball with the foot towards the stick	
Remove the ball from an opponent without hitting his stick	
Putting the stick in the goal area	

Technique

Grip and drive

- The grip of the stick : the hand placed in the upper part will be the non-dominant (in right-handed the left and left-handed, right).
- Driving : it allows you to move from one place to another. The stick is crossed in front of the body, and you can drive with both sides of the stick blade.

Shooting and passing

It allows players to move the ball to a teammate or to the goal. We've got 3 possibilities:

The push (Arrastre)

- It's based in moving the ball at ground level by moving the stick after it has been placed close to the ball. When the ball is pushed both this and the blade of the stick are in contact with the ground.

The slap (Golpeo)

- The ball is hit instead of accompanying it. Slapping the ball requires a sliding motion on the ground prior to the contact with the ball.

The flick (Elevación)

- The ball is pushed so that it lifts off the ground.

Tactic

As in most of team sports, we must consider some basic aspects:

- A) When we attack, we have to:
- Protect the ball
 - Progress with the ball
 - Get near the opposite goal
 - Create different situations with the objective of scoring a goal
- B) When we defend, we have to:
- Intercept the ball
 - Don't let the other team progress with the ball near the goal
 - Defend the goal from a shoot or a danger action

If the match is played with a goalkeeper we have two main distributions:

- 3:2: playing with 3 defenders and 2 forwards
- 2:3: playing with 2 defenders and 3 forwards

