

# The Floorball Book

## Exercises

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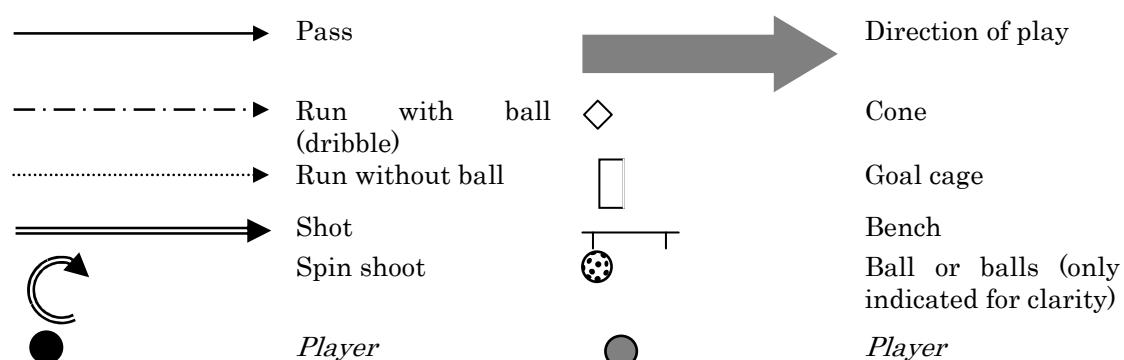
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### Exercises

The exercises are grouped in order to maximize the utility of this booklet. Many of the exercises come with alternatives, so you can choose what is most suitable for your team. You are encouraged to adopt and change these basic exercises to your specific needs. You should include a warm-up at the beginning of the training to minimize injury.

### Key

Throughout this collection, the following key is followed to illustrate the exercises. Arrows are used to indicate the direction where necessary.



Further details can be found in the instructions that accompany the illustration. For example, the absence of balls in the illustration usually does not mean that no balls are used.

## Passing

The following exercises are geared towards improving the passing of the ball.

### Basic Passes [#1]

Aim: Passing balls in pairs

Set-up: Players divide into pairs. One ball for each pair. One player on either side of the hall.

Exercise: Players pass the ball to each other.

Notes: Beginners stop the ball, more advanced players try to pass the ball without stopping.

Variations: Passes can be high instead of low; passes can be either high or low; the distance between players can be varied from the width of the rink to very close to each other (about 2 metres). For additional workout and orientation on the rink, players may be asked to turn around after hitting a pass, run to the board, touch it, and turn around to hit the next pass. This exercise can also be done the following way: the two players start far away from each other, and get closer with each pass. Once they get very close to each other (such as they could shake hands), they then move away from each other, and so on.

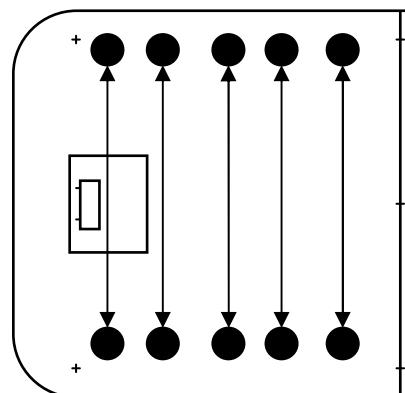


Figure 1: Basic passes

### Fox and Hares [#2]

Aim: Precise passing; orientation on rink

Set-up: One player (fox) starts trying to catch the others (hares). There are three balls amongst the hares.

Exercise: The fox tries to catch the hares by touching them. If the fox touches a hare, roles are swapped: the hare becomes the fox. Players (hares) can only be caught if they have no ball (2). The hares thus have to play the ball to each other (3) to protect one another. A hare with a ball is protected (1).

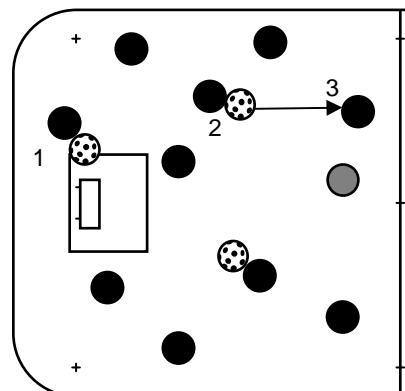


Figure 2: Fox and Hares

Notes: This exercise can be good for team-building. A hare who is caught either is removed or swaps with the fox.

Variations: This game can be played with more or fewer balls. The fewer balls there are, the harder the hares have to work to stay safe. The game can also be played with more than one fox.

### The Box [#3]

Aim: precise passing and shooting

Set-up: Two teams on opposite ends; a zone in the centre with empty card board box; lots of balls with the two teams.

Exercise: The players shoot on the box and try to move it towards the zone of the opponents. If the box crosses the line, the team wins.

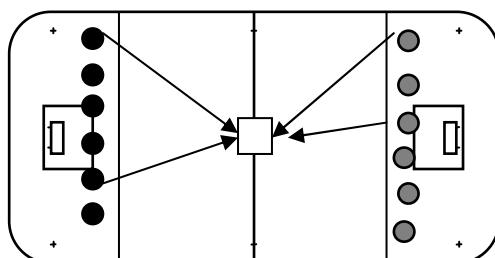


Figure 3: The box

Notes: If the teams run out of balls, you might want to allow them to gather balls from the zone in the middle. For safety reasons (shooting), it is a good idea to interrupt the game for a short moment.

Variations: The game can also be played with a big light ball instead of the box.

#### Zones [#4]

Aim: Precise passing

Set-up: The rink is divided into quarters; in each quarter there are only players of the same team (A, B); one ball in each of the quarters, so 4 balls in total.

Exercise: The players try to pass balls through the zone of the opponents; each successful pass counts as a point.

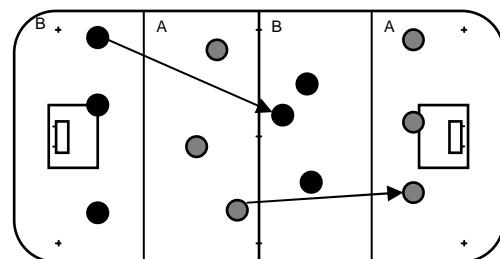


Figure 4: Zones

Notes: Passes are allowed on the floor only. Defending is obviously encouraged. Swap positions after a while, since the players in the two central quarters are in more demanding positions.

Variations: Vary the number of balls; allow high passes, but do not count the pass if a high stick is involved; allow high passes, but do not count them.

#### Golden Pass [#5]

Aim: Passing skills

Set-up: There are two teams, no goals.

Exercise: Playing on the full rink, each team tries to pass as many times as possible. The opposing team tries to prevent them using all fair means. Each successful pass scores a point. The teams may compete for the longest chain of passes without interruption, or for the number of successful passes in a given time.

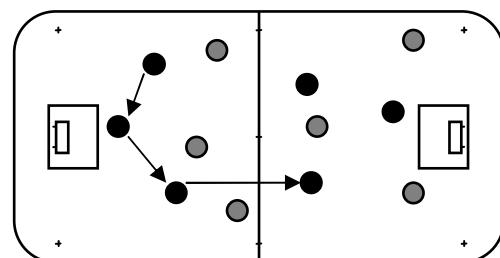


Figure 5: Golden pass

Notes: Do not allow dribbling. Players need to run around to open up space. The coach may count out loud after each successful pass.

Variations: Disallow playing back to the player whom the pass was received from; disallow a pass to the previous two players. For more advanced players, only allow direct passes. For intermediate players, limit the number of touches before a pass is hit (e.g. two to stop, one to pass). Limit the area of play to make the exercise more difficult.

#### Pass in Circle [#6]

Aim: precise passing

Set-up: 5 players or more arrange themselves in a circle of about 5 to 10 metres diameter, one ball per circle.

Exercise: Player with the ball passes to any other player in the circle. The players try to hit passes direct.

Notes: Beginners might find it useful to shout the name of the player they pass the ball to. If the exercise seems to be too slow and boring, then an additional ball can be added.

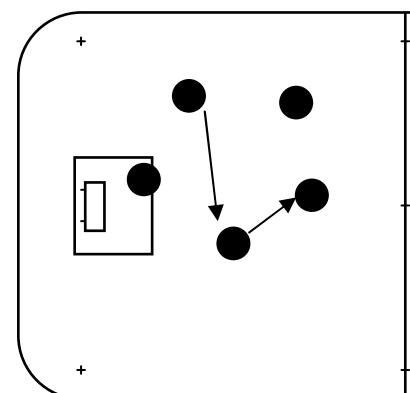


Figure 6: Pass in circle

Variations: The size of the circle can be varied, from very small (about 2 metres) to much larger (across the rink). The same exercise can also be played with 2 or 3 balls.

### Random Pair Passing [#7]

Aim: precise passing from different positions

Set-up: Players pair up, one ball per pair.

Exercise: The two players run around randomly in the hall, passing the ball between themselves.

Notes: Players need to watch out for each other, but also take care that they do not crash into other players or the hall. Players may form new pairs from time to time.

Variations: Additional obstacles, such as the goals, benches, or large balls, can be scattered across the hall to make the exercise more difficult; reducing the size where the exercise is carried out (e.g. half rink).

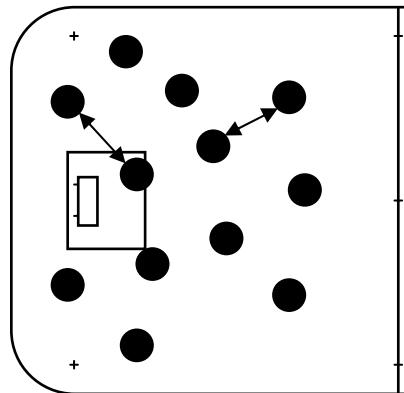


Figure 7: Random pair passing

### 3–1 Passing [#8]

Aim: fast and precise passing

Set-up: Four players in each group, with three balls per group. Three of the players line up about 3 metres way from the fourth player. The three players have the balls.

Exercise: Starting from one side, the three players pass the ball to the fourth player in turn. The fourth player passes back direct and quickly. After a while, the players swap positions.

Notes: Groups of three players are possible if the numbers do not match.

Variations: The three players can spread out more, so the fourth player needs to turn more, adjusting the angle. The distance can be varied. If the passes are longer, the players may hit the pass before the previous one was returned, keeping the speed up. The exercise can also be done with high passes, or backhand passes exclusively.

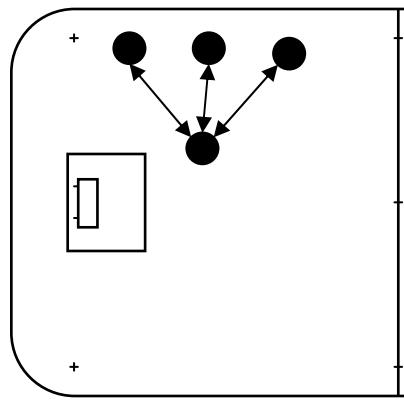


Figure 8: 3–1 passing

### High/Low Pass [#9]

Aim: high and low passes

Set-up: Players divide into two lines, balls with the line. 6 cones, red and yellow randomly mixed along the side lines of the rink.

Exercise: The first two players of each line are a pair, starting at either end. Both players run forward on their side. The player with the ball passes the ball to the other player when passing a cone. Is the cone red the pass is low (on the floor), is the cone yellow the pass is high (not on the floor).

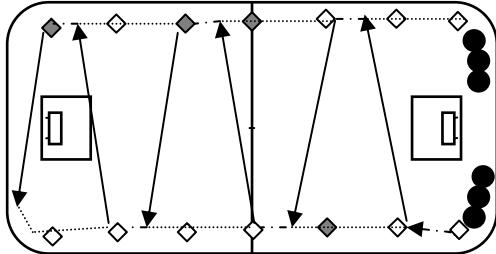


Figure 9: High/low pass

Notes: Players need not run very fast, the focus is on the passes. The next pair need not wait for the previous one to finish before starting. The players remain on their side; the ball crosses from side to side. Players rejoin the lines when done, starting from the different corners in turn.

Variations: The width of the exercise can be adjusted, for example playing only half the width of the rink. Rather than rejoining the lines, new lines can be formed at the end, and the exercise done from the other side.

## Central Station [#10]

Aim: passing

Set-up: The players are positioned in a large circle. Two players are in the centre of the circle. Two balls.

Exercise: The players in the circle pass the ball into the centre. The players in the centre pass the ball to anyone in the circle. After passing the ball, the players in the centre run to anyone in the circle. This player then runs into the centre. A player in the circle receiving a pass will play it back into the centre.

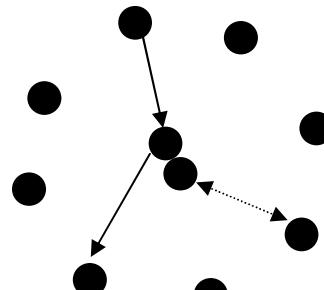


Figure 10: Central station

Notes: The exercise is relatively easy, once the players understand the different roles. As a player in the circle: (1) if you receive a ball, you play it back into the centre, (2) if a person runs to you, you run to the centre. As a player in the centre: (1) you run to the very centre of the circle, (2) receive a ball, (3) pass the ball to anyone in the circle, (4) run away, to any person in the circle who will then replace you.

Variations: This exercise is much easier with one person in the centre (one ball), but quickly becomes boring. With three players in the centre (three balls), the exercise becomes very challenging. Reduce the radius of the circle to speed up the exercise.

## Triangle [#11]

Aim: passing with defender

Set-up: Three players in a triangle, one ball. One defender in the middle.

Exercise: The players pass the ball from one to another, the defender tries to intercept the ball.

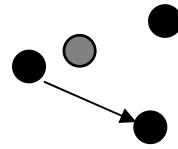


Figure 11: Triangle

Notes: Swap roles after a while. The triangle is dynamic in shape. Reduce the area in which the triangle can be formed to make the exercise more challenging.

Variations: Only allow direct passes.

## Double Pass [#12]

Aim: passing under pressure

Set-up: Players in groups of three, two balls. The players form a line, with the players at the end with balls.

Exercise: The player in the centre return the pass from 1 and immediately turns around to do the same from 2 and so on.



Figure 12: Double pass

Notes: Swap positions after a while. The second pass may be played shortly before the player has completely turned around to increase the pressure.

Variations: Vary the distance of the passes, or only allow backhand passes.

### Pass and Cones [#13]

Aim: precise passes

Set-up: Players divided into two lines in the corners. All balls in one of the corners.

Exercise: Players do the exercise as pairs, passing to each others between the cones.

Notes: Repeat from opposite end when done, or let players rejoin the lines. The former is more successful with fewer players, the latter where there are many players. Encourage direct passes, particularly with advanced players. The second pair can start before the first pair has completed the exercise.

Variations: Add more cones to make passing more difficult.

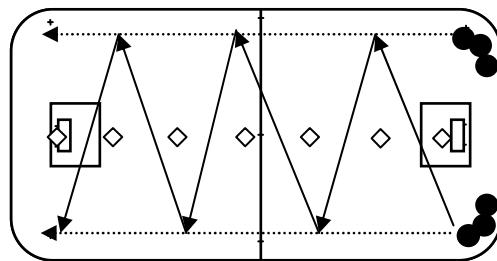


Figure 13: Pass and cones

### Squared [#14]

Aim: passing when running

Set-up: Players in groups of 4 or 5, one ball per group.

Exercise: The ball is played to the next player (1). The player runs in the opposite direction to take up the empty position (2). The ball continues round and round, whilst the players rotate in the opposite direction.

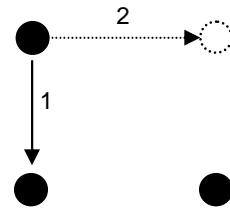


Figure 14: Squared

Notes: Having cones to mark the positions is helpful, particularly when introducing the exercise. Swap after a while. Begin slowly and increase the speed.

### Passes Don't Stop [#15]

Aim: passing

Set-up: Players scattered along the board, 1 ball each where indicated. Cones to mark the passing positions.

Exercise: The players run along the board. Whenever they reach a marked position, they receive the ball and hit it back to the other side. After playing the ball, they run to the next marked position.

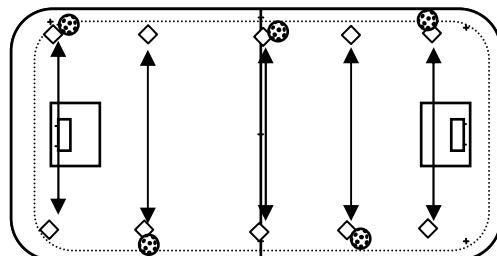


Figure 15: Passes don't stop

Notes: Start slowly and gradually increase speed. Swap the direction of running after a while. When playing a pass, the player need not wait for a player to be waiting on the other side, but can play it early so that the player receiving may even try a direct pass back (to the following player).

Variations: Use different coloured balls to denote different kinds of passes (hit, high, backhand, etc.).

### Round in Circles [#16]

Aim: passing when running

Set-up: Players positions themselves in a circle of four or five players. One ball per circle.

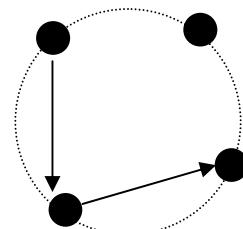


Figure 16: Round in circles

Exercise: The players run in the circle, pass the ball in the same direction as they run (forwards).

Notes: Swap sides after a while. Cones may be

places where players find it difficult to keep to a circle whilst involved in the exercise. Players need to pay attention to play the ball slightly ahead of the player he is passing to, thereby ensuring the ball doesn't end up arriving behind the receiving player Variations: Pass the ball backwards to the player behind.

### Ad Infinitum [#17]

Aim: precise passing

Set-up: The line with all the balls is at position 1 in the corner. There are two players at position 2 (centre) and two each in the corners at positions 4 and 6. If there are not enough players, only one player is at these positions, but this slows down the exercise a lot. The goalkeeper is in the goal on the other side from where the line is.

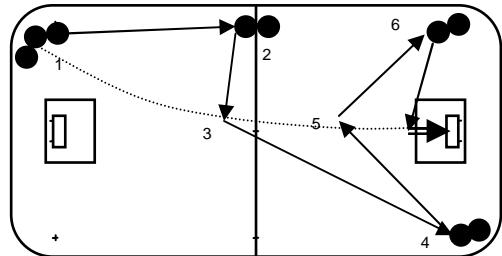


Figure 17: Ad infinitum

Exercise: The first player in line at 1 hits a pass to position 2. The pass is returned to position 3, from where the player passes on the ball to position 4 on the corner. The ball is returned (5) and passed on to the other corner (6). From that corner, the ball is returned once more, and the player shoots on the goal. Players rotate from 1 (after shooting) to 4; from 4 (after passing) to 6; from 6 (after passing) to 2; and from 2 (after passing) to 1.

Notes: The next player can start before the previous one has finished the exercise, but will obviously have to wait for the player at position 2 to be ready.

Variations: The same exercise can be played mirrored from the other side.

### Survivors [#18]

Aim: passing under pressure

Set-up: Players in pairs, with 1 ball per pair. There are two or three players without a ball ("destroyers").

Exercise: The players in pairs pass the ball back and forth. The destroyers seek to intercept passes. If the ball is intercepted, both players in the pair sit down. Who survives longest obviously wins.

Notes: Limit to two or three touches to prevent players from dribbling on their own when under pressure. Encourage direct passes.

Depending on the number of players, it might be necessary to limit the area of play.

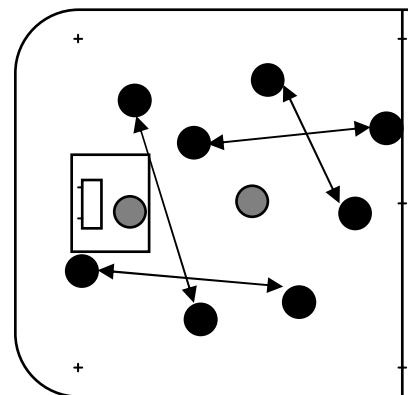


Figure 18: Survivors

Variations: The area of the exercise can be divided into three areas. The centre area ("ditch") is where the destroyers operate. The pairs are divided with one player in each adjacent zone, playing the balls through the centre area.

## Survivors II [#19]

Aim: passes under pressure

Set-up: All players with a ball, except one player without ball ("hitman")

Exercise: The players dribble freely in a limited area of the hall. The hitman will try to hit the ball away from the players. A player who loses the ball becomes another hitman. Who survives longest?

Notes: Fair moves should be encouraged.

Variations: In order to prevent players staying in a corner, for instance, they may be given a trivial task, such as running from one end of the area to the other. The smaller the area of play, the more difficult the exercise for the players with ball.

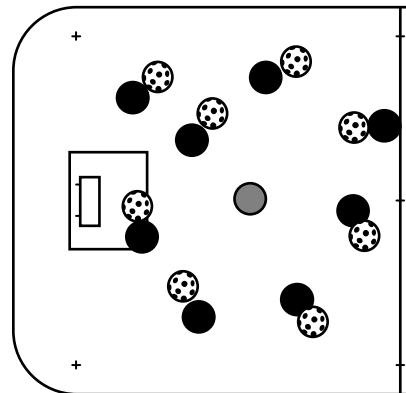


Figure 19: Survivors II

## Pass till You Drop [#20]

Aim: precise passing

Set-up: Players split into pairs, each pair a ball. The players divide, one of the pair on one side of the rink, the second on the other side.

Exercise: The players pass the ball to and fro. Only direct passes are allowed. If the players lose the ball, the stop hitting passes and sit down. Which pair can play passes the longest.

Notes: Swap pairs after each round, especially if the players are of mixed ability.

Variations: Play high passes with only two touches allowed to control the ball. The distance between the players can be varied.

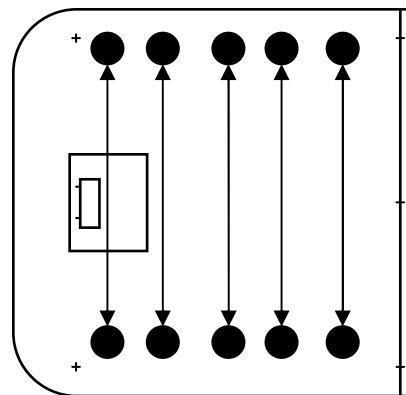


Figure 20: Pass till you drop

## Launch Machine [#21]

Aim: short and long passes, launching an attack

Set-up: Two players in the right-hand corner (1), two players in front of the goal (2), and the rest in the left-hand corner (3), all on the same side. The balls (many) are with the players in front of the goal. The goalkeeper is in the goal opposite. Two cones may be placed about two thirds down the rink to mark the target area.

Exercise: The first player in position 2 plays a short pass to the first player in position 3. The player at 3 tries to play a direct pass, if not possible as quick as possible. The player at three then plays a long pass to the target area. The first player at position 1 runs as soon as the first pass (from the middle) is played, and receives the pass in the target area. A direct shot or a very quick finish completes the exercise.

Notes: Players rotate from 1 to 3 (after the shot), 3 to 2, and 2 to 1. The exercise should be done at a fairly high speed.

Variations: Sides should be swapped after a while.

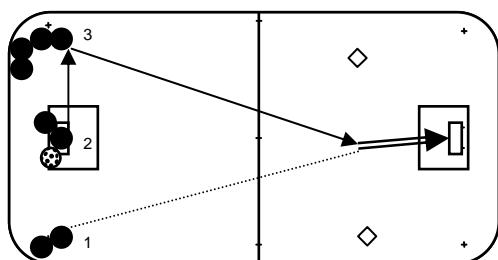


Figure 21: Launch machine

## Target Game [#22]

Aim: precise passes

Set-up: A target is placed on one side of the rink; small floorball goals are suitable, for beginners a full-sized goal may be challenging enough. For advanced players, two cones may be placed to create a suitably challenging target. Players line up. The lines used are those painted on the hall floor. If there are no lines painted, cones can be used at regular intervals to mark distances.

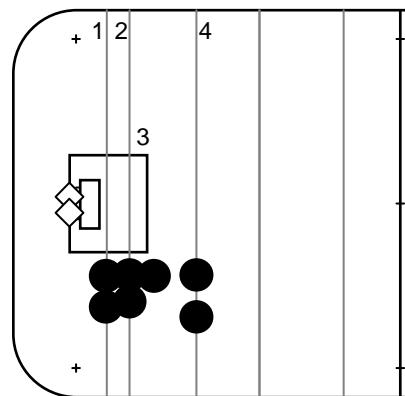


Figure 22: Target game

Exercise: Players take turn to hit a pass on target. They all hit the pass from the centre. If they hit the target, they progress to the next line, if they fail, they repeat from the same line in the next round. For example, players successful on line 2 will progress to line 3 in the next round; those who fail will continue at line 2. In each round each player hits only one pass. The players on the closest line to the target go first, then progressing towards the back.

Notes: Players should be ready to hit the pass quickly after the previous player. A coach may impose time limits. This game can be played until one of the players successfully hits the target from across the whole rink.

Variations: Vary the size of the target; for advanced players you may want to include an obstacle in front of the target, so that only high passes are possible.

## Passing Times [#23]

Aim: basic passes

Set-up: Players divide into two lines. One ball per group.

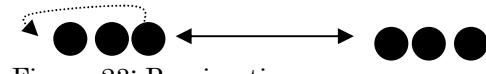


Figure 23: Passing times

Exercise: The person first in line plays the ball to the first person of the other line, and rejoins the line at the back. The ball is played back and so on.

Notes: Where there are many players, divide the players into separate groups. In this case, it is a good idea to divide the players by skill level.

Variations: Use two balls at the same time. Restrict passes to backhand or high passes.

## Run away [#24]

Aim: passing and looking up

Set-up: Players into pairs, one ball per pair.

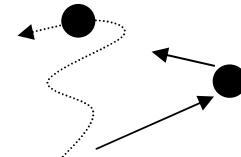


Figure 24: Run away

Exercise: The players run around the hall and pass the ball to and fro. The player not currently in control of the ball (or about to receive it) tries to run away from his or her partner as far as possible. The player receiving the ball will have to look up to see where the partner is and play the ball back.

Notes: The players will need to watch out for each other and avoid bumping into one another.

Variations: Reduce the area of play to increase difficulty. Add obstacles in the play area. Advanced players may try direct passes whenever possible.

### Centralization [#25]

Aim: fast passes with moving target

Set-up: players in pairs, 1 ball per pair.

Exercise: One player is stationary; the other runs around in a circle around. The ball is played to and fro all the time.

Notes: Direct passes are to be encouraged whenever possible. Swap roles frequently.

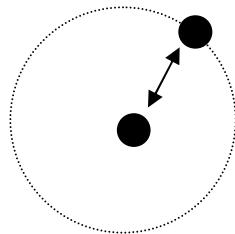


Figure 25: Centralization

### P for Pass [#26]

Aim: precise passes

Set-up: The players line up at 1 with balls; one player each at 2, 3, 4, and 5. Where there are many players in a team, two players may be placed at 2, 3, 4, and 5.

Exercise: Pass from 1 to 2, from 2 to 3, from 3 to 4, from 4 to 5. Every player having played a pass runs to the position he or she played the ball to. From 5 to 1 the player runs with the ball.

Notes: The passes should be fast and precise.

Variations: Add some cones or obstacles between 5 and 1 to increase the challenge, particularly if there are many players. The exercise may be reduced in scale to less than a full rink.

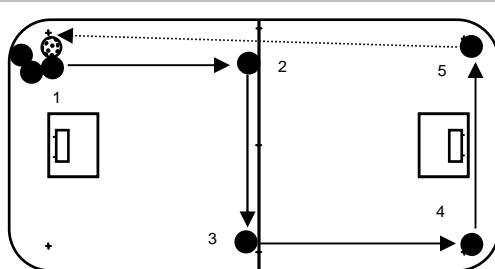


Figure 26: P for Pass

## Ball Skills

The following exercises are geared towards improving general ball skills, such as control over the ball or dribbling.

### Stealing Balls [#27]

Aim: Shielding the ball; playing one on one

Set-up: Everyone with a ball; 3 players without a ball.

Exercise: The players without a ball try to get a ball off one of the others (fairly). If a player loses the ball, he or she needs to get one off another player.

Notes: Shielding the ball is useful.

Variations: Vary the number of players without ball; make all the players move from one half (or quarter) of the hall into the other, so everyone is on the move as well as trying to protect the ball. Vary the area where players are allowed: smaller area means more skills are needed.

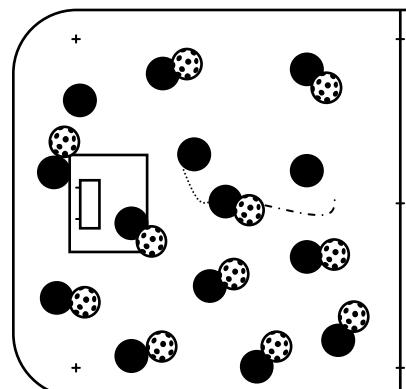


Figure 27: Stealing balls

### Swap Balls [#28]

Aim: Ball control

Set-up: Everyone with a ball, except for one player. The player without a ball gets a whistle.

Exercise: Players control the ball and run around the hall. The player without ball whistles after a while. At this point, everyone needs to drop the ball and get a new one. The player previously without a ball also gets a ball. The player who ends up without a ball takes the whistle.

Notes: Use as many coloured balls as possible.

Variations: Two players without a ball, both of which can whistle.

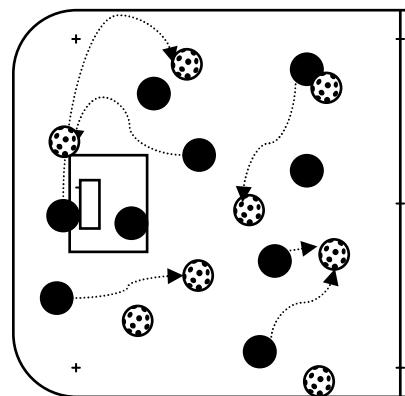


Figure 28: Swap balls

### Human Slalom [#29]

Aim: Ball control

Set-up: Groups of six or more players in a line, each player a ball.

Exercise: The lines as a whole run slowly. The player furthest behind in the line runs slalom to the front (fast). The player at the front can direct the line. The next player starts from behind once previous player has reached front.

Notes: This exercise is also a good workout. For workout, the exercise can be done without sticks and balls, but at a higher speed.

Variations: This can be done without balls; player at back does not wait that long and starts running before the previous player reached the front of the line (more intensive).

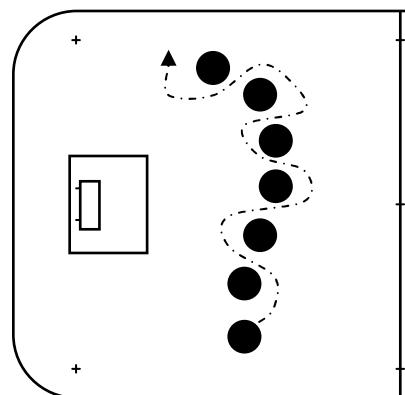


Figure 29: Human slalom

### Master and Slave [#30]

Aim: Ball control, dribbling

Set-up: Players divide into pairs: one master and one slave, each with a ball

Exercise: The master dribbles with the ball, trying to shake off the slave. The slave tries to stay as close to the master as possible.

Notes: Swap roles after a while.

Variations: As a variation, the master does not attempt to shake off the slave, but attempts to make him or her lose the ball. In this case, the slave needs to follow the moves of the master as accurately as possible. The master will try difficult moves, where the slave loses the ball.



Figure 30: Master and slave

### Bulldog [#31]

Aim: shield the ball, maintain ball control under pressure

Set-up: One bulldog without ball on one side, all others with a ball each on other side

Exercise: All players line up, and on signal by the bulldog, they start running across the hall. The bulldog tries to steal balls or knock them away. The other players try to keep possession of the ball whilst traversing across the hall. If a player loses the ball on the way, he or she will become an assistant of the bulldog. The exercise is then repeated from the other side and so on. Whoever keeps the ball for the longest wins.

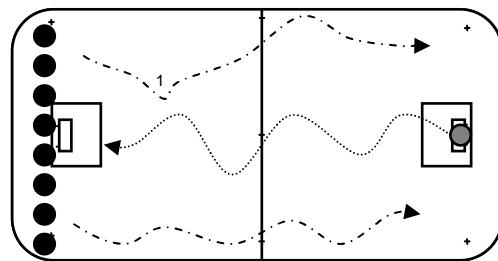


Figure 31: Bulldog  
If a player loses the ball on the way, he or she will become an assistant of the bulldog. The exercise is then repeated from the other side and so on. Whoever keeps the ball for the longest wins.

Notes: Only fair tackles should be encouraged. Consider a rematch.

### Ball Robbery [#32]

Aim: ball control, running with ball

Set-up: Two teams. Goals are placed flat out, with an equal number of balls in each goal (e.g. 20).

Exercise: The teams try to dribble with a ball from the other goal and put it in their own goal.

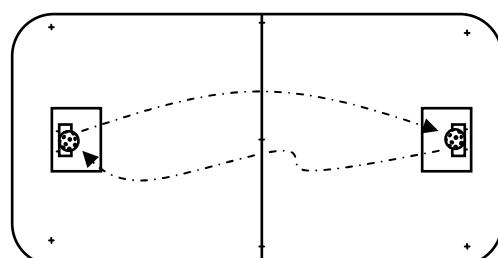


Figure 32: Ball robbery

Notes: Players are not allowed to pass to each other. No goalkeeper is needed for this exercise.

Variations: Allow or disallow defending of the own goal. In either case, players are not allowed to stand inside the goalkeeper area.

### Dump the Balls [#33]

Aim: ball skills

Set-up: The players are divided into two teams. Each team plays in one half of the rink. Each player gets one ball. It is possible to add more balls, but always make sure there is the same number of balls in each team to start with.

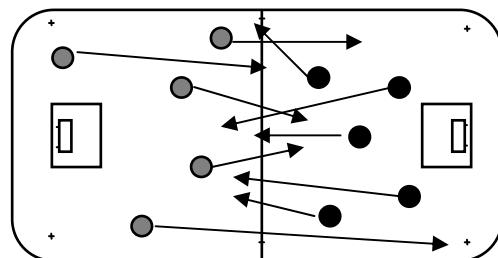


Figure 33: Dump the balls  
The exercise is continued for a few minutes, after which the coach blows the whistle. Whichever team has fewer balls in their half wins.

Notes: When the whistle sounds, all sticks are held high into air, so no more passes can be played.

### Crazy Snakes [#34]

Aim: ball control, looking up

Set-up: Players form a single line, each player with a ball.

Exercise: The first player in line runs randomly around the hall. The other players follow, constantly keeping control of the ball.

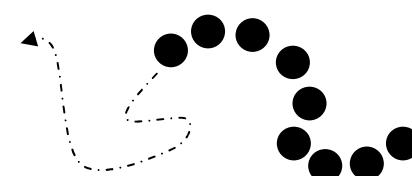


Figure 34: Crazy snakes

Notes: The players need to look out for others, avoiding bumping into them. Where there are many players in a training session, multiple snakes may be formed.

Variations: Involve jumps, 360 degree turns, dropping and picking up the stick, or shooting on the goal. If shooting is included, everyone will shoot from the same position, and pick up a new ball afterwards.

### Orient Express [#35]

Aim: pass from dribbling

Set-up: Balls for half the players at A, players loosely lined up at A and B.

Exercise: Players run in circles around the goals. At A they pick up a ball and dribble with the ball until they reach B. At B they pass the ball across to a player at A.

Notes: The important bit is the pass from B to A. All players are on the move all the time. Players who first started at B should receive a pass from across. Change direction after a while.

Variations: Obstacles may be places between A and B to make dribbling more difficult. Rather than running around the goals, with fewer players a shorter route may be chosen.

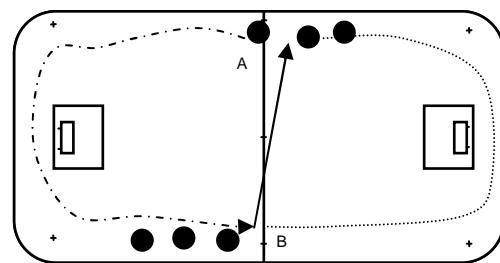


Figure 35: Orient express

### Tracks [#36]

Aim: general ball skills

Set-up: There are many ways to set up a track. Consider the following elements to get you started.

The track in figure 36 begins with balls being dribbled through the cones and the player running past; then a 360° turn around a cone; a pass off the board; 10 jumps; dribbling around the cones; and a shot on the goal. This is just one of the endless variations possible.

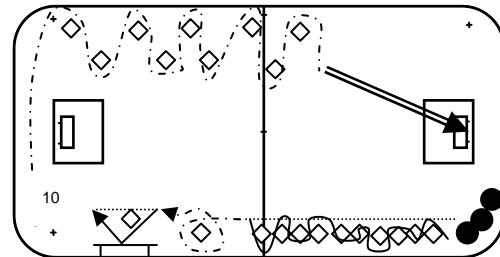
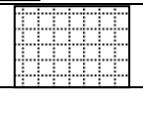
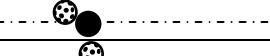
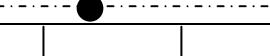
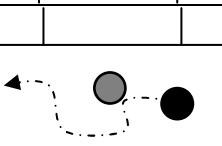
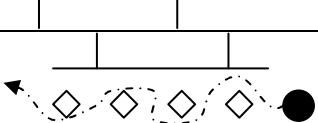
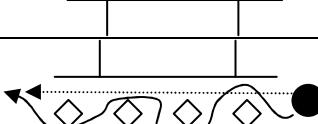


Figure 36: Tracks

Element	Player	Ball	Illustration
Bench	Under	Over	
Bench	Under	Under	
Bench	Over	Under	
Bench	Over	Over	
Bench along on top	Over	Over	
Board	Past	Via board	
Board	Over	Over	
Box	Around	On the other side	
Box	Around	With player	

<i>Element</i>	<i>Player</i>	<i>Ball</i>	<i>Illustration</i>
Cones	Past	Around	
Cones	Around	Around	
Cones	Around	Past	
Defender	Past	Past (shielded)	
Goal	Shoots	Into goal	
Goal placed on top of box	Shoots	Into goal	
None	Runs reverse	With player	
None	Runs sideward	With player	
Two benches/ one bench near board	Between	Between	
Two benches and defender	Between	Between: with player or via board	
Cones between benches	Around cones	Around cones	
Cones between benches	Past cones	Around cones	

Exercise: Players take it in turn to complete the course.

Notes: Players do not have to wait for the previous player to finish the course to begin. Many tracks are also suitable for warm-up. Involve players to create part of the track.

Variations: Using various elements in different ways and orders. The way the ball can be hit can be restricted, such as no dragging, or only backhands. Players playing left can do a relay with a stick on the right. This can increase general ball skills, if not overdone.

### Destroyers [#37]

Aim: ball control

Set-up: Every player with a ball, plus two players without a ball ("destroyers")

Exercise: The players dribble around the hall keeping the ball under control. The destroyers try to hit the ball away. If a player loses control over the ball, he or she stops with their legs ajar. The player can be released if another player passes the ball between the legs.

Notes: Only fair tackles should be encouraged.

A released player picks up a new ball and rejoins the game.

Variations: To release a player, a free player needs to pass their ball between the legs of the player to be released to another free player. The other player passes his or her ball between the legs, leaving both players with a ball. Increase the number of destroyers or reduce the size of the rink to make this exercise more challenging.



Figure 37: Releasing a player

### Express Delivery [#38]

Aim: ball control when running

Set-up: All players are behind a given line (A). They dribble around. Each player is assigned a number, with two or three players sharing the same number. A zone is marked on the other side of the rink.

Exercise: The players dribble behind the line. The coach shouts out a number. The players with this number run across the rink and drop the ball inside the zone. The ball needs to be resting inside the zone. Who is fastest?

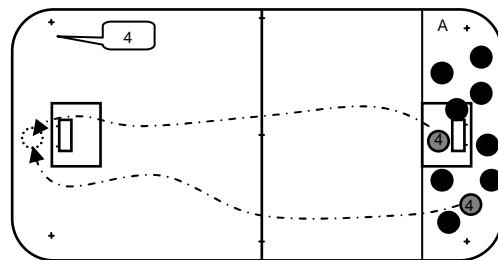


Figure 38: Express delivery

Notes: Make the marked zone small with advanced players.

Variations: Involve the players behind the line in a little game (perhaps on small goals). You may add obstacles on the way, such as benches to jump over.

### Flash Fingers/Rock-Scissors-Paper [#39]

Aim: ball control without looking at the ball

Set-up: Players divide into pairs, one ball per pair. One of the players may put his or her stick away.

Exercise: The player without the stick randomly runs around the hall. The player with the ball follows his or her partner, trying to look at the partner all the time. The player without stick holds up his or her fingers to display a number. The player with the ball shouts this number, and after a while, a new number is displayed.

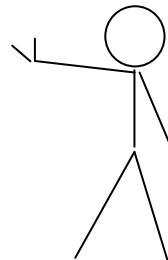


Figure 39: Flash fingers

Notes: Care needs to be taken that players do not bump into each other when they concentrate too much on the figures being shown. Varying the speed of running can increase the benefit of the exercise. For players a bit more advanced, extra obstacles, a limited space, or chasers can be beneficial.

Variations: The player without the stick may count how many times the partner looks down or loses the ball. This can be played competitively, seeing who manages the fewest such looks. For more advanced players, you may want to add further obstacles, such as

the goals, stick bags, or boxes around the hall, making ball control more challenging. Similarly, you may want to restrict the area for the exercise, such as half the hall only. Instead of obstacles, or in addition to them, one or more chasers can be introduced. Their task is simply to chase the ball off the players. A player losing the ball becomes a chaser, and the former chaser takes up his or her role. Rather than flashing fingers, player without the ball can point at objects in the hall to be identified, point at differently coloured lines on the ground, or use rock, scissors, paper signs.

#### Cones and Passes [#40]

**Aim:** Ball control and transition to passing

**Set-up:** Players divide into lines at one end of the hall, all balls with either of the lines.

**Exercise:** The first two players form a pair. Only one ball is used per pair. The players dribble through the cones (ball around cones, player past), and then pass the ball to the other player.

**Notes:** The player not dribbling can jog slowly. Players should swap lines after completion, to train both forehand and backhand. More advanced players may want to encourage higher speeds.

**Variations:** The number of cones used may be varied, as may the distance between the lines (pass length).

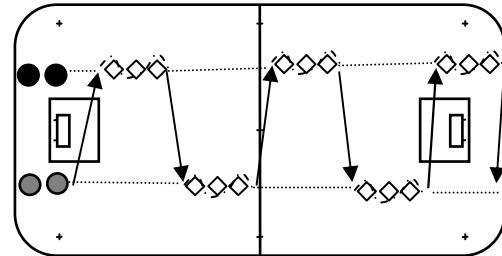


Figure 40: Cones and Passes

#### The Chase [#41]

**Aim:** stick skills under pressure

**Set-up:** Cones to mark a track, a certain line or cone as the starting line. Players in pairs, each player with a ball.

**Exercise:** The first player starts dribbling through the cones. Once the first player crosses the starting line, the second player starts at the beginning of the track. The aim of the first player is to finish the track first, the aim of the second player is to catch up. If the ball is lost, the players can fetch it, and return to the last cone where the ball was still under control.

**Notes:** Depending on the layout, players may be asked to run around the cones with the ball, or run past the cones with the ball being dribbled through. If a long track is chosen, two pairs may be sent onto the track at the same time, with the second pair starting when the first one is about half way through.

**Variations:** The track can be varied. Ball fetching may be disallowed. The starting line may be moved to make the chase more challenging.

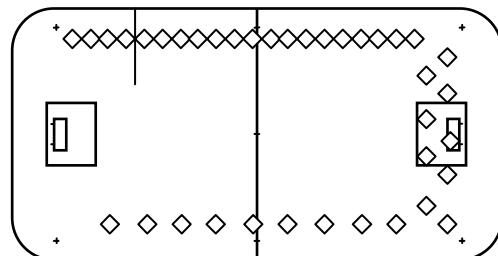


Figure 41: The chase

#### Speed Challenge [#42]

**Aim:** stick skills

**Set-up:** A long track is laid out, with all players in a corner.

**Exercise:** The players take turns to finish the track as fast as possible. Their completion time is noted, and a winner declared at the end. The track is completed when the ball is brought to a rest in a designated area at the end.

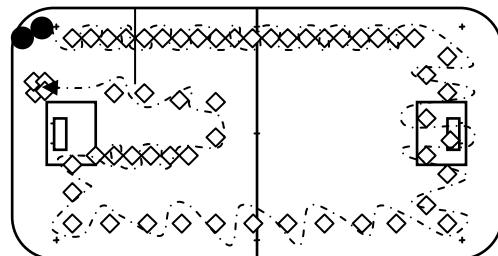


Figure 42: Speed challenge

Notes: More than one player can be on the track at once if players are sent at regular intervals. If the ball is lost, the player needs to fetch it and resume where the ball was last controlled. Time penalties may be imposed for every time the ball is lost.

Variations: The layout of the track may be changed.

#### Speed Slalom [#43]

Aim: stick skills under pressure

Set-up: Two identical lines of cones to dribble through. Players in two lines behind these cones. Each player with one ball.

Exercise: Players race each other through the cones.

Notes: Depending on the layout, players may be asked to run around the cones with the ball, or run past the cones with the ball being dribbled through. Make sure the starting and finishing line are clearly defined, and the players adhere to the kind of dribbling determined.

Variations: The times may be noted to determine the fastest player after several rounds; or the exercise may be used in a knock-out fashion where the faster player gets another go. Players who lose the ball may be considered the losers, asked to restart from the beginning, or just asked to fetch the ball and return to where they last controlled the ball.

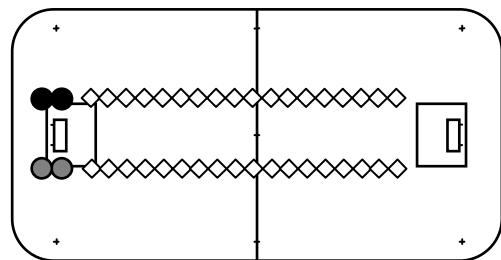


Figure 43: Speed slalom

#### Stamina [#44]

Aim: ball control

Set-up: A long track of cones is laid out; player all in a single line.

Exercise: Players dribble through the cones until they lose the ball. The player who managed to get furthest wins.

Notes: To prevent players from going very slowly, you may incorporate time limits, or stop them when the following player closed the gap. In this case, the players need to be sent at regular intervals.

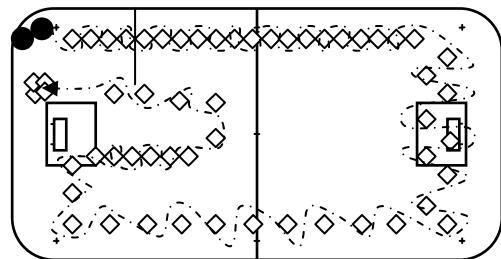


Figure 44: Stamina

Variations: The layout of the track may be changed.

#### Hollywood [#45]

Aim: ball control; passing under pressure

Set-up: Five or six players scatter around one side of the rink (2), one player in the corner (4), and the other players in the other corner (1) with balls.

Exercise: First player at (1) takes a ball, dribbles behind the goal, and then dribbles through the players (2). Just before getting to the last person (3), a pass is played to the person in the corner (4). Players rotate from 4 to 3, from 3 to the last position at 2, in two all one position forward, the first position at 2 joins the line at 1; and the player originally starting from 1 takes position in the corner (4).

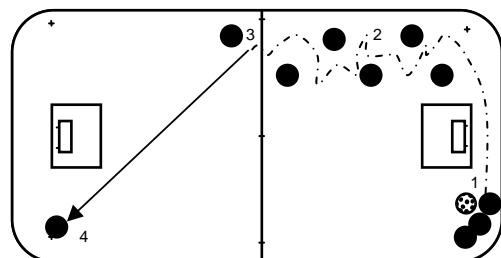


Figure 45: Hollywood

Notes: The player receiving the ball at (4) can keep the balls for a later switch of sides, or pass them along towards (1). Depending on the skills level of the players, the players at (2) can be more or less active in defending the ball. A player losing the ball rejoins the line at (1), and no rotation takes place. Care should be taken that the players at (2) are in

position before the player runs: the aim is that the attacker has to dribble past them one by one.

Variations: After the final pass to (4), a pass back into the slot can be added, so that the attacker finishes with a shot on the goal. The rotations are in this case unchanged.

### The Long Shield [#46]

Aim: shielding the ball

Set-up: Players are divided into two groups, one ball for each player. One player is designated a defender, and a stick bag is placed on one side of the rink (1).

Exercise: The players start at opposite ends and dribble through the cones. The ball is shielded with the body against each cone, particularly where there is a real defender. Lift the ball over the stick bag.

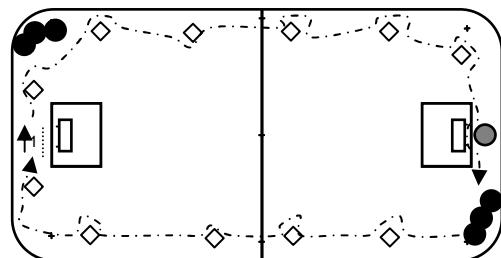


Figure 46: The Long Shield

Notes: Swap defender after a while. All players are on the move at the same time.

Variations: Increase the number of real defenders. A player losing the ball to a defender may be asked to do 10 press ups. The distance between the cones may be varied.

### Directions [#47]

Aim: ball skills, looking up when controlling the ball

Set-up: All players with a ball, facing the coach.

Exercise: The coach points out a direction and all the players run with the ball in said direction. The coach changes the direction frequently yet irregularly.

Notes: More advanced players may do fakes to make the exercise more interesting.

Variations: The coach may point at specific items in the hall (e.g. goal, door), and the players run towards that point.

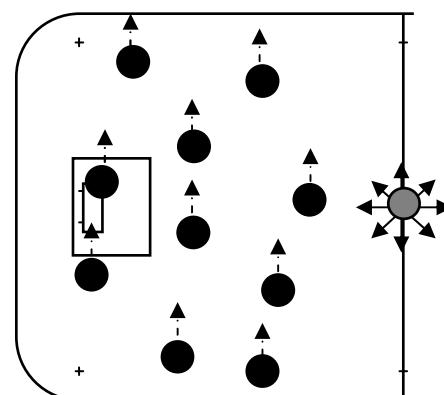


Figure 47: Directions

## Shooting

The following exercises are geared towards improving shooting of the ball.

### Shooting Relay I [#48]

Aim: shooting under pressure

Set-up: Two teams lining up at the centre line, ball with players

Exercise: The teams take turns to attack on the goalkeeper. If they score, they can sit out, if not, the player rejoins the line. The team to finish first wins.

Notes: As players shoot left or right, this exercise should be repeated with the teams swapping sides.

Variations: Penalty shot rules may be applied (no drawing back of ball).

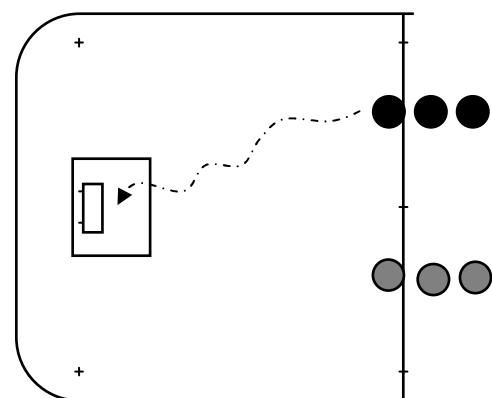


Figure 48: Shooting Relay I

### Shooting Relay II [#49]

Aim: shooting under pressure

Set-up: Two teams lining up in opposite corners. Each team gets 20 balls.

Exercise: First player of each team runs forward, and shoots before passing the cones. If the ball goes into the goal, the goal is counted. In any case, the player rejoins the line. The exercise is played until one team has scored 20 goals. The next player can start as soon as the player in front actually shoots.

Notes: Because balls go astray, count the goals scored, not the balls left.

Variations: The number of balls can be varied; this exercise puts players under more pressure than exercise 48.

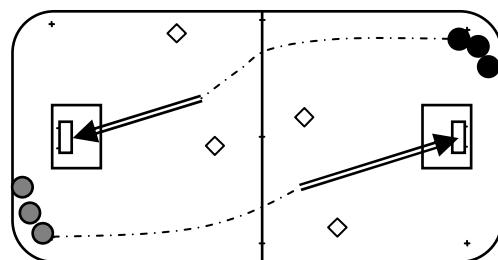


Figure 49: Shooting relay II  
Figure 49: Shooting relay II  
Figure 49: Shooting relay II

### Long Shooting Relay [#50]

Aim: Shooting under pressure

Set-up: Two teams lining up in opposite corners. Each team get 20 balls.

Exercise: First player of each team runs forward, runs around the opposite goal, and shoots before passing the cones. If the ball goes into the goal, the goal is counted. In any case, the player rejoins the line. The exercise is played until one team has scored 20 goals. The next player can start as soon as the player in front has passed behind the opposite goal.

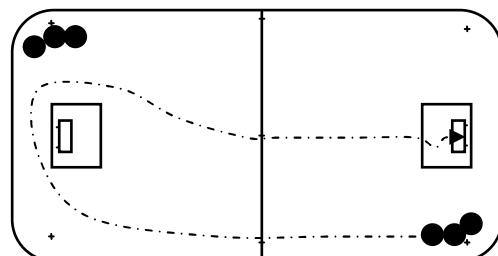


Figure 50: Long relay  
Figure 50: Long relay  
Figure 50: Long relay

Notes: Because balls go astray, count the goals scored, not the balls left. This exercise can be quite a hard workout. Consider a rematch.

Variations: The number of balls can be varied.

### Single Shooting Relay [#51]

Aim: Shooting under pressure

Set-up: Two teams lining up in opposite corners; each player with a ball. If one team has a player more, one of the other players runs twice. Cones are used to mark a given distance to the goal

Exercise: First player of each team runs forward, and shoots before passing the cones. If the ball goes into the goal, the goal is counted. This exercise is played until 20 goals are scored. The next player starts once the shot is released.

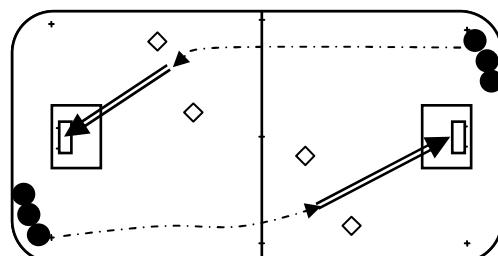


Figure 51: Short shooting relay  
Figure 51: Short shooting relay  
Figure 51: Short shooting relay

Notes: The exercise can be good workout. Consider a rematch.

Variations: The distance to the goal may be varied. Generally, the cones can be left quite close to the goals, because shooting early speeds up the game.

### Merry Go Round [#52]

Aim: shooting

Set-up: Players divided into two corners, all balls in the corners.

Exercise: The first player from corner B runs in a semi circle, and receives a pass from A in front of the goal. The player passing the ball at A then runs and receives the pass from B. After shooting, the players join the line in the opposite corner.

Notes: Take care to play precise passes and play on the forehand. If the players do not run close enough to the centre line, cones may be placed to run around.

Variations: The kind of shot can be restricted, or players may be required to shoot backhand on one of the sides. The distance to the goal where players release the shot may be restricted. Before the exercise is done, it should be decided whether direct shots are required, or the ball can be received and controlled first.

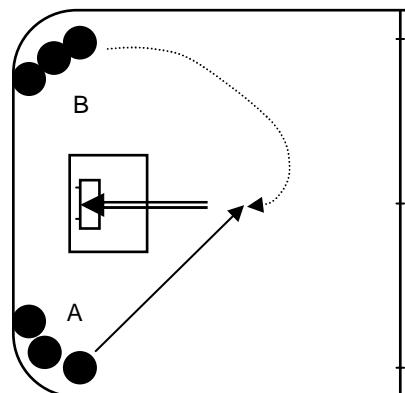


Figure 52: Merry go round

### Straight Attack [#53]

Aim: shooting

Set-up: Players line up with balls.

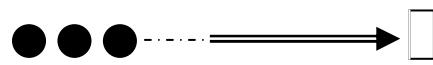


Figure 53: Straight attack

Exercise: The players take turn to run a few steps and then shoot on the goal.

Notes: When fetching the ball after a missed goal, players need to watch out for the shot of other players. Keep this exercise fairly fast. For beginners, this exercise can also be done without a keeper.

Variations: Put something flat into the goal, such as a bench or stick bag. This way the players are forced to shoot high. To add a competitive dimension, count how many goals each player scores.

### Pass to Shoot [#54]

Aim: shooting from passes

Set-up: Players line up at 1 with balls; one player at 2 and 3.

Exercise: Pass from 1 to 3, from 3 to 2, from 2 into the slot, where the player from 1 shoots on the goal. Players rotate from 1 to 2, from 2 to 3, from 3 to 1.

Notes: This exercise should be carried out at high speed. Start slowly and then increase speed. Direct passes should be encouraged. Swap sides after a while. Having two players at 2 and 3 respectively increases the danger of slowing the exercise down.

Variations: Vary the distance to the goal.

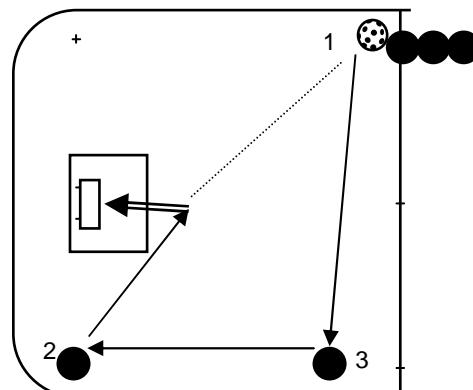


Figure 54: Pass to shoot

### Alternative Merry Go Round [#55]

Aim: shooting

Set-up: Players are divided into two corners, all balls in the corners.

Exercise: The first player from corner B runs in a semi circle, and receives a pass from B in front of the goal. The first player at A then runs and receives the pass from A. After shooting, the players join the line in the opposite corners.

Notes: Take care to play precise passes and play on the forehand. If the players do not run close enough to the centre line, cones may be placed to run around.

Variations: The kind of shot can be restricted, or players may be required to shoot backhand on one of the sides. The distance to the goal where players release the shot may be restricted. Before the exercise is done, it should be decided whether direct shots are required, or the ball can be received and controlled first.

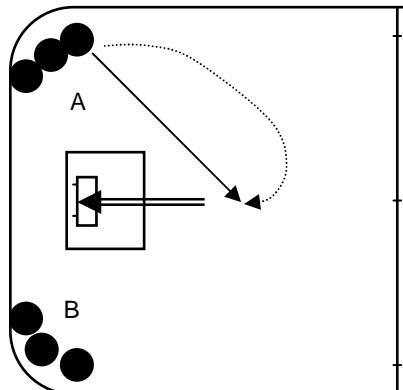


Figure 55: Alternative merry go round

### Merry Go Round with Back Pass [#56]

Aim: shooting from passes

Set-up: players divide into both corners, balls in both corners.

Exercise: The first player runs from 1 to 2. A pass is played from 1 to 2. The player at 2 hits a direct pass to 3, where the pass is returned immediately. The player shoots from 4, and rejoins the line at 3. The player who has just passed from 3 runs to 5 and the exercise is continued.

Notes: As a player at 1, you first pass to the person in front of you (1 to 2). You then return the pass (from 5 to 1 back to 4), and then run (1 to 2). When introducing this exercise, start slowly and then speed up.

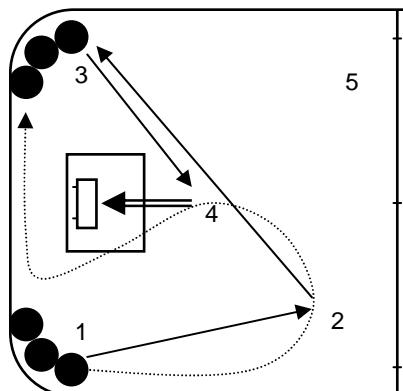


Figure 56: Merry go round with back pass

### Shoot in Line [#57]

Aim: shooting

Set-up: Players line up at about the same distance to the goal. Everyone with a ball.

Exercise: The players shoot onto the goal one by one.

Notes: The coach may determine how many shots need to go into the goal, and the exercise can become a competition between the field players and the goalkeeper(s). For example, if more than 50% of the shots go in, the goalkeeper does 10 press-ups, otherwise the players do 10 press-ups. The level of goals to be scored needs to be adjusted according to the level of the players and the goalkeeper. If this exercise is not taken competitively, individual players who shoot over the goal, or miss the target, may be required to do press-ups. Such additional rules need to be determined clearly before the exercise is done. The exercise as such is a good warm-up,

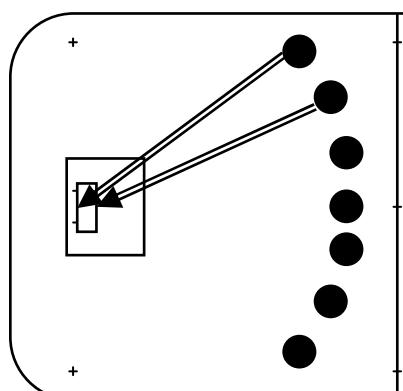


Figure 57: Shoot in line

both for the players and the goalkeepers. In this case, start with soft wrist shots, moving on to fast wrist shots, then dragged shots, and slap-shots. High and low shots can be taken separately. This exercise also works with spin shots, and other specialized shots. For the goalkeeper it is important to narrow the angle. Players can swap positions from time to time.

**Variations:** The players can start on the left and move to the right; start on the right and move to the left; the sides may be alternated, so that one shot is from the left, followed by one on the right, followed by one on the left, and so on. The kind of shot used for this exercise can be varied.

#### Variations in Line [#58]

**Aim:** shooting and attacking

**Set-up:** Players line up at about the same distance to the goal. Everyone with a ball.

**Exercise:** Starting on one side of the line, the first player shoots. The second player attacks on the goalkeeper. The attack needs to be quick. The third player shoots again, the fourth player attacks, and so on.

**Notes:** If the goalkeeper is in no position to defend a shot after an attack (e.g. lying on the floor), the next player needs to wait a little bit. These waits should not be too long, as the goalkeeper should get back into position quickly.

**Variations:** The players can start on the left and move to the right; start on the right and move to the left. The kind of shot used for this exercise can be varied. The coach may stand behind the goal (to the side) and indicate whether the player is to attack or shoot direct.

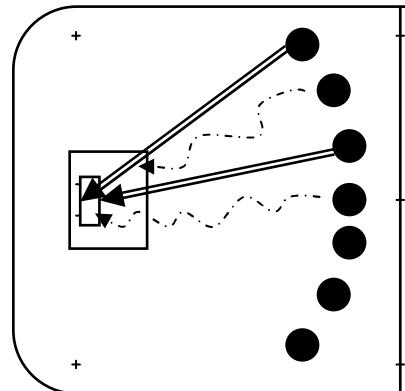


Figure 58: Variations in line

#### Shoot Only when Called [#59]

**Aim:** shooting without much preparation

**Set-up:** Players line up at about the same distance to the goal. Everyone with a ball. Each player is assigned a number.

**Exercise:** The coach shouts a number, and the player with that number shoots. Players swap positions after shooting.

**Notes:** The exercise should be done at a fast pace. This exercise is hard on the goalkeeper, but getting into position is part of the exercise. However, a break should be included frequently to give the goalkeeper a bit of time to breathe.

**Variations:** The kind of shot may be restricted during the exercise, or individual players are asked to shoot in a particular way (e.g. players 1 to 4 use slap-shots, players 5 to 7 use wrist shots, and so on). Some of the players may be asked to attack rather than shoot.

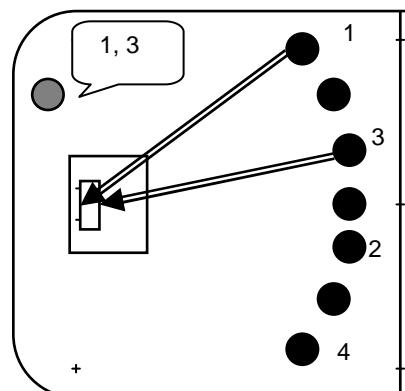


Figure 59: Shoot only when called

### Shoot in Line with Pass [#60]

Aim: shooting from pass

Set-up: Players line up at about the same distance to the goal. One player in the corner with all the balls.

Exercise: The player in the corner plays a pass to any player in the line, who in turn shoots direct.

Notes: Players may need to shout if they intend to shoot if the pass is not very precise. Alternatively, the player hitting the passes can shout the name fist. The goalkeeper needs to adjust their position accordingly. The player hitting the passes may need to be substituted after while. The passes should be played at a high frequency, and this can be exhausting.

Variations: The same exercise can also be played from the other side.

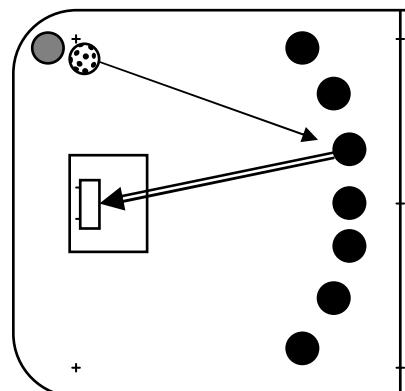


Figure 60: Shoot in line with pass  
The passes should be played at a high frequency, and this can be exhausting.

### Four Shots [#61]

Aim: shoot quickly

Set-up: There are four cones in a line about 5 to 10 metres from the goal. If there is a line on the floor, no cones may be necessary. The players line up near the board on the height of the cones. There is a ball with each cone; and the other balls are kept nearby, behind the cones.

Exercise: The first player starts with the cone nearest to the line, shoots and immediately moves on to the next ball, shoots, and so on. As soon as the first ball is shot, the second player in the line (2) starts putting a ball with each cone again. The first player in the line (1) can start shooting as soon as the previous player has finished. After placing the balls, the second player in line rejoins the line as the first player (next to shoot).

Notes: This exercise needs a bit of discipline to keep the speed up. Where there are many players, the players in the line (except for the first two) may line up in pairs and play very short passes to keep them occupied.

Variations: The kind of shot may be varied, such as wrist shot, slap-shot, or spin shot. It is also possible to assign one kind of shot to each cone. Swap sides after a while, and possibly vary the distance to the goal.

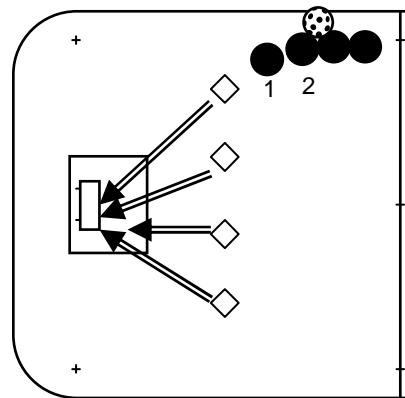


Figure 61: Four shots

### Shoot as You Are Told [#62]

Aim: precise shots

Set-up: Players line up slightly in front of the centre line, with the balls. The coach is positioned behind the goal (to the side), but essentially so that the goalkeeper cannot see.

Exercise: The first player in the line runs forward a few steps, and shoots where the coach indicates. The coach can indicate any of the four corners, as well as half heights.

Notes: Players failing to shoot on target may be asked to do a few press-ups. This exercise also works without a goalkeeper.

Variations: The distance to the goal may be varied.

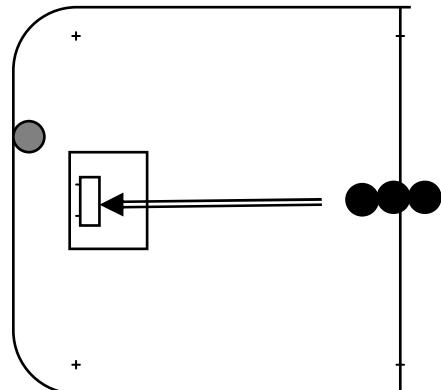


Figure 62: Shoot as you are told

### Shoot as You Are Told with Pass [#63]

Aim: precise shots from passes

Set-up: Players line up a bit in front of the centre line (2) without balls, two players in the corner with balls (1). The coach is positioned behind the goal (to the side), but essentially so that the goalkeeper cannot see.

Exercise: The first player in (1) passes the ball to the first player in (2) who has run forward a few steps. The player from (2) shoots where the coach indicates. The coach can indicate any of the four corners, as well as half heights.

Notes: Players failing to shoot on target may be asked to do a few press-ups. This exercise also works without a goalkeeper. If players find it difficult to control the ball, additional cones may be placed to indicate the last point from where the shot can be hit. The pass will be aimed slightly behind the cones.

Variations: The distance to the goal may be varied.

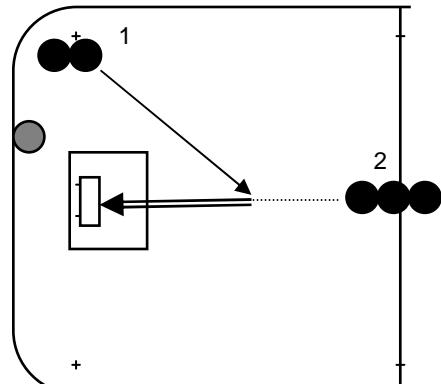


Figure 63: Shoot as you are told with pass

### Round We Go [#64]

Aim: shooting from running

Set-up: The players divide into four groups at 1, 2, 3, 4. The balls are behind both goals. The players at 1 and 3 may start with a ball.

Exercise: The players run in a large circle. The first player with a ball hits a pass to the first player without ball across the rink. The player shoots direct. After shooting, the player runs on in the circle and picks up a ball behind the goal.

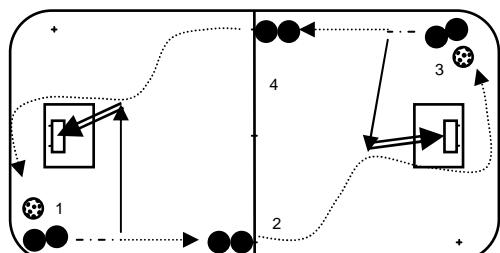


Figure 64: Round we go

Notes: Care must be taken when shooting, that no other player is hit when running behind the goal. For safety reasons players should restrain themselves if necessary. Once started, this exercise simply goes on and on, with all players on the move at the same time.

Variations: Running in the other direction.

### Trick Shot [#65]

Aim: Trick to get past defender and then shoot

Set-up: Players line up in the corner at A, one player at B.

Exercise: Pass from A to B. At B, the player uses a trick to get past the stylized defender (cone), and shoots from C. Players rotate from A to B, and B to A.

Notes: The trick should involve shielding of the ball, probably involving a turn. A pass from B to C to get past the cone may also be appropriate. The tricks in figure 65 are just two effective moves. In the trick on the left, the player plays the pass in front of the cone, but turns around backwards to run past behind the cone to shoot subsequently. In the trick on the right, the player hits the pass and then turns around in the front of the cone, with the back towards the cone. In order to shoot, the player will need to run backwards a bit. Swap sides after a while.

Variations: A real defender may be placed at B for more advanced players.

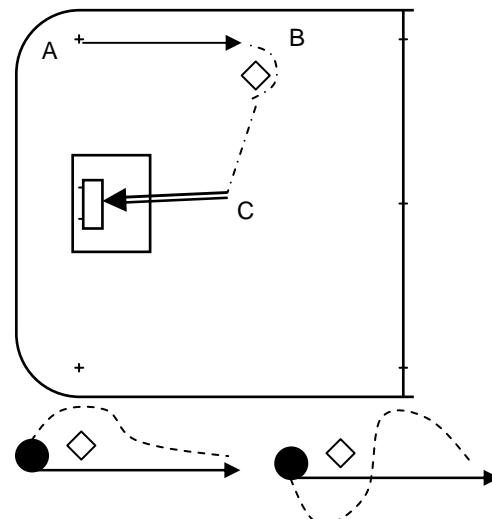


Figure 65: Trick shot  
Set-up: All players line up at A with balls. One player starts as a defender at B. The goalkeeper is in goal.

### Shielded Shot [#66]

Aim: Shooting directly from shielding the ball

Set-up: All players line up at A with balls. One player starts as a defender at B. The goalkeeper is in goal.

Exercise: The first player in line at A starts running with the ball, shields the ball at B, and then shoots. After shooting, the attacker becomes the defender and the defender joins the line at A.

Notes: Depending on the skills of the attackers, the defender may choose anything from just standing there to actively chasing the ball.

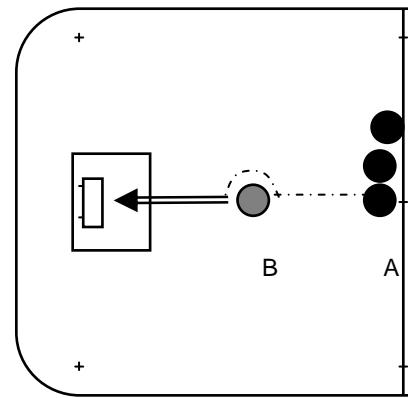


Figure 66: Shielded shot

### Back Shot [#67]

Aim: shoot from a pass from behind

Set-up: Players line up near the centre. Balls with the players.

Exercise: First person in line runs forward towards the goal. The second person in line plays a pass from behind (B), and the first person (A) shoots direct. After passing, the player runs forwards.

Notes: Vary the places from where the line is placed. Care must be taken to play on the forehand.

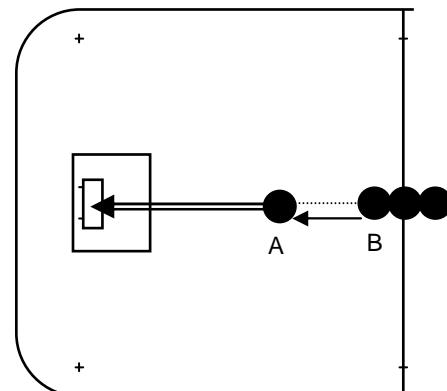


Figure 67: Back shot

### Cliff-hanger [#68]

Aim: shooting from short back pass

Set-up: Players line up at the centre spot with the balls (A). There are two players about 3 to 5 metres in front (B).

Exercise: A pass is played from A to B. The player hitting the pass starts running towards the goal. At B, the pass is played straight back to the player from A, and a direct shot is ventured on the goal. Rotation from A to B, and from B to A.

Notes: The passes need to be precise and relatively fast. Swap sides after a while.

Variations: The exercise can be carried out closer to the goal, or at an angle (players start near the board).

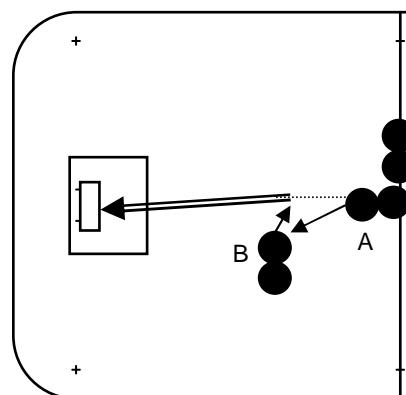


Figure 68: Cliff-hanger

### Short Machine [#69]

Aim: direct shots

Set-up: Two players are in one of the corners, with the balls (many). The other players line up about 3 metres in front of the centre spot.

Exercise: A pass from the corner to the centre, where the first player in line shoots direct.

Notes: Care must be taken with forehand and backhand when passing the ball. Direct shots are important in this exercise. A fast pace is necessary to keep this exercise interesting. Players rotate from the corner (after passing) to the centre, where they join the line; and from the centre (after shooting) to the corner.

Variations: Swap sides after a while. You can restrict the kind of shots (slap-shot, dragged) for a while.

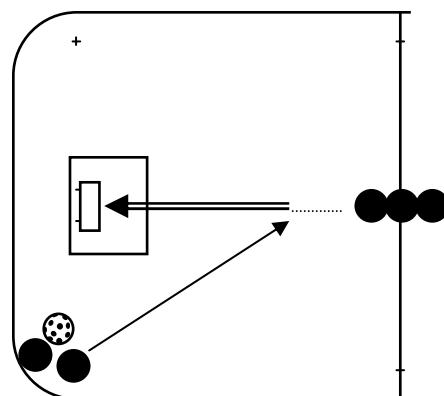


Figure 69: Short machine

### Two Goal Shooter [#70]

Aim: Shooting with the head up

Set-up: Two goals are placed on the same side of the rink, about 5 metres apart. In the middle of the goals, one player (A) plays passes. All the balls are with player A. The other players line up near the centre (B). One goalkeeper in each goal.

Exercise: A pass is played from A to the first player at B. The player at B runs forward to take the shot. Just before the ball reaches player B, player A indicates which goal to shoot on. Player B shoots on that goal and rejoins the line.

Notes: Swap the player at A after a while. Keep the speed up to challenge the goalkeepers. The exercise also works without goalkeepers.

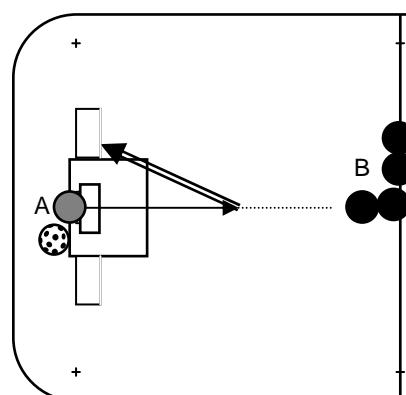


Figure 70: Two goal shooter

player indicating the direction may walk or run around behind the goals to make the exercise more difficult. Small training goals may be used for target practice, too.

### Side Shooter [#71]

**Aim:** shots from short pass

**Set-up:** Players line up at centre spot without balls. Two players line up with all the balls, about 3 metres in front of line.

**Exercise:** The first player in the line at the centre steps forward, receives a pass from the first player with ball, and shoots direct. After shooting, the player joins the line at B; after passing the player joins the line at A.

**Notes:** Short, fast and precise passes are necessary. If necessary, have a line of 3 players at B. Swap side of the passes after a while.

**Variations:** The distance to the goal can be varied. Decide what kind of shot is being done before doing the exercise, and maybe swap in between. The distance of the pass at B can be varied, too.

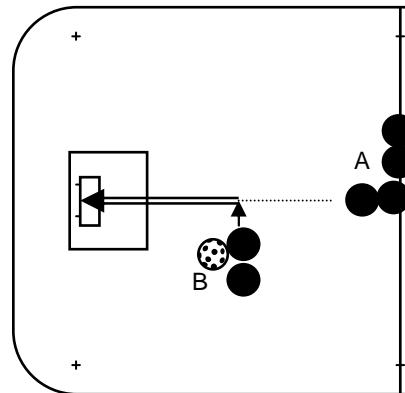


Figure 71: Side shooter

### Double Side Shooter [#72]

**Aim:** shots from short pass

**Set-up:** Players line up at centre spot without balls. Two players line up with half the balls, about 3 metres in front of line, two players line up about 2 metres in front of the goal with the other half of the balls.

**Exercise:** The first player in the line at the centre steps forward, receives a pass from the first player at B, and shoots direct (1). Just after, a pass is played from C, and a direct shot is used (2). After shooting, the player joins the line at C; after passing at C the player joins the line at B; after passing at B the player joins the line at A.

**Notes:** Short, fast and precise passes are necessary. This exercise requires quite a few players to get running, in case slow down a bit between the players. Swap which side position B and C pass from after a while. After the first shot, the player keeps running.

**Variations:** The distance to the goal can be varied. Decide what kind of shot is required before doing the exercise, and maybe swap in between. It is possible not to restrict the second shot (close to the goal), but restrict what kind of shooting is allowed at the first shot.

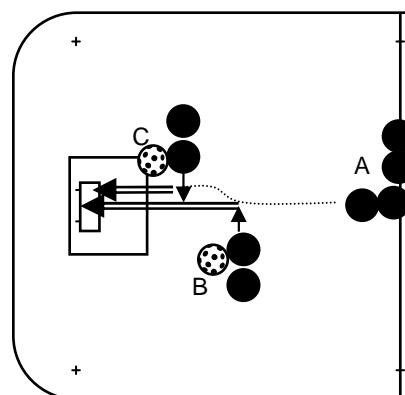


Figure 72: Double side shooter

### Box Shot [#73]

Aim: shooting under pressure

Set-up: Players line up at A. Balls at A, C, and D.

Exercise: Players start at A, shooting on the goal. They then jump over the box (B) and shoot straight away at C. They then pick up a new ball at D and slalom through the cones to rejoin the line. As soon as the second shot was released, the next player can start. This puts the goalkeeper under more pressure.

Notes: The height of the box may be adjusted according to the players' fitness level and floorball skills. Swap sides after a while.

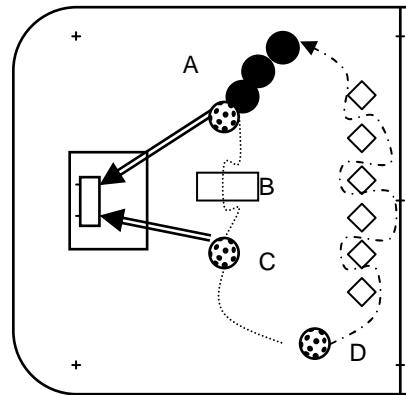


Figure 73: Box Shot

## Game Emulation

The following exercises are geared towards training certain aspects of game play. Such exercises automate certain aspects of playing floorball.

### Lord of the Ring [#74]

Aim: defend zone

Set-up: Three or four rings are placed on the rink. Each ring is about 1 to 2 meters in diameter (the larger the more difficult). A ring may be marked with a few cones. There is one defender for each ring (the "lord"), and one or two attackers per ring. The defenders are designated to a ring, whilst the attackers are free to move to any ring. There is one ball per ring.

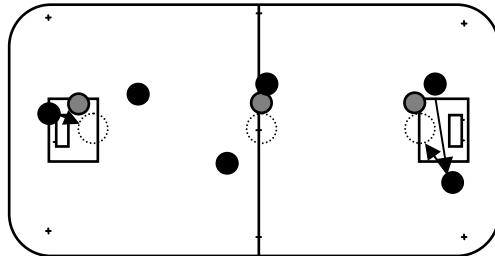


Figure 74: Lord of the ring

Exercise: The attackers try to pass the balls, and shoot into or through the rings. Each defender tries to defend his or her ring. The ring needs to be defended against all sides.

Notes: The number of rings depends on the number of players. Defenders are only allowed to hit away a ball, not to control it.

Variations: Two or three attackers may be designated to a specific ring. Alternatively, have only two rings, and play in teams. In this case defending is allowed as in a normal floorball game.

### Rebound [#75]

Aim: taking rebounds

Set-up: Normal floorball game, but instead of goals have long benches. No goalkeepers are needed for this exercise.

Exercise: A goal only counts if a player of the same team can get the rebound and control the ball.

Notes: Only count rebounds from the front of the bench.

Variations: A Team mate needs to shoot again after controlling the ball to make the goal count.

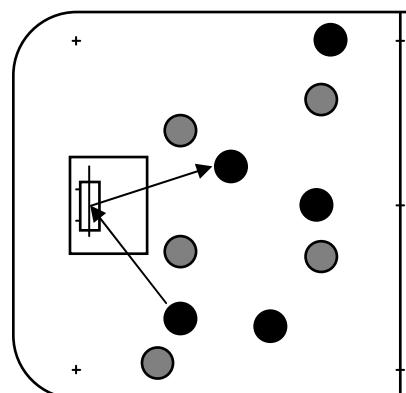


Figure 75: Rebound

### Race to Attack [#76]

Aim: fast attack, defending when under pressure

Set-up: The players divide into two lines at one end of the rink. One player in between the lines hits passes towards the other goal; all balls are with this player.

Exercise: The first two players face forward.

The player hits the pass without warning.

Both players race to control the ball. The player getting to the ball first will be the attacker; the other will have to defend. The aim for the attacker is to score.

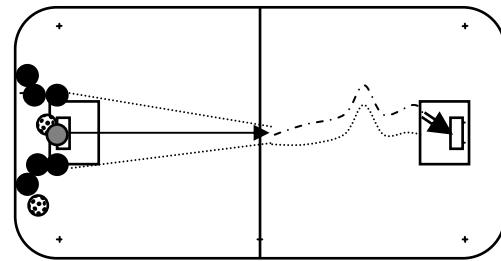


Figure 76: Race attack

Notes: Special attention may be paid to the rules for fair defending. Hitting the stick from behind without a real possibility to play the ball leads to a bench penalty.

Variations: The players may be requested to lie down before the pass is played. The players may be requested to lie down on their backs. An obstacle may be placed about 3 metres in front of the lines, such as a bench to jump over. The pass may be played low or high, or alternating.

### One on One [#77]

Aim: defend the ball

Set-up: Two players team up, one ball per pair

Exercise: The player with the ball tries to shield the ball. The other player tries to chase the ball off the player with the ball.

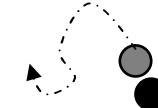


Figure 77: One on one

Notes: This exercise is intensive, so include breaks every minute or two. Only allow fair tackles.

Variations: Delimit the area for each pair, perhaps marking this with cones.

### Shield Doctors [#78]

Aim: shielding the ball

Set-up: Players line up with balls, two defenders without ball.



Figure 78: Shield doctors

Exercise: Players take turn to dribble past the defenders. They take care to shield the ball. At the other end, they form a new line, and the exercise is repeated from the other side.

Notes: Depending on the skill level of the players, the defenders are more or less active. Change defenders after every round.

### Timed Attack [#79]

Aim: quick attacking

Set-up: One timer in the corner with balls. Three attackers at the centre line, two defenders.

Exercise: The timer hits the ball out to the attackers, who must score as many times as possible in 2 minutes. The defenders can either hit the ball out, or hold on to the ball to bring the clock down.

Notes: Two teams may compete against each other where the exercise is played on two parts of the rink.

Variations: Do not let the defenders hold on to the ball.

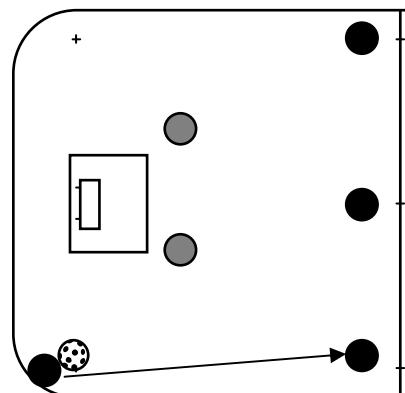


Figure 79: Timed attack

### 2-1 Attack [#80]

Aim: attacking with a defender

Set-up: One defender, and pairs of attackers. The attackers line up at the centre line.

Exercise: The attackers try to outplay the defender and score a goal.



Figure 80: 2-1 Attack

Notes: The defender tries to intercept the ball, but only fair tackles are allowed. If the attackers fail or lose the ball, the next pair can attack. This exercise needs to be carried out at a fast pace. The attacker who shot or last controlled the ball takes the position of the defender in the next round.

### Deflections [#81]

Aim: deflections, and shots that can be deflected

Set-up: Players line up at the centre spot, with one player in front of the goal, just outside the goalkeeper area. One player waits next to the goal.

Exercise: The first player in the line shoots on the goal, so that the ball is about on knee-level when reaching the player in front of the goal. The player in front of the goal tries to deflect the ball into the goal. After deflecting, the player joins the line at the centre. The player next to the goal takes up position in front of the goal, and the player shooting runs into position next to the goal.

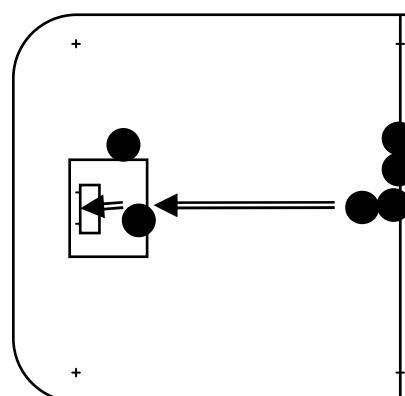


Figure 81: Deflections

Notes: Deflections are always direct.

### Slot Game [#82]

Aim: deflections

Set-up: One player in the slot, without a ball. Five lines with balls to play passes. Cones can be used to mark the position of these lines, especially where there are not that many players.

Exercise: The players first in line take turns to play a pass to the player in the slot. The player in the slot tries to deflect the pass into the goal. After all five passes have been played, another player takes up position in the slot.

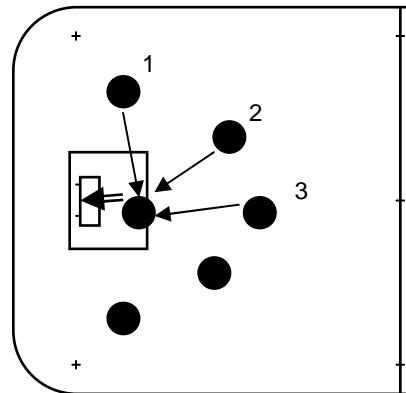


Figure 82: Slot game

Notes: The exercise should be played at a relatively high speed. It is possible to rotate in a smooth way. The first player from the line who played the pass first will be the next to take position in the slot. The other players who hit passes join the line next to them (towards the direction where the first pass was played). The player previously in the slot joins the line furthest away from where the first pass was played.

Variations: The coach may point out from which line the pass is played rather than having the passes played in turn. High passes may be used as an alternative.

### Free Slot [#83]

Aim: being free to receive a pass in the slot

Set-up: One player each at position 2 and 3; all other players at position 1. All balls at position 1.

Exercise: The aim is to play a pass from (1) to player (3), with a short shot. The player at (3) starts facing (1). The player at (2) is the defender, but plays passively. The player at (3) turns around with their back towards 2, and then rolls around the defender, with their back constantly towards player (2). Player (1) then hits a fast pass, followed by a shot in the slot. Players rotate from (1) to (2), from (2) to (3), and from (3) to (1).

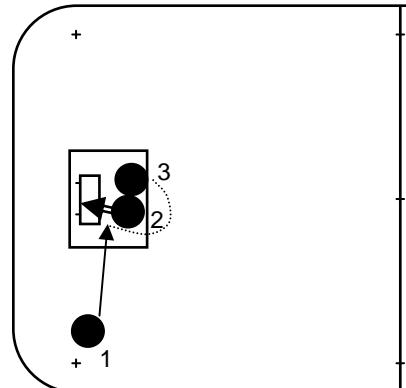


Figure 83: Free slot

Notes: This exercise is essentially about being free in the slot; advanced players may want to make the defender (2) more active. Players may turn around the back, as illustrated, but also towards the goal. Swap sides after a while.

Variations: Allow the player at (3) to use any way to receive the pass.

### Free-Hit Game [#84]

Aim: Trying free-hits and defensive walls

Set-up: Normal floorball game.

Exercise: The exercise is essentially a normal floorball game. Frequently, at random intervals, a free-hit is awarded to either of the teams. The aim is to practice taking free-hits from many different positions, as well as building appropriate defensive walls.

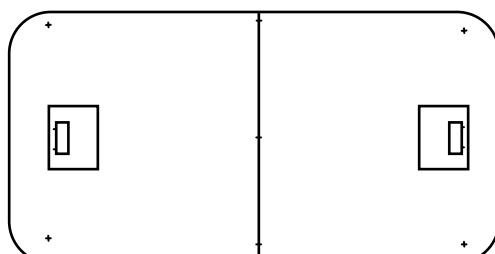


Figure 84: Free-hit game

Notes: Watch out for the 3 metres distance. It might be necessary for the coach/referee to mark the position of the free-hit to avoid confusion. It is important that free-hits may be

taken quickly. Before this exercise is carried out, it is important that the players understand that the free-hits in this exercise are random, and have nothing to do with the game. This is an exercise, not extra game time. It might be beneficial to have the teams discuss free-hit variations before starting the exercise.

### Deep Pass [#85]

Aim: long pass to launch an attack

Set-up: One player without ball at position 3; the other players divide into two lines. The balls are with line 1. The goalkeeper is in the goal opposite the lines.

Exercise: A wide pass is played from 1. The player at 2 runs and controls the ball well after the centre line. From near the corner, a pass is played to position 3, from where the ball is shot on the goal. The players rotate from 1 to 2 (after passing); from 2 to 3 (after passing); from 3 to 1 (after shooting).

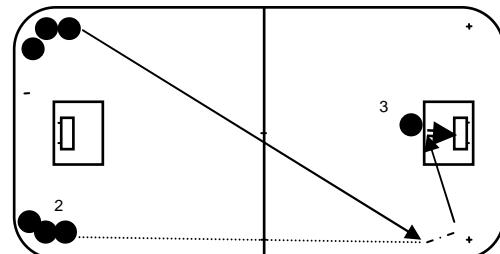


Figure 85: Deep pass  
The players rotate from 1 to 2 (after passing); from 2 to 3 (after passing); from 3 to 1 (after shooting).

Notes: The goalkeeper should change position so as to expect a shot from the player running from line 2. If this does not work, a few players may actually shoot from that position, as indicated by the coach.

Variations: A high pass can be used to start the exercise. In this case, a bench may be placed in the centre of the rink to prevent low passes.

### Drop [#86]

Aim: quick passes to shot

Set-up: Players line up at the centre line. Balls with players.

Exercise: The first player in line runs from A to B. The second player in line passes from A to B, from where a direct pass is played to C. The second player runs from A to C and shoots direct at C. Both players rejoin the line at the centre.

Notes: Starts slowly and increase speed.

Variations: Start from different places in the rink.

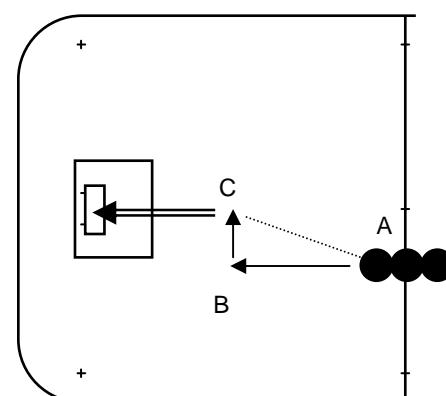


Figure 86: Drop

### Drop with Defender [#87]

Aim: quick passes to attack

Set-up: Players at the centre line. Balls with players. One defender in front of the goal.

Exercise: The first player in line runs from A to B. The second player in line passes from A to B, from where a direct pass is played to C. The second player runs from A to C and attacks from C. The player who played the pass (at B) becomes the defender for the next move, both the attacker and defender rejoin the line at the centre.

Notes: Only allow quick attacks to keep the speed up.

Variations: Start from different places in the rink.

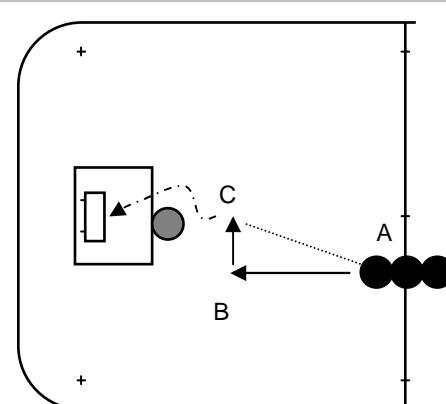


Figure 87: Drop with defender

### Tunnel Vision [#88]

Aim: precise passing and finish with limited space

Set-up: Two benches before goal, to limit where ball can be played, pairs of players with one ball per pair, lined at the centre.

Exercise: The pair attack on the goal, passing the ball between them. They finish very close to the goal.

Notes: No shots before the player enter the goal crease. The goalkeeper should not come out of the goalkeeper area in this exercise. Two benches can be used to make the tunnel longer.

Variations: Instead of benches, cones can be used. The benches can also be arranged at an angle, about 30°, so that rather than a tunnel, the benches constitute a funnel: the area for the player gets smaller as they approach the goal.

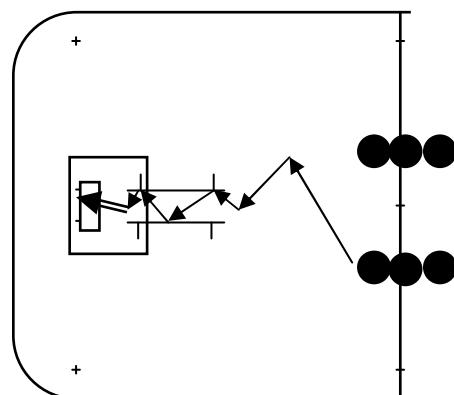


Figure 88: Tunnel vision

### The Free-Hit Machine I [#89]

Aim: Executing free-hits, and building defensive walls.

Set-up: The players line up near the centre. A place is designated as the free-hit spot, somewhere half way between the centre line and the goal. Two defenders build a defensive wall.

Exercise: The first two players in the line step up and execute the free-hit. They are free on which side of the wall they want to play. After shooting, the attackers become the defenders. The players previously in the defensive wall rejoin the line.

Notes: This exercise can be carried out on both goals at the same time. A goalkeeper is not necessary, but a useful addition for advanced players. Take care to take the correct distance to the place where the free-hit is carried out.

Variations: The place of the free-hit can be varied. If the free-hit is far away, there will probably only be one defender. Instead of defensive walls, a box can be used. This can be useful if the players want to try out shooting close past the defensive wall.

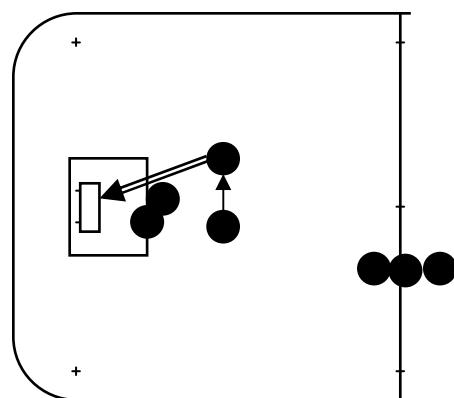


Figure 89: Free-hit machine

### The Free-Hit Machine II [#90]

Aim: Free-hits from different positions

Set-up: players divide into groups of 4 to 6. One player chooses a place on the rink to take the emulated free-hit. Lots of balls are gathered at this place. A defensive wall is imagined in front of the free-hit, and the other players form two lines, one on either side of the wall.

Exercise: The player taking the free-hit plays a short, fast and precise pass to the first player of either line. Both players are ready to shoot. The player who shot will rejoin the line.

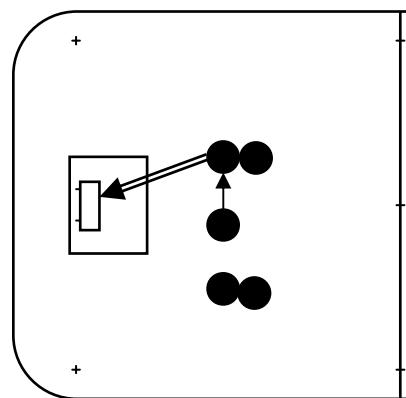


Figure 90: Free-hit machine II

Notes: A real defensive wall can be placed, or a box put instead. The exercises should be done at quite a high speed. Swap the player taking the free-hit after a while, such as when running out of balls.

Variations: Vary the place on the rink.

### Launch Pad [#91]

Aim: wide passes and direct shot

Set-up: Two lines on one side of the rink, one line with balls (A).

Exercise: The first person in line A and the first person in line B pass the ball 3 times. The passes are fast and precise. After the fifth pass, player B passes wide for player A. Player A runs and shoots direct if possible. This is a shot from quite far out.

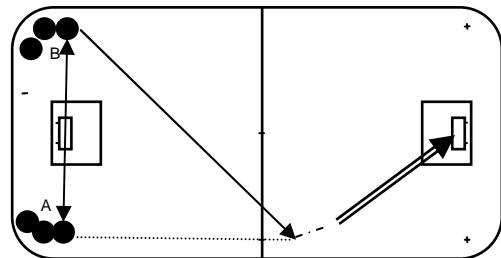


Figure 91: Launch pad

Notes: Swap sides after a while. The players second in line can start playing passes before those first in line have completed the exercise. They start passing right where the line is, and work their way about 2 metres forward during the five passes. They should not move forward too far, otherwise the wide pass will be lost.

Variations: Instead of the 3 passes only 1 pass can be played. The two lines can also be placed quite close to each other, and then 5 quick passes can be played.

### Launch Pad with Turn [#92]

Aim: wide passes and direct shot

Set-up: Two lines on one side of the rink, one line with balls (A).

Exercise: The first person in line A and the first person in line B pass the ball 3 times. The passes are fast and precise. After the fifth pass, player B passes wide for player A. Player A runs, takes control of the ball, turns to play the pass into the slot, where the other person shoots direct if possible.

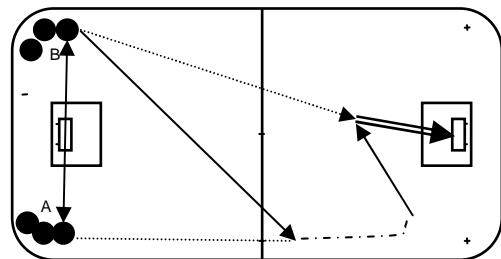


Figure 92: Launch pad with turn

Notes: Swap sides after a while. The players second in line can start playing passes before those first in line have completed the exercise. They start passing right where the line is, and work their way about 2 metres forward during the five passes. They should not move forward too far, otherwise the wide pass will be lost.

Variations: Instead of the 3 passes only 1 pass can be played. The two lines can also be placed quite close to each other, and then 5 quick passes can be played.

### Pass from Behind [#93]

Aim: pass from behind with quick finish on goal

Set-up: Two lines in front of one goal, both lines with balls

Exercise: The first player of line B runs, and the pass is played from A just a short while after, so that B can reach the ball a bit after the centre line. Cones can be placed to help aiming. The player tries to shoot direct, or shoots after touching the ball only once to control it. The player who passed the ball (A) is next to run, receiving the ball from (B).

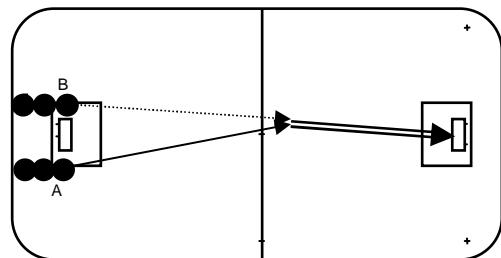


Figure 93: Pass from behind

Notes: Players need to pay attention to play the ball on the side of the running player. Advanced players will pay attention to forehand and backhand.

Variations: High passes instead of low passes. Only one or two touches allowed to control the ball. Instead of normal shots, the players can be asked to do a spin shot. This means they turn around, facing the lanes, when receiving the pass. They then shoot at once.

#### Counter Attack [#94]

Aim: quick and decisive counter attacks, fast and precise passes

Set-up: Two lines, one line with balls (B)

Exercise: The first person of line B runs without a ball. At the same time the first person of line A runs parallel on the other side of the rink. The second player on line B now plays a long pass that can be received a bit after the centre line. The ball is passed on direct to the other player who shoots direct. The player who passed the ball will start running next. The two running players swap lines after the exercise.

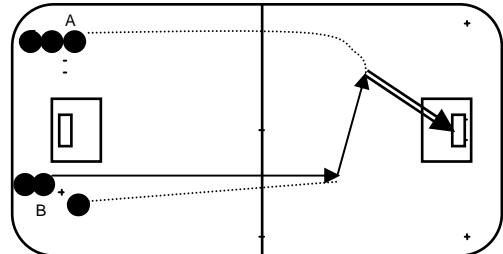


Figure 94: Counter attack  
The first person of line B runs without a ball. At the same time the first person of line A runs parallel on the other side. The second player on line B now plays a long pass that can be received a bit after the centre line. The ball is passed on direct to the other player who shoots direct. The player who passed the ball will start running next. The two running players swap lines after the exercise.

Notes: The whole exercise should be carried out at a considerable speed. It might be necessary to have one run slowly so that the players understand how it works.

Variations: The second line (A) can be placed in the middle. The two players attacking can alternatively attack on the goalkeeper, rather than play the pass direct.

#### Counter Attack with Defender [#95]

Aim: quick and decisive counter attack with finish, fast and precise passes

Set-up: Two lines, all balls with line B.

Exercise: The first player of line B (3) is ready to run. The second player of line B (2) starts the exercise by hitting a long pass to be received at C. At this moment, player 1 (line A) and the first player of line B (3) run to launch the counter attack. Player 2 runs to become the defender. Players 1 and 3 attack on the goal, with player 2 being the defender.

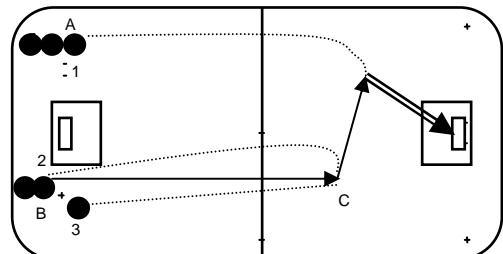


Figure 95: Counter attack with defender  
The first player of line B (3) is ready to run. The second player of line B (2) starts the exercise by hitting a long pass to be received at C. At this moment, player 1 (line A) and the first player of line B (3) run to launch the counter attack. Player 2 runs to become the defender. Players 1 and 3 attack on the goal, with player 2 being the defender.

Players 1 and 3 attack on the goal, with player 2 being the defender.

Notes: The first pass needs to be fast enough. The attackers have to finish quickly, otherwise the exercise is cancelled. Players swap positions after each run.

Variations: Line A can be placed in the middle, right in front of the goal, rather than in the corner.

#### 1 on 1 with Pass [#96]

Aim: pass from behind, one on one attack

Set-up: One line with balls just in front of one of the goals. One player in the corner opposite.

Exercise: The first player in the line runs, and receives a pass from behind from the second player in the line. The ball should be received around the centre spot. As the ball is passed, the player in the corner moves forward to become the defender. One on one attack. The attacker moves to the corner to defend in the next round, the player who passed begins the next round running.

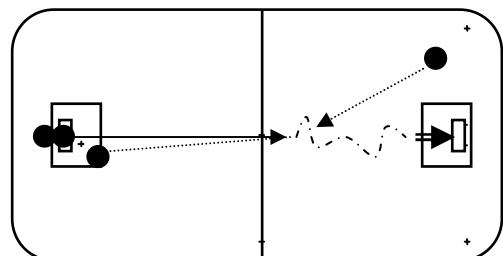


Figure 96: 1 on 1 with pass  
The first player in the line runs, and receives a pass from behind from the second player in the line. The ball should be received around the centre spot. As the ball is passed, the player in the corner moves forward to become the defender. One on one attack. The attacker moves to the corner to defend in the next round, the player who passed begins the next round running.

Notes: The attacker has to finish quickly, otherwise the exercise is cancelled.

Variations: Swap corners for the defenders, and start in a corner rather than in front of the goal (attack from the side).

### Short Shot [#97]

Aim: short precise pass with direct shot, as if taking a basic free-hit

Set-up: Players divide into groups of 5 or more (4 is bare minimum). One player with lots of balls sets up at a given point on the rink. The others line up not more than 1 or 2 metres away, the same distance to the goal. The set-up is as if taking a free-hit.

Exercise: The player with the balls passes to the first player in the line who shoots direct. The pass should be fast and precise. After shooting, the player rejoins the line at 2.

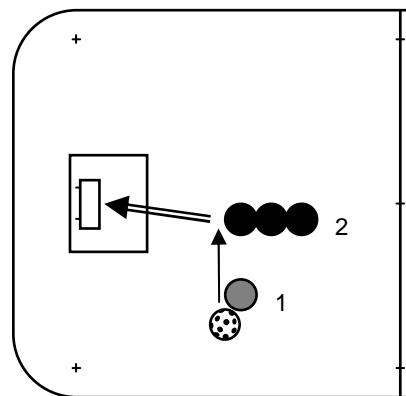


Figure 97: Short shot

Notes: This exercise can be played on two goals at the same time. The player with the balls needs to be replaced from time to time. The exercise should be done at a high speed. After a while the balls will need to be collected. The defensive wall in front of 1 is imagined only.

Variations: Swap sides and positions on the rink, closer and further away from the goal. Different shots can be used: restrict the kind of shot before the exercise begins.

## Tactical

The following exercises are geared towards improving tactical aspects of floorball. These exercises vary some of the parameters of normal floorball play.

### Four Seasons [#98]

Aim: Players learn to spread out

Set-up: Normal floorball game, but with four goals, one in each corner.

Exercise: Normal floorball is played, with each team defending two goals (1 or 2 respectively).

Notes: Where a team lacks sufficient numbers of goals, cones may be used as alternatives. The goalkeepers are free to change goals, but normal floorball rules apply.

Variations: Two or more balls may be used to increase the intensity of the exercise.

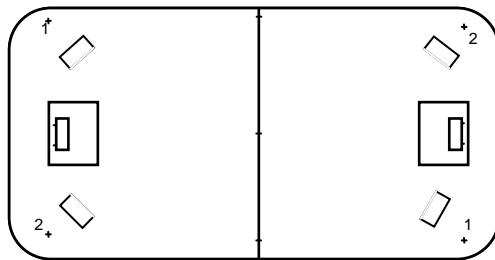


Figure 98: Four seasons

### Extra Ball [#99]

Aim: play floorball with two balls

Set-up: As if a normal floorball game

Exercise: The players play a normal floorball game, but there are two balls in play at the same time.

Notes: Normal floorball rules apply otherwise.

Variations: Play with three, four, even five balls at the same time.

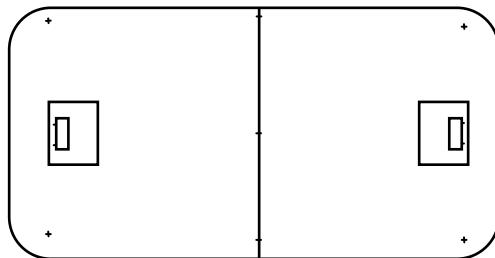


Figure 99: Extra Ball

### Tunnel Game I [#100]

Aim: Players learn to spread out and offer themselves for passes

Set-up: Normal floorball game, but with four goals, one in each corner. The goals are marked by cones.

Exercise: Normal floorball is played. Goals are scored by passing through the cones (and receiving the ball successfully).

Notes: The locations of the goals may be varied.

Variations: Two or more balls may be used to increase the intensity of the exercise. Before starting the game it needs to be determined whether repeated passing through a pair of cones counts as multiple goals, or whether other passes need to be involved between goals.

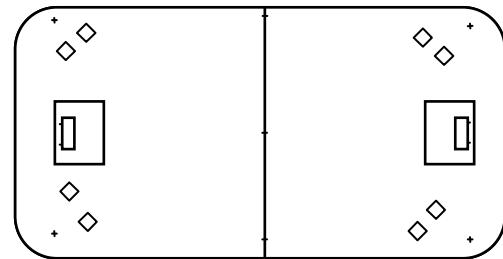


Figure 100: Tunnel game I

### Tunnel Game II [#101]

Aim: counter attacks under pressure and with limited space

Set-up: Use benches to create a tunnel in the centre of the rink. Other than that, a normal floorball game is set up.

Exercise: Two teams play normal floorball, but the ball needs to be played through the central channel ("tunnel").

Notes: Additional benches may be placed so no play past the tunnel is possible. Do not allow high passes to get past the tunnel.

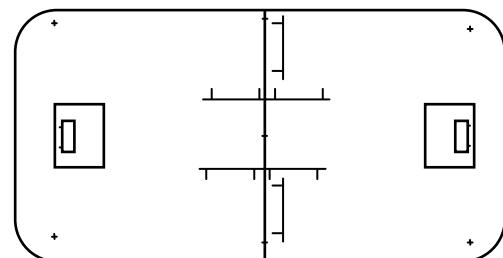


Figure 101: Tunnel game II

Variations: Make the tunnel narrower for a more challenging exercise.

### Prison Game [#102]

Aim: Playing in positions

Set-up: Players are assigned to specific zones in the rink. In each zone there is one player from each team. The left-hand defender cannot cross the centre line, or the line dividing the rink along lengthways.

Exercise: A normal floorball game is played, with the restriction that players cannot leave their zones. If they cross over the lines, a free-hit is awarded to the other team.

Notes: This exercise also works well without goalkeepers.

Variations: Depending on the needs of the team, there can be some overlap between zones. The number of outfield players may be limited to 4. If there is a great variety of abilities in the team, the number of zones may be reduced, allowing 2 players from each team in each zone.

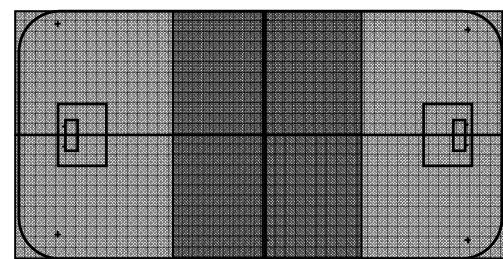


Figure 102: Prison game

### Slot Play [#103]

Aim: play passes into the slot

Set-up: Normal floorball game.

Exercise: Normal floorball game, but goals only count if scored from a pass from outside the slot.

Notes: This excludes goals scored from dribbling or rebounds. Define which area counts as the slot before starting the exercise.

Variations: Play only on one goal, and restart from the centre or corner whenever the defenders control the ball. Swap teams after a while in this case. In this variant, you may also reduce the number of defenders.

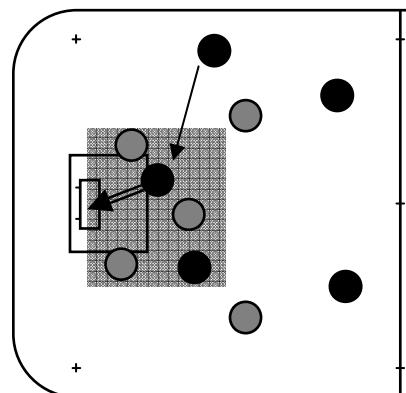


Figure 103: Slot play

### One Touch Play [#104]

Aim: passing

Set-up: Normal floorball game.

Exercise: Each player may touch the ball only once. If a second touch is involved, a free-hit is awarded to the opposing team.

Notes: Normally you will not want to allow stopping with the feet either

Variations: Allow two touches.

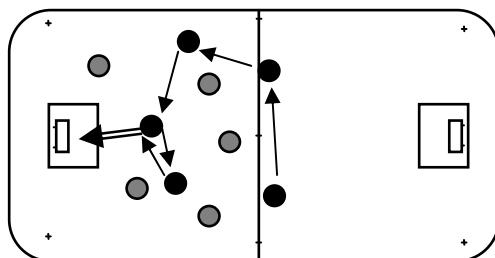


Figure 104: One touch play

### Chicken Play Floorball [#105]

Aim: coordination

Set-up: Normal floorball game.

Exercise: Players hop on one leg.

Notes: This exercise is intensive, thus also a good work-out. Increase the number of players in each team or reduce the size of the rink.

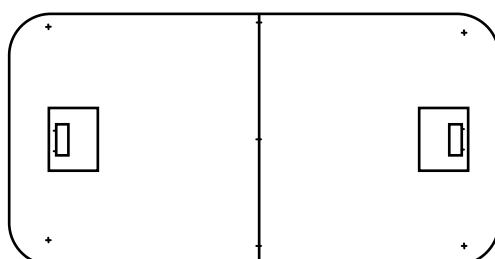


Figure 105: Chicken play floorball

Variations: Players may only be requested to hop on one leg if they are on the ball. A defender will have to hop if he or she wants to play the ball. Instead of hopping, frog-leaps may be used for players not on the ball.

### One-Armed Bandits [#106]

Aim: stick control

Set-up: Normal floorball game.

Exercise: Players are only allowed to play the ball one-handed.

Notes: In normal games, one-handed play should not be encouraged.

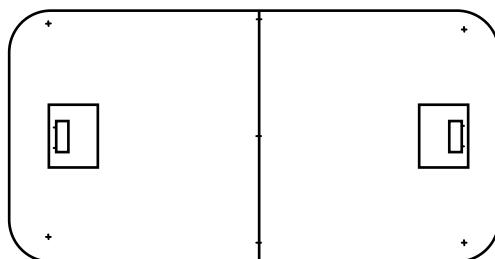


Figure 106: One-armed bandits

Variations: Restrict which hand may be used (left or right arm), or whether the stick can be held at the very end only, or only at the bottom of the grip.

### Space [#107]

Aim: opening up space, looking up

Set-up: Normal floorball game, only three outfield players on each side

Exercise: Normal floorball game

Notes: This exercise is tiring, and lines should be changed frequently.

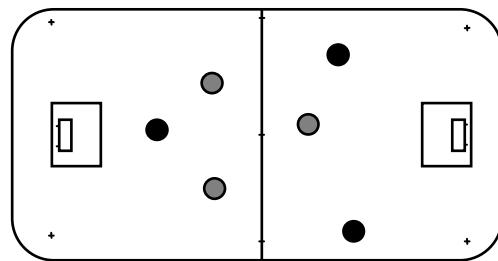


Figure 107: Space

### Crowded House [#108]

Aim: ball control and shielding

Set-up: Limit the area of play to about a third of the rink. The play area should not reach the boards or the wall. Every player starts inside the play area with a ball.

Exercise: Players try to keep their own ball under control (inside the play area), and at the same time try to hit the balls of others outside the play area. A player whose ball leaves the area retires. Whoever lasts longest wins.

Notes: The play area needs to be crowded to start with. Players may find it useful to shield the ball. Do not tolerate unfair stick tackles or incorrect pushing.

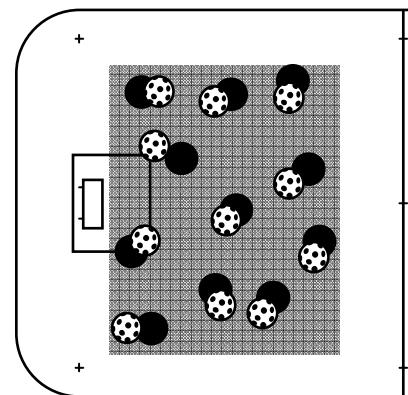


Figure 108: Crowded house

### Straitjacket [#109]

Aim: coordination

Set-up: Normal floorball game.

Exercise: Players need to hold their sticks behind their back all the time. Balls are passed with the stick held behind their back.

Notes: This may feel a bit awkward to some of the players, but ball skills are improved. Some advanced players may find this exercise more difficult than beginners, making it good fun.

Variations: Allow running with the stick in front of the body, but insist on playing behind the back when tackling the ball.

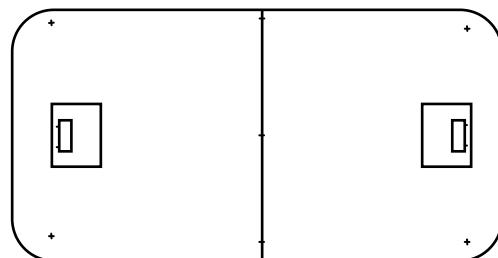


Figure 109: Straitjacket

### Tennis Floorball [#110]

Aim: play with different ball

Set-up: Normal floorball.

Exercise: The game is played as normal, but instead of a floorball ball, a tennis ball is used.

Notes: Depending on the skills of the players, there need to be restrictions on shooting and high balls, because in cases where the tennis ball can be accelerated, there is a danger of injuries. This exercise is more difficult with very soft sticks.

Variations: Other similar sized balls are also suitable, such as baseball balls.

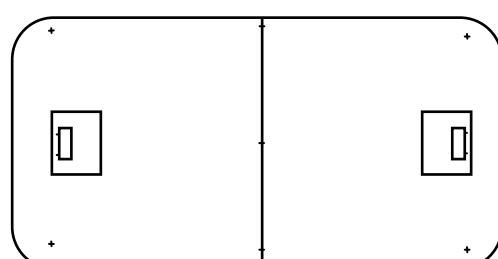


Figure 110: Tennis floorball

### Central Game [#111]

Aim: playing around the slot

Set-up: Normal floorball game, but the goals are placed in the centre of the rink.

Exercise: A normal floorball game is played between two games, with the goals in the centre of the rink.

Notes: Consider goalkeeper areas and goal creases when playing. The aim should be passing in front of the slot.

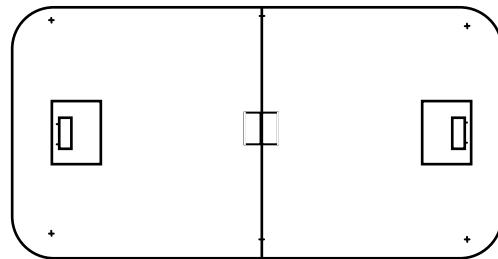


Figure 111: Central game

### 1-2-3 Attack [#112]

Aim: attacking in various formations

1      1    ●●●

Set-up: Three lines just behind the centre line, with balls distributed amongst all the lines. The keeper is in the goal.

2      2    ●●     ●    →    □

Exercise: (1) The first player at line 2 attacks on the goalkeeper. When the attack is completed, or the goal missed, the attacker turns around immediately and becomes a defender. (2) The first players in line 1 and 3 respectively attack against the defender. When a goal is scored or the shot misses the goal, the defender retires. The attackers turn around and become the defenders for the next wave. (3) The first players in all three lines attack against the two defenders. The attack is finished after the first shot.

3      3    ●●●

Notes: The exercise should be carried out at relatively high speed. If a shot is unsuccessful, the attack is considered over. Similarly, if the attackers lose the ball, or are stuck in the corner, the attack may be called off. The next wave may start just as the previous shot is released, putting the defender under pressure.

2      1    ●●

2      2    ●●     ●    □

3      3    ●●●

1      1    ●●

2      2    ●●     ●    □

3      3    ●●●

1      1    ●●

2      2    ●●     ●    □

3      3    ●●●

Figure 112: 1-2-3 Attack

The next wave may start just as the previous shot is released, putting the defender under pressure.

## Coordination Skills

The following exercises are geared towards improving the coordination skills of players. Whilst floorball itself is beneficial to developing coordination and motor skills, the following exercises can further improve these aspects, and benefit game play.

### Floorball Football 1 [#113]

Aim: coordination

1      1    ●●●

Set-up: 1 football, 1 floorball; players divide into two teams, each player with his or her floorball stick.

2      2    ●●     ●    □

Exercise: Players play floorball and football at the same time.

3      3    ●●●

Notes: With strong players this is not recommended as goal nets wear out quickly.

1      1    ●●●

However, instead of a football, a floorball may be used. In this case, it is essential that the two balls are of different colour, such as a red ball used for football, and a white ball

2      2    ●●     ●    □

3      3    ●●●

Figure 113: Floorball football 1

The next wave may start just as the previous shot is released, putting the defender under pressure.

for floorball. Obviously, for each ball, the according rules apply—headers are fine with the football, and the stick may not be used for the football.

### Handball Zone [#114]

Aim: coordination

Set-up: As a normal floorball game

Exercise: normal game, only middle third have to play with hands

Notes: No goals scored with hands; ball has to be touched in the handball zone (not just pass through).

Variations: play with feet in middle third; into halves (don't forget to swap). Players staying too long in the same zone may be penalized to encourage players to move around.

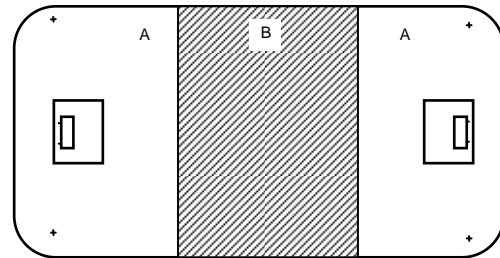


Figure 114: Handball zone

### Hand Game [#115]

Aim: coordination

Set-up: As a normal floorball game

Exercise: normal game, only all passes are high and have to be caught by hand, after catching, continue playing with the stick. If the ball dropped, a free-hit is given to the opponents. Free-hits, of course, need to be played high.

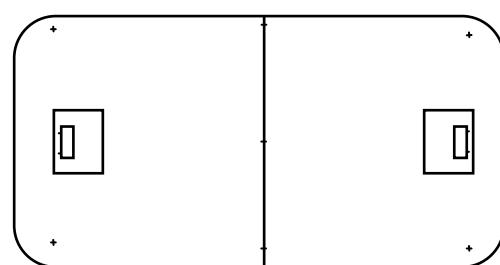


Figure 115: Hand game

Notes: Be careful with high sticks. Make sure players know that in a normal game, hand balls are not allowed.

### Floorball Football 2 [#116]

Aim: coordination skills

Set-up: Players divide into two teams, each player with his or her stick and one ball. The rink is divided into three zones, marked with cones or existing lines on the floor. There are two floorball zones (A) and a football zone (B) in the middle.

Exercise: This game is a normal floorball game, with football rules in the centre zone.

Notes: Different rules apply in the different zones. In the football zone, only the feet may be used to play the ball, not the sticks. Headers are obviously allowed. In the floorball zones, normal floorball rules apply. A foot-pass into the football zone is not allowed, but it is allowed to kick the ball from the football zone to a player in the floorball zone. The boundaries need to be watched closely, and a free-hit or free-kick is awarded accordingly.

Variations:

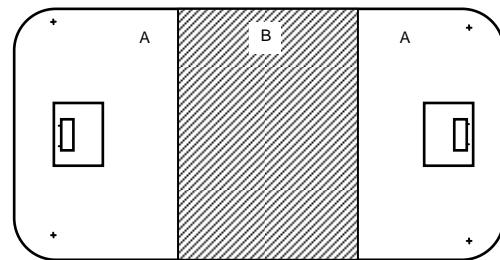


Figure 116: Floorball football 2

## Penalty Shooting

The following exercises are geared towards shooting penalties.

### Penalty in Turn [#117]

Aim: penalty shots

Set-up: players line up at the centre, one ball each

Exercise: Players take turn to shoot a penalty. If they fail, they are out, if they score, they rejoin the line. Repeated until there is a winner.

Notes: Normal rules apply, such as not shooting twice or dragging the ball backwards.

Variations: Players who hit the frame of the goal may be given a second chance once during the exercise.

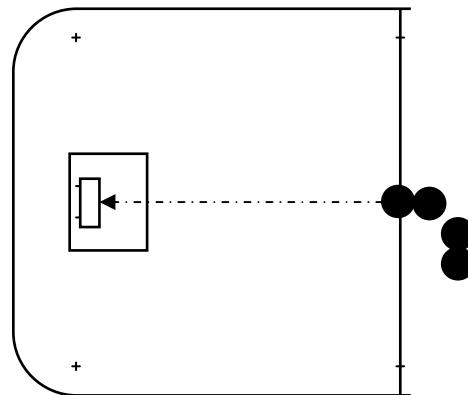


Figure 117: Penalty in turn

### Penalty Relay [#118]

Aim: penalty shots under pressure

Set-up: The players divide into two teams, each in an opposite corner. The balls are with the players. One goalkeeper in each goal.

Exercise: The first player of each team starts running with the ball, runs around the opposite goal, and then attacks on the goal on the side where the team wait in line. The players are free to take the penalty/attack as slow as they want to, but this is a relay. Once the player shoots, the next player can start. The relay is continued until each team scores 10 goals. Both teams are on the go at the same time.

Notes: Opposing teams may not obstruct each other. Rematches are always appreciated by the losing team. In this case, the goalkeepers are swapped. To speed up the exercise, the second player of a team can start once the first player has completely passed the goal opposite. This is a good idea where there are many players in each team. Normal penalty shot rules apply once the player has crossed the centre line.

Variations: A player who scores can sit out, but a player who fails rejoins the line. In this case the relay is continued until all players in one team score. Using this variation, a player who failed may be asked to go running straight away again, but not more than twice or three times: that is, if a player fails twice (or three times), he or she rejoins the line regardless of whether a goal was scored.

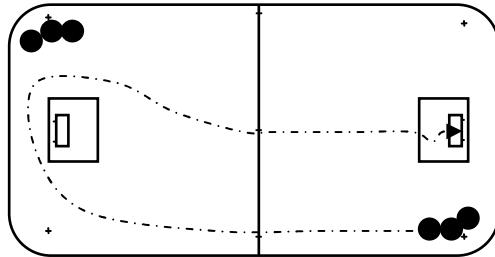


Figure 118: Penalty relay

### Short Penalty Relay [#119]

Aim: penalty shots

Set-up: Players divide into two teams, and line up separately behind the centre spot. The balls are with the players. One goalkeeper is needed.

Exercise: The first player from team A takes a penalty shot from the centre spot. After completion, the first player from team B takes a penalty shot. The relay is continued until each team scores 10 goals.

Notes: Rematches are always appreciated by the losing team. In this case, goalkeepers are swapped if there are two goalkeepers.

Variations: A player who scores can sit out, but a player who fails rejoins the line. In this case the relay is continued until all players in one team score. Alternatively, where there are two goalkeepers and many players, the team shoot on different goals at the same time. This adds pressure in terms of time, too. Team A shoots penalties on one goal, team B on the other. In this case, both teams are on the go at the same time.

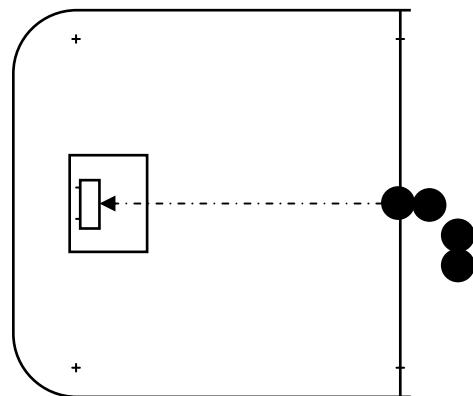


Figure 119: Short penalty relay

## Goalkeeper

The following exercises are particularly useful for goalkeepers. They usually involve shooting from different positions, so that the goalkeeper needs to adjust accordingly.

### Attack Lines [#120]

Aim: goalkeeper positioning under pressure

Set-up: two lines about half way between the centre line and the goal. Balls with the players.

Exercise: Players take turns to shoot after a few steps (left line), or attack on the goalkeeper (right line). The players then rejoin the other line.

Notes: Swap shooting and attacking line after a while. Two lines are used so that the goalkeeper needs to get back into position after each attack. The exercise should be carried out at a fairly high pace.

Variations: Both lines may randomly shoot or attack; or the coach behind the goal may indicate which one is to be used.

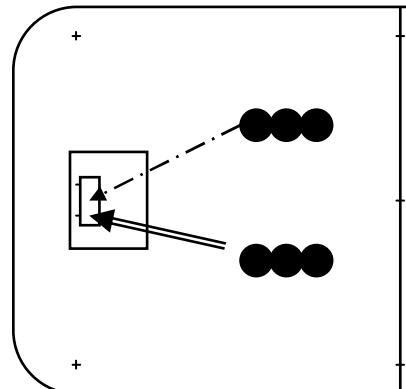


Figure 120: Attack lines

### Line Game [#121]

Aim: shooting from different positions

Set-up: The players line up at the same distance from the goal, starting just about 1 metre in front of the goal. The lines used are those painted on the hall floor. If there are no lines painted, cones can be used at regular intervals to mark distances.

Exercise: The players shoot in turn. If they score, they progress to the next line, if they fail, they repeat from the same line in the next round. For example, players scoring on line 2 will progress to line 3 in the next round; those who fail will continue at line 2. In each round each player shoots only once. The players on the closest line to the goal shoot first, then progressing towards the back.

Notes: The goalkeeper needs to stay on the goal line, especially when the shots are from very close. Where there are very many players, when close to the goal, two shifts may be used, so that everyone gets a similar chance. Players only shoot when the goalkeeper is ready. Care must be taken that the players move away after shooting, so that the players on lines further back can shoot. The game can be continued until one player reaches a particular line, or for a given time, or for a given number of rounds. There is no reason to stop at the centre line.

Variations: The kind of shot allowed can be restricted.

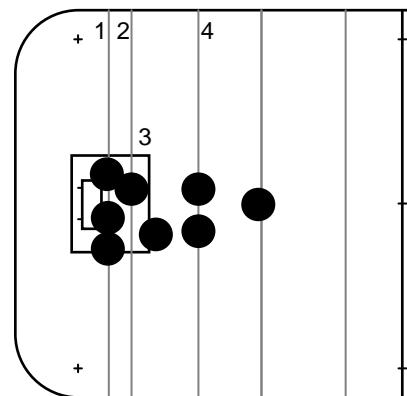


Figure 121: Line game

### Jump Attack [#122]

Aim: getting into position

Set-up: Two goals are placed on one side of the rink. A box or bench is positioned in between. There are two lines near the centre line with balls.

Exercise: Starting on the left, the goalkeeper is in the left goal. The first player in the left line attacks on the goalkeeper. As soon as the attack is finished, the goalkeeper jumps over the box and takes up position in the other goal. The first player on the right has already started to attack, putting pressure on the goalkeeper. After that, the goalkeeper jumps back onto the left, and so on.

Notes: This exercise is hard on the goalkeeper, so breaks need to be included. Nevertheless, the exercise should be carried out at a fast pace, putting the goalkeeper under pressure.

Variations: The lines can come closer to the goal. Instead of attacking, the players may shoot. The box may be rather high, so that the goalkeeper needs to literally climb over the box. The coach may also designate individual players to shoot, and others to attack.

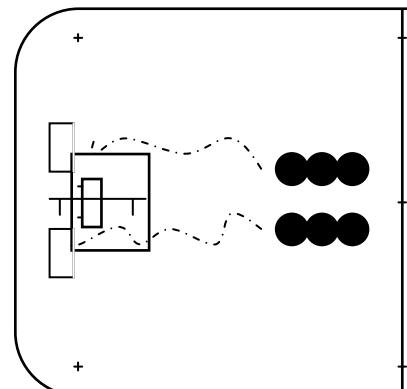


Figure 122: Jump attack

### Double Vision [#123]

Aim: position

Set-up: Two lines of players about 5 metres apart, about half way from the centre line. All balls with the players

Exercise: The players take turns to shoot on the goal. A player from the left line shoots, then a player from the right one, then from the left one, and so on. Players rotate from one line to the other after shooting.

Notes: The exercise should be carried out at a high speed, allowing just enough time for the goalkeeper to move into position.

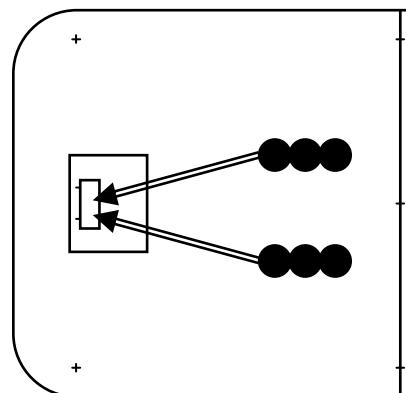


Figure 123: Double vision

Variations: The same exercise can be done with three lines. The distance to the goal can be varied, and the distance between the lines can be varied. As an alternative, the coach stands behind the goal (to the side) and indicates which side is to shoot next. The goalkeeper in this case needs to be ready from a shot from either side. When this alternative is used, the lines should not be too far apart.

### Round the Goal [#124]

Aim: position

Set-up: The players line up at the centre spot with balls.

Exercise: The first player in the line attacks on the goalkeeper. As soon as the goalkeeper has finished defending, he or she runs around the goal. At the same time, the next attacker starts with his or her attack.

Notes: The goalkeeper runs round the other side after a while.

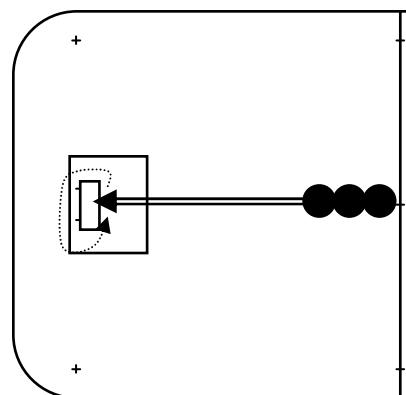


Figure 124: Round the goal

Variations: The same exercise can be done with two goalkeepers, where one is behind the goal, and the other in the goal. This speeds up the exercise, so the players need to keep up the speed accordingly. The distance to the goal may be shortened to increase the speed. The exercise can also be done with shots rather than attacks.

### Thrower [#125]

Aim: throw-out; position in goal

Set-up: Players with balls in one corner (A). Goalkeeper in goal next to players (B).

Exercise: A high pass is played from A to the goalkeeper. The pass should be very high, so that the goalkeeper can catch the ball when standing upright, preferably above the head. The goalkeeper then throws out. The player who has played the pass runs to get the ball around the centre line (C). The player then runs with the ball around the opposite goal (D) and shoots from just after the centre line (E).

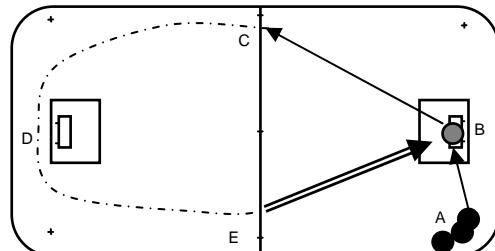


Figure 125: Thrower

Notes: The second player can start when the first player controls the ball between C and D. For the goalkeeper the exercise is receiving a high pass, throwing out, defending a shot, receiving a high pass, throwing out, defending a shot, and so on. It should not be necessary for the player to wait before shooting; but sometimes a bit of adjustment is

needed. The running should be fast, as the players get to rest a bit before they go again. Note that during a game, no pass to the goalkeeper is allowed.

Variations: The exercise can also be played from the other corner. Instead of high passes, the exercise can be started with a low pass to the goalkeeper.

## Quick Thrower [#126]

Aim: throw-out

Set-up: Players with balls in one corner (A).  
One goalkeeper in each goal.

**Exercise:** A high pass is played from A to the goalkeeper (B). The pass should be very high, so that the goalkeeper can catch the ball when standing upright, preferably above the head. The goalkeeper then throws out. The player who has played the pass runs to get the ball and tries to finish on the opposite goal (D) as quickly as possible.

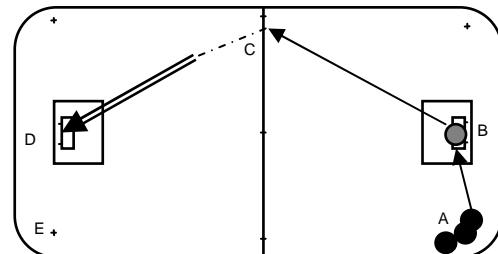


Figure 126: Quick thrower

Notes: The second player can start when the first player is about to control the ball at C. The players gather in the corner near the goal they shoot to, on the same side of the board as they started (E). They should walk to position E behind the goal so as not to interfere with the exercise of other players. The exercise then restarts from corner E in the opposite direction. The running should be fast, as the players get to rest a bit before they go again. Note that during a game, no pass to the goalkeeper is allowed. The throw-out should be towards the board (C), so that the player really has to cross the rink to get the ball.

Variations: Introduce limits up to where the player needs to shoot to encourage quicker finishes. Instead of high passes, the exercise can be started with a low pass to the goalkeeper.

Goalkeeper versus Team I [#127]

Aim: being better than the team

**Set-up:** Field players line up in front of the goal; goalkeeper in goal. Every player with one ball.

**Exercise:** The players take turns to shoot. The coach counts how many goals are scored. After each round, if more than half the shots went in, the goalkeeper does 10 press-ups; otherwise every field player does 10 press-ups.

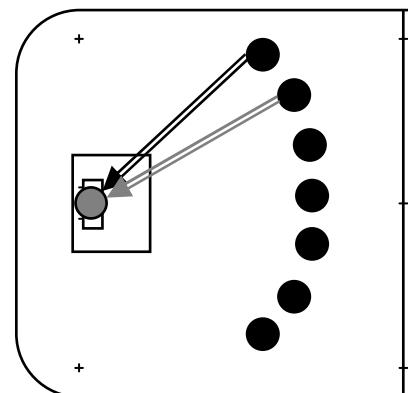


Figure 127: Goalkeeper versus team I

Variations: The penalty for losing the show-down may be varied; the kind of shot and distance may be determined; instead of shooting, every other player may attack; the players may shoot once from the right, then from the left of the line.

## Goalkeeper versus Team II [#128]

Aim: being better than the team

Set-up: Field players line up in front of the goal; goalkeeper in goal. Every player with one ball.

Exercise: Players take turns to shoot. If the player scores, the goalkeeper runs around the goal cage. If the player misses, he or she does 5 press-ups.

Notes: This exercise can be combined with exercise 127, in that at the end of each round, the players of the goalkeeper are punished additionally.

Variations: The penalty may be varied; types of shot and distance may be varied.

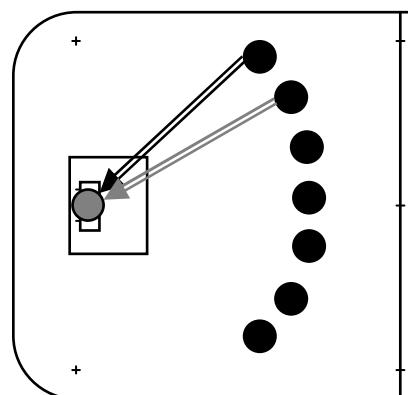


Figure 128: Goalkeeper versus team II

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