

Floorball Basics

Stick Skills & Basic Rules



Presented by:



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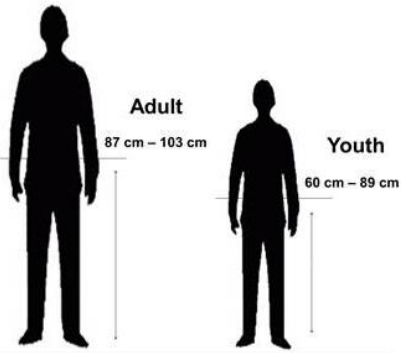
Revised 9/24/23

PLAYER HEIGHT	SHAFT LENGTH
3'8" to 4'2"	67 cm
4'2" to 4'4"	72 cm
4'4" to 4'6"	77 cm
4'6" to 5'0"	82 cm
5'0" to 5'4"	87 cm
5'4" to 5'8"	92 cm
5'8" to 6'0"	96 cm
6'0" to 6'4"	100 cm
+ 6' 4"	103 cm

Choosing A Stick

Choose the Correct Length

- If the stick is held in front of you, blade against the floor, the stick should reach 1-2 inches above your belly button.
- Floorball stick length is measured in centimeters (cm). Stick sizing is based on SHAFT LENGTH.
- A shorter stick provides better ball control but a longer stick gives you better reach.
- Ball control can be challenging if your stick is too long. Playing with a stick that is too short may put pressure on your back.
- We always recommend choosing the correct length stick for your height. Floorball sticks are designed to be used most effectively when the proper length is chosen.



Choose the Correct Side

- Your shooting side has **NO RELATION** to whether you are right handed or left handed.
- Use this tip to define your side: Close your eyes and think which way you hold a shovel. In most cases this is how you hold a floorball stick as well.

- Shooting LEFT means you hold your LEFT hand lower on the stick than your right hand and the stick is on the LEFT side of your body.



- Shooting RIGHT means you hold your RIGHT hand lower on the stick than your left hand and the stick is on the RIGHT side of your body.



Video Links

[Choosing a Stick.mp4](#)

1:55

<https://youtu.be/s1TYOiCuxz8>

(Link or Scan Below 1:55)



- With a straight blade stick, you can hold the stick on either side. **HOWEVER**, the positioning of your hands remains the same!

Holding a Floorball Stick



Shoot LEFT



Shoot RIGHT

Know whether you shoot Left or Right (see previous slide)

- Your dominant (strongest) hand goes on top.
- If your RIGHT hand is on top, you are shooting left. If your LEFT hand is on top, you are shooting right.
- Grasp the stick with your dominant hand at the very top of the shaft. Your pinkie should be just off the butt end of the stick. Your other hand grasps the shaft about 2/3 the distance down the grip (approx. 10-12”).
- An easy way to properly hold the stick: (1) Hold the stick vertically with the blade toward the ceiling and your dominant hand grasping the butt end of the shaft. (2) Rotate the stick to the horizontal position and catch it with your other hand in the correct place on the shaft. Held like this, your dominant hand is facing down and your other hand is facing up.
- Dominant (top) hand NEVER comes off the stick. Much of your play will be done with only 1 hand holding the stick. Your other hand grips the stick about 70% of the time (passing, shooting, dribbling).

Assume the Playing Position

- Legs shoulder width apart with one foot slightly forward.
- Knees bent, back straight, center of gravity low.
- Head up
- Blade on the floor



Tips for determining the correct Side

- Have player dribble the ball with one hand (dominant hand on top). Try it with the other hand. Go with whichever hand is most comfortable and feels strongest.
- Your grip SHOULD NOT CHANGE when you play your stick on other sides of your body. When changing from forehand to backhand, simply rotate across – DO NOT CHANGE YOUR HANDS.
- If you observe a player changing grip or holding the stick with one hand in the middle of the grip instead of the top, work with them to choose the correct side and stick with it.

Video Links

[Holding a Stick.mp4](https://youtu.be/4Pk05XCDQBk)

2:36

<https://youtu.be/4Pk05XCDQBk>

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Controlling & Moving the Ball



Floorball is a team game. However, success on the floorball court is directly related to the individual skills of each player. To be successful, the players need to CONTROL the ball and MOVE the ball. When done effectively, goals are scored and goals against are prevented = games are won.

Controlling the Ball

- Ball control starts with the proper stance – stick held properly, body balanced, blade on the floor, head up.
- Controlling with the stick, holding possession using the stick AND the body only comes with practice. Players should be encouraged to play alone with the ball at every opportunity (including at home).
- Learn to control the bounce. The ball WILL bounce and you need to learn to settle the ball. The stick is primarily used to do this but don't forget you can use your feet, legs and torso (not your head or your hands).
- The ball will not always come to you. You WILL have to get it – when the ball is free or if the ball is held by an opponent.
- Learn to play with your head UP. It's always easier when you are looking down at the ball on your stick but then you don't see what is happening around you. This leads to giveaways and missed passes.

Moving the Ball

Maintain Possession: You must learn to quickly move the ball while maintaining control. You keep possession by dribbling or running with the ball while maintaining control with your stick.

Passing and Shooting: Floorball is a passing game. Learn to make and receive a pass is the most important basic skill. Practice passing and receiving whenever you are with a teammate or even when you are alone. Passing drills should be part of EVERY practice.

You must be able to pass in all situations – whether standing still or in motion.

You must be ready at all times to pass or receive a pass.

PRACTICE, PRACTICE, PRACTICE. Over time, you will develop speed and confidence.



Passing the Ball



Passing the Ball

- The correct pass position is a side-on position.
- Feet are alongside each other and slightly apart with knees bent.
- Keep a balanced stance.
- Keep head up all the time to see the court.
- Keep the ball close to the blade.
- After the pass, the blade should point in the direction of the pass.
- The ball is on the blade all the time. Move the ball with a “sweeping” action.

Receiving a Pass

- The most important principle: **Cushion**
- The ball should be received with the blade (waiting for the ball close to the front foot) and then moving the blade backwards when making contact with the ball (soft hands) – this will stop the ball from hitting the blade and bouncing away from the blade again giving the player immediate control.
- The ball doesn't always arrive in the easiest way to receive it. You must learn to receive the pass on the backhand or even at the limit of your reach. It's OK to take a hand off the stick and reach with one hand.
- Sometimes the ball is airborne when it reaches you. Learn to stop the ball with your stick (keep your stick blade below the knee) or block it down with your foot or body.

Video Links



[Passing.mp4](#)

3:14

<https://youtu.be/Em1CpWOaudM>

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Pass	Grip	Execution	When
<p>Forehand Pass (with follow through)</p> 	<p>Steady two handed grip with the lower hand close to the lower edge of the grip.</p>	<p>The pass starts with the ball behind the body. The blade is drawn from behind towards the target with increasing speed. The ball is released from the blade before it has passed the front foot. The blade should always point in the direction of the pass afterwards. The blade should be pressed on the floor to avoid bounces. A very forceful pass with enough rotation in the upper body, and with right amount of drag from behind the body, the more accurate the pass is.</p>	<p>Used anytime you have time and space. Works well after faking a shot or after the player has dribbled the ball using the body for protection.</p>
<p>Forehand Pass (short)</p>	<p>Same as previous.</p>	<p>The touch of the ball is very short. The ball is released from the blade without follow through on the level of the front foot. If the ball is hit too much in front, or the angle of the blade is too big, the ball will go up in the air.</p>	<p>This pass is fast and accurate. Can be executed from almost any position and in small and tight areas.</p>
<p>Backhand Pass (long)</p> 	<p>The grip is two handed, but hands are closer together than in forehand pass.</p>	<p>When receiving a pass with a backhand, cushion as in forehand pass. Also passing with a long back drive with the blade touching the ball all the time. Rotation in the upper body should be followed through.</p>	<p>Use the backhand pass when passing from the forehand side is obstructed by an opponent.</p>
<p>Backhand Pass (short)</p>	<p>Same as previous but a one handed grip is possible.</p>	<p>The blade shouldn't touch the floor but only the ball. The speed of the blade is controlled by the short backswing.</p>	<p>Very good if utilized with fakes while passing to yourself.</p>

Pass	Grip	Execution	When
One hand Pass (backhand or forehand)	Grip with ONLY the upper hand used.	A short backswing used before hitting the ball with either back or forehand side depending on the situation. The blade should not be lifted higher than knee level.	Hitting/directing a loose ball into the right direction or out of opponent's reach or after dribbling with one hand. Useful when you don't have time to take control.
Aerial Pass	Same as previous forehand or backhand.	All the previous passes can be executed in the air. In aerial passes the touch with the ball is crucial and the height of the pass is determined by the angle of the blade. The ball is passed slightly in front of the front foot. The speed of the hit is determined by the backswing. The blade slides along the surface in a straight line towards the ball. The blade is angled back the moment it strikes the ball.	An aerial pass with follow-through is appropriate when a player needs to clear the pressure from the defensive zone or more controlled pass when the opponent has covered the space with a stick and the pass needs to be lifted up in the air.
Flip Pass	Same as previous forehand or backhand.	Same as a regular forehand or backhand pass except the ball is flipped into the air (below knee or waist height). The pass receiver must be ready to catch the ball as it hits the ground or after the bounce.	There is a need to clear an obstacle such as an opponent's stick.

Additional Video Links

[Fundamentals - Passing.mp4](#)

2:02

https://youtu.be/HT-f2oc_HsQ

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Moving With the Ball



Running With the Ball

- The ball is on the blade all the time.
- Allow the ball to roll.
- Light touch, not pushing or hitting.
- Be ready to pass from either backhand or forehand.
- Protect the ball.

Dribbling the Ball

- Maintain possession while using feints and change of direction while moving the ball with control.
- Change direction of ball movement by alternating contact with the ball on the front and back sides of the blade.
- Movements can be short and choppy (keep the ball close) or long and wide (shorten the grip, extend your arms and keep all farther away from the body).
- Practice incrementally – begin while standing still, then dribble at a walk, speed up to a run, and then incorporate changes of direction.

Video Links

[Fundamentals-Dribbling.mp4](#)

2:31

<https://youtu.be/BdxEOJ28dgs>

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Shooting

Shooting techniques are the same as in passing but more power is used. Most goals are the product of a shot. Where to shoot and what kind of shot is most appropriate depends on the situation and position of the player.

Players should be taught to shoot from different and unfamiliar positions. It is especially important to learn to shoot from passes, both on the floor and aerial. One-timers are more difficult to defend.

Types of Shots

Sweeper or Drag Shot

- Ball is dragged from behind you (protected position). Weight shifts from back foot to front foot. Follow through with blade pointing towards goal.
- Best used when player has time to aim & shoot. Very accurate but shot takes a long time to execute.

Wrist Shot

- Chest should be towards goal. Normally front foot is same as shooting side, e.g., left foot forward for left shot. Ball is released close to front foot.
- Best used when player gained position close to the goal often straight from a pass. Accurate and fast. Can be shot even from bad position. Goalie has less time to react.

Slap Shot

- Wider grip. Opposite foot from shooting side is in front, wide stance, weight on front foot. Long backswing but stick should remain below waist level. Blade should hit floor behind ball. Follow through with blade pointing towards goal.
- Best used when player has time to aim & shoot. Hard and unpredictable for the goalie, especially when player is screening the goalie. Shot takes some time to execute.

Backhand Shot

- Hands close to each other or can be done one-handed. Same side shoulder as shooting side faces the goal. Can also be executed with back to the goal. Blade impacts the ball level with or slightly in front of the front foot.
- Best used when player cannot shoot from the forehand or if opponent is blocking the forehand side. Unpredictable for the goalkeeper especially when only one hand is used.



Video Links

[Fundamentals - Shooting.mp4](#)

2:51

<https://youtu.be/lc50X4UDrjI>

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Basic Floorball Rules

- No body or stick contact.
- No stick interference.
- Cannot hit or play the ball above the knees using any part of the stick, foot or lower leg (free hit). Playing above the waist results in a penalty.
- Cannot raise the blade of the stick above waist level in the back swing before hitting the ball, or in the forward swing after hitting the ball.
- Cannot touch the ball with your hands or head.
- Cannot put your stick between an opponent's legs
- No jumping to play the ball
- Minor infractions result in change of possession

Video Links

[Floorball101 Rules.mp4](#)

2:30


<https://youtu.be/D1W5lppQyE>

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Basic Skills Videos

Floorball Stance and Holding a Stick

Topic	Direct Link	Online Link
Choosing a Stick – 1:55 (FloorballPlanet)	Choosing a Stick	https://youtu.be/s1TYOiCuxz8 
Holding a Stick – 2:36 (FloorballPlanet)	Holding a Stick	 https://youtu.be/4Pk05XCDQBk
Basic Floorball Posture – 2:09 ()	Basic Body Posture	https://youtu.be/4grdzJU-l0Y 
BEGINNERS - Handle Stick Correctly – 5:04	Handle Your Stick CORRECTLY	 https://youtu.be/Qy5r4CknJUw
4 Signs of Holding Stick Wrong – 5:56	4 Signs Holding Stick Wrong	https://youtu.be/m1mA1zg9PbA 

Dribbling the Ball




Topic	Direct Link	Online Link
Fundamentals - Dribbling – 2:31 (Fball4All)	Fundamentals-Dribbling	https://youtu.be/BdxEOJ28dgs 
Floorball 101 - Dribbling – 3:25	Floorball101 Dribbling	 https://youtu.be/BUCCr1d-UoE
Dribbles & Skills Showcase – 2:36	Dribbles & Skills Showcase	https://youtu.be/RoSV3owCldU 

FloorballPlanet YouTube Training Videos

Topic	Online Link
FloorballPlanet YouTube Training Videos	https://www.youtube.com/playlist?list=PLIQT0-4xEcN9PgkTI8RIZkgwSzlzBDGa 

Basic Skills Videos



Passing

Topic	Direct Link	Online Link
Passing – 3:14 (FloorballPlanet)	Passing	https://youtu.be/Em1CpWOaudM 
Fundamentals - Passing – 2:02 (Fball4All)	Fundamentals-Passing	 https://youtu.be/HT-f2oc_HsQ
How to Receive a Floorball Pass – 3:14	Receive a Pass SMOOTHLY	https://youtu.be/QAmgekAUH8M 

Shooting

Topic	Direct Link	Online Link
Fundamentals - Shooting – 2:51 (Fball4All)	Fundamentals-Shooting	https://youtu.be/lc50X4UDrjI 
Shooting Techniques – 6:40 (Salming Acad)	Floorball Shooting Techniques	 https://youtu.be/-H0RmWqS4HA

Basic Rules

Topic	Direct Link	Online Link
The Rules of Floorball – 4:10 (Ninh)	Rules of Floorball Explained	https://youtu.be/TVVBDLo3QpI 
Floorball 101 - Rules – 2:30	Floorball101 Rules	 https://youtu.be/_D1W5lppQyE
Rules – Stick Contact – 2:36 (FballPro)	Rules - Stick Contact	https://youtu.be/tdCMpclZdrw 