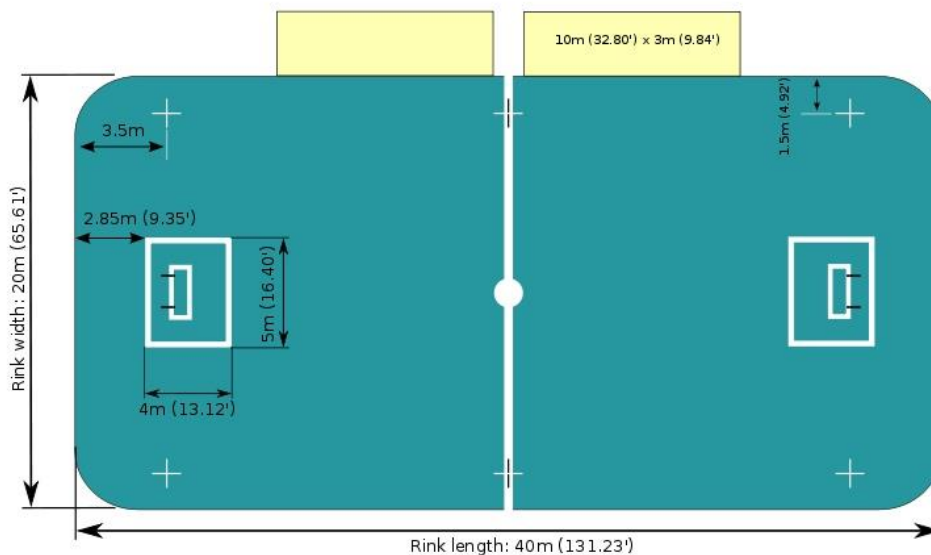


FLOORBALL

Is an indoor game, similar to ice hockey, but it is non-violent, so we can play safely at highschool. It's a fast team sport with no physical contact.

Floorball is also called floor hockey and unihockey (in Switzerland)

The floorball court



Creases: There are two creases:

- 1) The goal crease (4 x 5 meters) where the goalie may use his/her hands.
- 2) The goalkeeper area (1 x 2.5 meters) which field players cannot enter

Rules

The object of the game is to hit the ball into the opponent's goal.

A game consists of three 8-minutes periods, with a 5 minutes break between each period. At the end of the time, the team with the most points wins.

A typical team has 6 players:

- 1 goalie (portero)
- 1 center (central)
- 2 forwards (delanteros)
- 2 guards (defensas)

Illegal actions and punishments:

- **High sticking:** never raise your stick above the waist (free hit and 2 minute penalty)
- Never **throw your stick** on the court to hit the ball (free hit and 2 minute penalty)
- **You must avoid all body contact** (elbowing, interference and charging, tripping and hooking) only incidental shoulder contact is allowed. (free hit for minor infraction and 2 minutes penalty for major infraction)
- **Playing your stick between another player's legs** is not allowed. (free hit)
- **Playing from the ground** is not allowed: Players cannot go down on two knees to make plays or block shots; only goalies may play from their knees. (2 minutes penalty)

Special situations

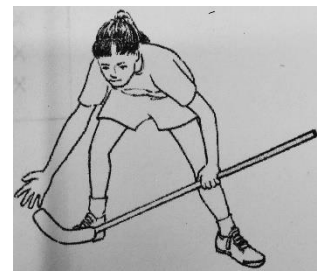
- **Face-off:** the game begins with a face-off at the middle of centreline; a face-off also begins play after a goal is scored. In a face-off, two opposing centers face each other, with their sticks on the floor. As the ball is dropped between them, each player try to gain the control of it.
- **Free hits:** Free hits happens in the foul situations cited above as well as when the ball goes out of play. The ball is played as a direct free shot similar to a soccer free kick and defensive players and their sticks must be at least three meters away
- **Penalty shots:** Penalty shots are awarded when a defender plays the ball in the goalie crease or when an infraction is committed on a clear scoring chance

Technical skills:

- **Grip:** place the left hand on the top of the stick, and the right hand 25-30 cm below the left hand. Point the thumbs toward the blade
- **Dribbling:** use short and controlled taps, keeping the ball close to you. Alternate contacting the ball with both sides of the stick. Keep the stick low to be ready to receive the ball.
- **Passing:** use a pushing movement to pass short distances. Push the ball with a sweeping action. Pass using wrist action for greater control. Send the ball ahead of the teammate receiving the pass.



- **Receiving:** you can stop the ball with the stick, your chest or foot. But you can't pass or shoot the ball with your foot.
- **Shooting:** don't rise the stick above the waist on the hit.
 - **Slap shots:** are used when shooting a longer distance from the goal. For this kind of shot don't flex the wrist, push the ball toward the goal by taking a swing behind and then swinging quickly forward.
 - **Wrist shots:** are used when shooting close to the goal. For this kind of shot the stick should touch the ball before shooting, then flex the wrist for added speed to the ball.
- **Goaltending:** use the crouch position and move from side to side to block the ball. Grip the stick with one hand in the middle of it. Use the other hand to catch and pass the ball to your teammates. Block shots with the hand, body, foot or stick. Don't use the body to block ground shots.



TACTICAL SKILLS:

- **Individuals:**
 - Follow the ball in all shots, including rebounds.
 - Anticipate rebounds from other players
 - Pass to teammates who are in more favourable position to score
 - Pass the ball ahead of receivers so that they can continue to run
 - Use continuous movement during play
 - Try to score when the goalie is out of position
- **In group:**
 - Teamwork is essential for effective play. Players should pass as much as possible.
 - Every player must be in his position at all times

Specific vocabulary

Ahead	Delante
Allowed	Permitido
Avoid	Evitar
Block	Bloquear / parar
Blade	Cuchilla
Catch	Atrapar
Court	Cancha
Crease	Área
Dribbling	Regatear
Face-off	Cara a cara
Goal	Portería
Ground	Suelo
Hit	Golpear
Hooking	Enganchar
Raise	Elevar / levantar
Rebound	Rebote
Receiving	Control
Slap shot	Golpeo seco
Wrist shot	Golpeo de muñeca
Thumbs	Dedos pulgares
Tripping	Zancadillar