



International Floorball Federation

INDIVIDUAL TECHNIQUE AND TACTICS

Teaching Individual Technique and Tactics in Floorball;
Instructions and Drills



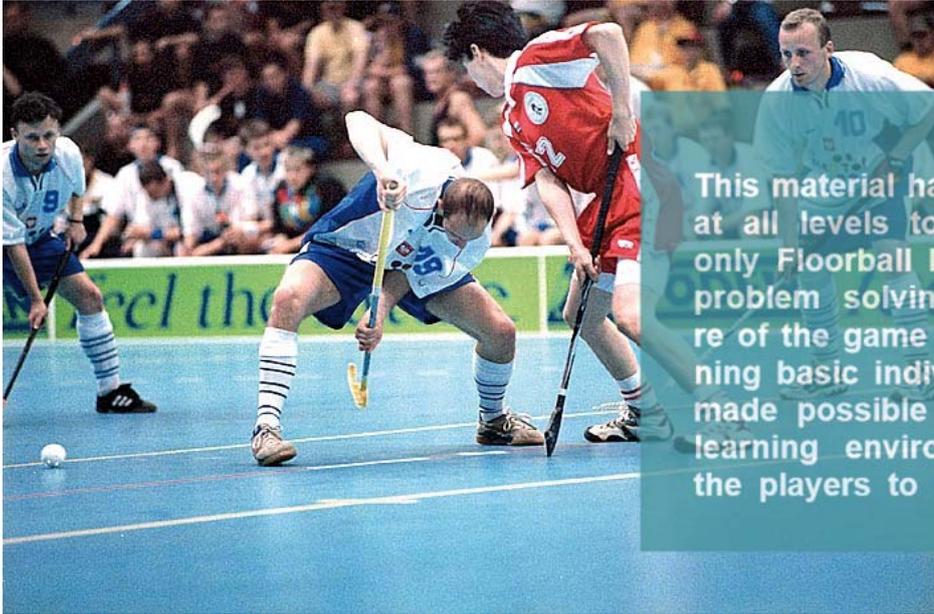


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Introduction



This material has been made for coaches at all levels to teach their players not only Floorball but also game sense and problem solving. Players become aware of the game situation roles while learning basic individual techniques. This is made possible by creating a game like learning environment and encouraging the players to use their cognitive skills.

The levels

The first part of the material consists of individual techniques and tactics. Each topic is divided into levels 1, 2 and 3, according to the progression of the skill development.

1st level -> basic individual technique drills, simple exercises, emphasis on correct performance.

2nd level -> techniques transferred to game like situations, more complex exercises, e.g. 1 on 1, 2 on 1, emphasis on performing the right technique correctly during an individual tactic action.

3rd level -> techniques transferred to game plays, emphasis on performing the right individual tactic action according to other players. The individual technique should be automatic so that the player does not have to think about it and that it will not hinder the performance.

The levels are only to be used as an indicator, and it is the coaches decision when to move on to the next level, according to the development of the players. The coach can decide whether to go through each topic level by level during one practice (with more developed players) or during one whole season (beginners). With beginners it should be noted that the progression of each player is individual depending on ones learning process, and that moving on to more complicated topics, such as team tactics requires that all players excel the necessary skills at least in descent level. Once the basic technique is performed well, it should

still be practiced every now and then to maintain and re-enforce the skill. Therefore it is advised to return to level 1, even though the team has already moved on to level 2 or 3. The drills can also be modified for the players depending on the level of the skill, number of players, and existing environment and facilities. Key points are for the coach to consider and correct while observing execution.

The material is collected from the education material of the International Floorball Federation and its member associations. Bibliography is found at the end of this material.

I would also like to thank all the people that have helped me in the progress, especially Grant Mead (Australia), Jürg Kihm (Switzerland), Jussi Jäntti (Finland), Mika Ahonen (Finland), Kati Suomela (Finland), Petri Kettunen (Finland), Jukka Tiikkaja (Finland) and Petri Lindberg (Finland). They have willingly shared their expertise in Floorball and coaching and their contribution made this manual possible.

In Helsinki, the 16th of August 2007
Anniina Paavilainen, the author.



The practice



The main objective of the practices is to make the drills as game like as possible and instead of teaching the players a certain type of behaviour, to provide them options and teach them to choose from these options according to the situation. This will develop the players' game sense and the ability to read the game, which will then give them a good foundation when starting to internalize the team play system.

Planning

While planning the practices the objectives should be closely considered. Player's physical capacity as well as the tactical progression should be thought, both during one practice session and the whole season. The best way to consider the development of the players is to make a sketch of training program consisting both physical and tactical aspects. This sketch can then be modified as the season goes on.

The season can be divided basically in quarters; off-season, pre-season, mid-season and post-season. For example during the off-season, the emphasis should be on physical training while also technical skills could be improved. In the beginning of the season the team tactical factors should be emphasised and they should be re-enforced during the rest of the season. Individual tactics, consisting of the skills demanded in the chosen team tactics, should be included in each practice during the season. The team tactical issues should be prioritized in the end of the season, where the cooperation of the units should be seamless. Different phases could contain for example following division of emphasis. This can and should be determined and altered by the coach.

| Emphasis | Off-season | Pre-season | Mid-season 1 | Mid-season 2 | Post-season |
|--------------|------------|------------|--------------|--------------|-------------|
| | May-July | Aug-Sep | Oct-Dec | Jan-March | April |
| Physical | 40 | 20 | 30 | 20 | 60 |
| Technical | 30 | 20 | 10 | 10 | 20 |
| Ind Tactics | 20 | 20 | 20 | 20 | 10 |
| Team Tactics | 10 | 40 | 40 | 50 | 10 |
| Total % | 100 | 100 | 100 | 100 | 100 |

These phases can be divided further to even shorter phases, such as months and weeks. According to the players' development it is therefore easier to plan the practices in shorter periods. Also games and tournaments can be adjusted to the practice plan. By weekly planning, the amount of hours spent on different skills, is followed. This can also be used after the season to evaluate the progression and to help to plan the next season.

| Emphasis | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total min. |
|--------------|-----|-----|-----|-----|-----|-----|-----|------------|
| Warm-up | 30 | 0 | 30 | 30 | 0 | 0 | 0 | 90 |
| Technical | 10 | 0 | 10 | 5 | 0 | 0 | 0 | 25 |
| Physical | 15 | 0 | 0 | 5 | 0 | 60 | 0 | 80 |
| Ind Tactics | 15 | 0 | 20 | 20 | 0 | 0 | 0 | 55 |
| Team tactics | 20 | 0 | 30 | 15 | 0 | 0 | 0 | 65 |
| Spec. Sit. | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 10 |
| 5 vs 5 | 15 | 0 | 25 | 15 | 0 | 0 | 0 | 55 |
| Cool-down | 5 | 0 | 5 | 5 | 0 | 0 | 0 | 15 |
| Total min. | 120 | 0 | 120 | 95 | 0 | 60 | 0 | 395 |

Always plan the individual practice session beforehand. An organised coach is the most effective coach. Planning the practice beforehand, writing the content including a time plan on a paper and perhaps going through the exercises with the team before the practice, saves time and makes the practice more efficient. Techniques should be trained in the beginning of a practice session because the learning is the most effective when the players have rested. Technique training can be included in the warm-up of players and the goalkeepers; it can be executed either standing still or included

in game like drills. Individual tactical skills can be combined with physical training as two against two using the whole field. Before the game session, the main points of the team tactics should be discussed and pointed out to refresh the players' memories. It is up to the coach how to divide the practice nevertheless these guide lines are preferable: (example of a two hours practice session including 30 minutes warm up and one and a half hours indoor practice)

| What | How | Where | Time (min) |
|---------------|------------------------------|------------------|------------|
| Warm-up | Jogging Coordination runs | Outside | 0-30 |
| Ind technique | Passing in pairs | Rink | 31-40 |
| Ind technique | Shooting | Rink | 41-55 |
| Ind tactics | 1-1, 2-2 | Rink | 56-70 |
| Team tactics | 5 against 0 | Rink | 71-85 |
| Game | 5 against 5 | Rink | 86-110 |
| Cool down | Light jogging Stretching | Rink/ outside | 111-120 |
| | | | Tot. 120 |

Running the session

Make sure that the players are on time. Punctuality and organisation will transfer to the game. Any warm-up can also be done outside (depending on the weather and facilities) to make the practice time as efficient as possible.

See that all the players are present and paying attention before starting the instructions. When giving further instructions, gather the players together to gain everybody's full attention. The best way to explain a drill is to demonstrate. It is appreciated if the coach can show it him/herself, but also players can be used.

During a practice the players should be provided with regular breaks to catch their breath and re-hydrate. During the breaks it is good to go through the main points of the drills and this way to make sure that the players have understood the objective.

These breaks will also help the recovery for the next training session, which depending again on the level, might even be the next day.

Equipment that should be provided in the practices:

- cones
- vests/bibs
- balls
- whistle
- tactic board and pen
- a timer

The coach should always be prepared to change the plan according to unpredicted circumstances, such as:

- less players than expected
- facilities not in use
- crucial equipment missing (balls, sticks etc.)

The better prepared the coach is, the more trust he/she gains from the players.

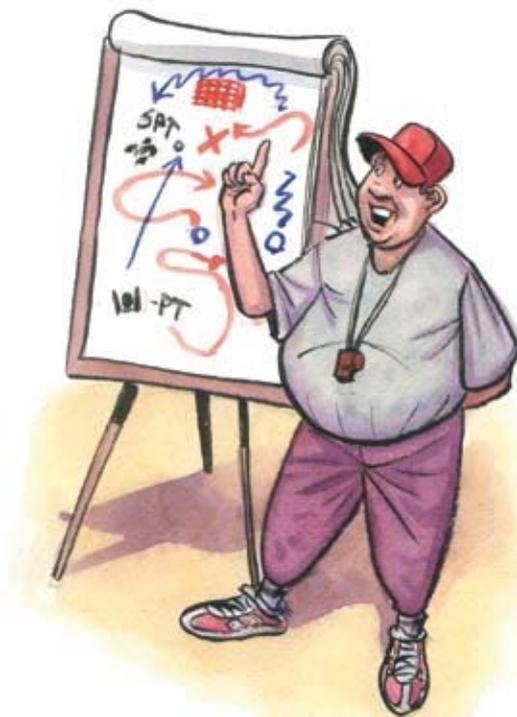
Giving feedback

While giving any kind of feedback concerning the whole team, the execution should be stopped, and the players gathered in one place. When giving individual feedback it is good to include the negative or corrective comments in the middle of positive feedback, such as "Your pass is good but try to have a bit softer hands in receiving. The accuracy of the pass is excellent!"

Players are usually motivated by positive feedback. They should be praised after a good performance, although some players are motivated by corrective or even negative feedback. This usually concerns players who are high achievers and are well aware of their level and potential, they know when they are performing badly, and expect the coach to correct them to improve.

Motivational points

The more variety there is in the practices, the more motivated the players become. Players look forward to come to the practices if they don't quite know what to expect but if they know that they can trust the coach to have a rational plan. In the beginning it is reasonable to have exercises that have lot of repetitions to make the performance systematic. The amount of repetitions should be as high as possible. It plays a big role in the beginning stages of the players learning process. There after all sorts of variables should be added to maintain player's interest level. Also unpleasant, but essential exercises become motivating if the players know the objective. The more game like the exercise is, the easier it is to rationalize it to the players.



Here are some tools to keep up the motivation of the players. These tools are a part of Decision Making Training which is created to improve long term performance of the athlete and to improve the overall sport training experience. In order to achieve the specific decision making skills, the mental workload of the athletes is increased gradually.

1. Variable practice: instead of practicing one specific shot to perfection, variations of each shot should be practiced. Variable training should also occur in realistic environment, as in appropriate given to the age of the athlete, the type of competition and time of season.

2. Random practice: combining different skills within game like drills that stimulate competition.

3. Withdrawn feedback: feedback is gradually reduced or faded requiring the athlete to function more independent of external guidance. Feedback is only given when the players performance falls outside coaches own knowledge. This requires the players to solve problems on their own.

4. Questioning: asking questions from the players to make sure that they have understood. Questioning becomes extremely important with reduced feedback. It also demands a high level of knowledge from the coach. Instead of giving direct instructions, asking the players what they would do in certain situations, makes them use the cognitive skills.

5. Video feedback: showing the players videos of their own performance in order to detect what is done well and what needs to be improved. In the beginning video feedback should be led by the coach, who identifies critical cues and makes suggestions for improvement, but very soon, the players should be responsible of timing and analyzing by themselves. This tool is of course dependent on the availability of the equipment.

6. Hard-first instructions: complex technical and tactical information should be presented early in the season rather than later. The use of tactical instructions differs between beginners and more experienced players because of the level of both physical and cognitive skills.

7. Modelling: the players should be shown performances of an expert or another player, in order to learn what is required to perform better. Not only optimal performance should be shown, but also team mates and other peers to detect mistakes and to analyze and correct them.

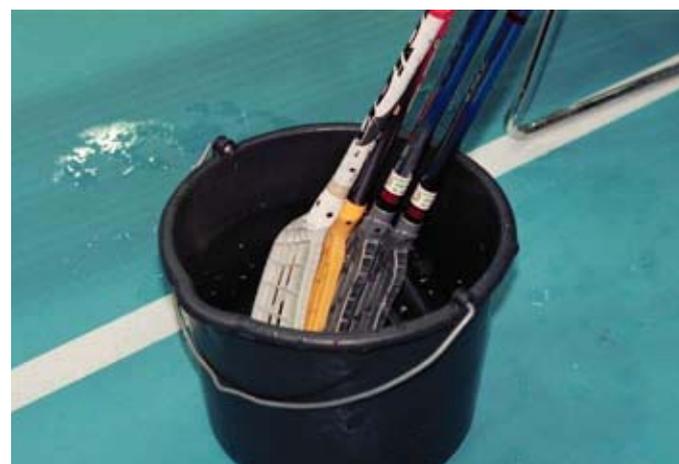
Equipment

The coach should always see through that the players are wearing the right equipment. Safety should always become first, especially with children. Rules and right kind of attitude towards sports, and life itself, should be introduced to the players already from the beginning. This might as well be started with a safety code inside the team. Safety code also includes learning the rules of the game.



Shoes

The shoes should be made for indoor use only. If the player does not have the right kind of shoes, it is still better to have some shoes. Without shoes it is hard to make turns and quick stops. The players might also get injured because of accidental hitting on feet. If outdoor shoes are used, be sure that the players wipe their shoes before stepping in to the rink.



Stick

The stick length is an important factor. The stick should reach player's bellybutton. The right stick length helps the player when shooting and protecting the ball. It also makes the posture more game like when the player has to bend knees to keep the centre of gravity low. With more experienced players the longer stick might increase the reach with the stick and make the ball protection with the stick more advanced. Also the curve of the blade should be accordance to rules. The highest point of the blade, when placed on a flat surfa-

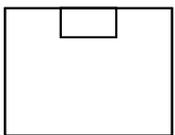
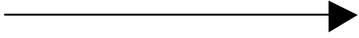
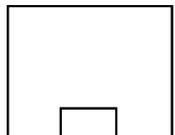
ce, shouldn't exceed 3 centimetres. Most of the sticks have some incline when purchased but an extra curve might be added with the help of a heating gun, boiling water or a stove. One has to pay close attention to the safety issues when **fixing** a blade and this should be only done under surveillance of an adult. **The** angle of the incline and the curve is one's individual preference. A straight blade is good for passing but not as good for protecting the ball. Some curve in the head of the blade gives more security to the ball control and some incline in the bottom of the blade provides a good angle when shooting. A high incline also means high shots.

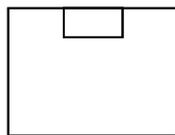
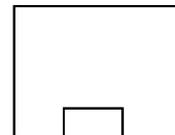
Eye wear



Nowadays the use of protective eye wear is recommended especially in the junior level as facial injuries are common in Floorball. Accidental high sticking or balls hitting the eyes are easily prevented with the use of protective glasses. **They** are not yet compulsory but should be recommended by the coach.

Terms and Figures used

| |
|--|
|  |
|  Moving without ball |
|  Passing |
|  Moving with ball |
|  Shooting |
|  |

| |
|---|
|  |
|  Offensive player with a ball |
|  Offensive player Without a ball |
|  Opponent without a ball |
|  Cone |
|  |

Tactical terms used

Dice 5

- An defensive formation figure where players are positioned as in dice number five



Zone power play (area power play)

- When the team is creating a power play situation in some part of the court
- For example:
 1. Offensively 2 against 1 situation in the slot in order to score
 2. Defensively 1 against 2 situation in defensive corner in order to steal the ball from the opponent

Strong side

- The side of the court where the ball is
- Also known as the side where the pressure is

Weak Side

- The opposite side of the strong side
- Usually the side of the court with space and without the ball

Libero play

- When the team is using a low triangle in the openings
- Libero is the lowest player
- Low triangle/Back triangle
- When the team is opening up the game with a libero player
- -The other defender and a forward are creating passing lanes with the libero in the formation of a triangle

Fore checking

- The defensive tactics in the offensive zone
- When the defensive team is trying to control the offensive team in order to make their openings more difficult

Top fore checker

- The highest fore checker usually in formation 1-2-2
- Top fore checker is usually directing the ball carrier into certain area of the court (by the boards) and trying to block the possible passing lanes

- Transition/turn over (counter attacks)
- Quick change of direction from defence to offence
- Usually creates a power play situation for the offensive team

Doubling

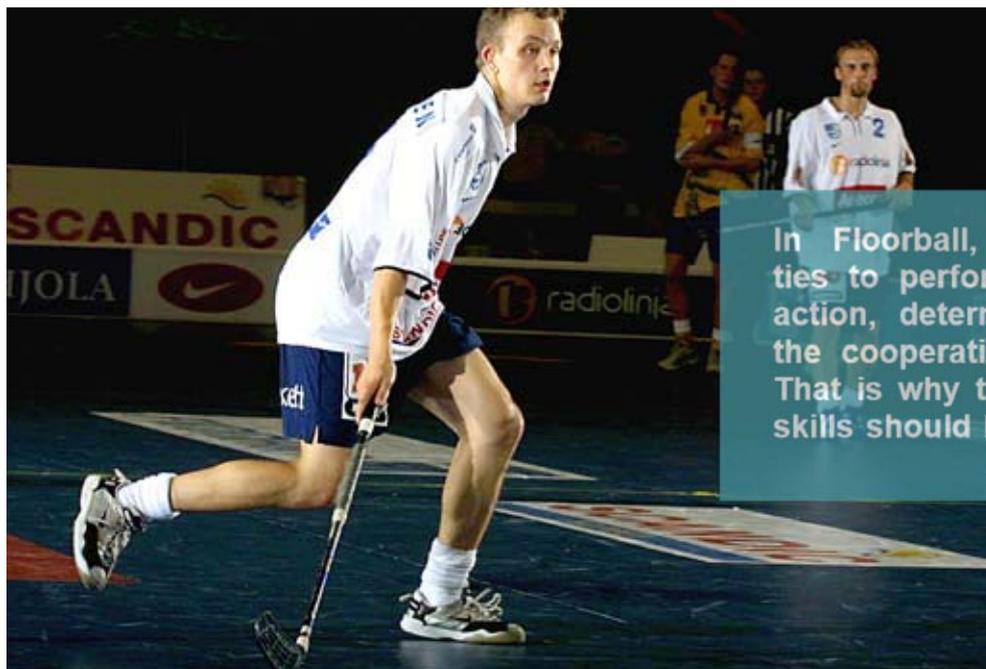
- A power play situation (1 against 2) created by the defensive team in order to steal the ball
- Usually happens by the boards and in the corners

Levelling/to level

- When the players are using different levels of depth on the court when positioning
- Should be used in all areas of the court in order to create passing lanes when attacking and covering space when defending



Individual technique



In Floorball, the individual abilities to perform a certain technical action, determines the success of the cooperation of the whole unit. That is why the individual technical skills should be mastered before all.

Passing and receiving

Level 1.

The most important thing to emphasise for the beginners in passing is that the objective of each pass is for the receiver to gain instant possession of the ball. Therefore each pass should be accurate and the hardness should be suited to the situation. Technically the important things in passing and receiving are the posture and the grip.

The posture should be game like (picture 1):

- legs shoulder width apart with one foot slightly forward
- centre of gravity low with bent knees and straight back
- head up
- blade on the floor

Picture 1



A steady two handed grip:

- upper hand covering the whole upper end, the lower hand at least 20 cm from the upper hand (picture 2)

picture 2



The posture and grip change slightly according to different techniques but one thing that remains is the cushion and softness when handling the ball. The distance between players is an important factor while determining the speed and hardness of the pass. All other objects, such as the opponent, sticks and boards should also be noticed while determining the right passing technique.

Passing position

- side-on position
- feet alongside each other slightly apart with knees bent
- head up
- ball close to the blade (picture 3)

picture 3



| Pass | Grip | Execution | When |
|---|--|--|--|
| Forehand pass -with follow through | Steady two handed grip with the lower hand close to the lower edge of the grip | 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. | Used for example after faking a shot or after the player has dribbled the ball using body protection. |
| Forehand pass -short | Same as previous | 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. | The pass is fast and accurate, and can be executed from almost any position and in small and tight situations. |
| Backhand pass -long | The grip is two handed, but hands are closer together than in forehand pass. | 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. | Backhand pass is used when passing from forehand side is obstructed by the opponent. |
| Backhand pass -short | Same as previous, but also one handed grip possible. | The blade shouldn't touch the floor but only the ball. The speed of the blade is controlled by a short backswing. | Very good to utilise in fakes while passing to yourself. |
| Aerial | The grip as in previous techniques. | 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, for example 2 versus 1 situations. |
| One hand pass -backhand -forehand | Grip with only 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 used. Gives a better reach to the player and saves time when the player does not have time to take control of the ball. Used by more experienced players. |



Receiving a pass

- cushion is the most important thing while receiving a pass
- both stick and body can be used to receive or control a pass, both these methods must be trained frequently especially during level 1
- 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 therefore giving the player immediate control
- the ball should be received in front of the body
- receiving aerial passes demands good ball handling skills
- also the body can be used to capture an aerial pass (chest, thighs, feet)
- receiving the ball correctly might open gaps in defence and create scoring chances

Drill 2.

Objective:

- to practice passing and receiving aerial passes
- also good exercise for eye-stick coordination

Organisation:

- players are divided in pairs with one ball

Execution:

- pairs are passing the ball to each other in air
- emphasis on the taking control of the ball as quickly as possible when receiving an aerial pass

Modifications:

- either one bounce on the floor allowed or no bounces

Key points:

- right distance (depending on the bounces)
- eyes on the ball
- remaining relaxed in both hands and knees will help the player to control the aerial pass quicker

Drill 1.

Objective:

- to practice passing and receiving

Organisation:

- players divided in pairs passing to each other in varied distances

Execution:

- using all passing techniques in random order
- receiving the pass using only stick or body, or both

Modifications:

- can also be executed individually using the boards, in aerial passes using a wall

Key points:

- head up
- game like position; on toes, knees slightly bent
- correct grip according to the passing technique
- player should always move towards the ball while receiving a pass
- the stick should be between the body and the ball while receiving an aerial pass (if the stick is on the side of the body, it demands more ball handling skills to capture the ball, therefore it is easier to lose the possession of the ball)

Drill 3.

Objective:

- to practice passing and receiving (while moving)

Organisation:

- players are divided in pairs with one ball

Execution:

- dribbling from the forehand to backhand side after receiving a pass, taking few steps forward, then passing and taking a few steps back after making the pass

Modifications:

- also a rotation can be added after receiving a pass before passing back

Key points:

- players should stay in constant movement using quick hands
- soft hands
- head up

Drill 4.

Objective:

- to practice passing and receiving (while moving)
- to practice readiness to pass and to receive a pass
- to practice ball handling skills

Modifications:

- drill can also be executed so that the two players have one ball each and the third player runs without a ball passing a one-timer at each turn
- the emphasis is on practicing the readiness to pass and receive

Organisation:

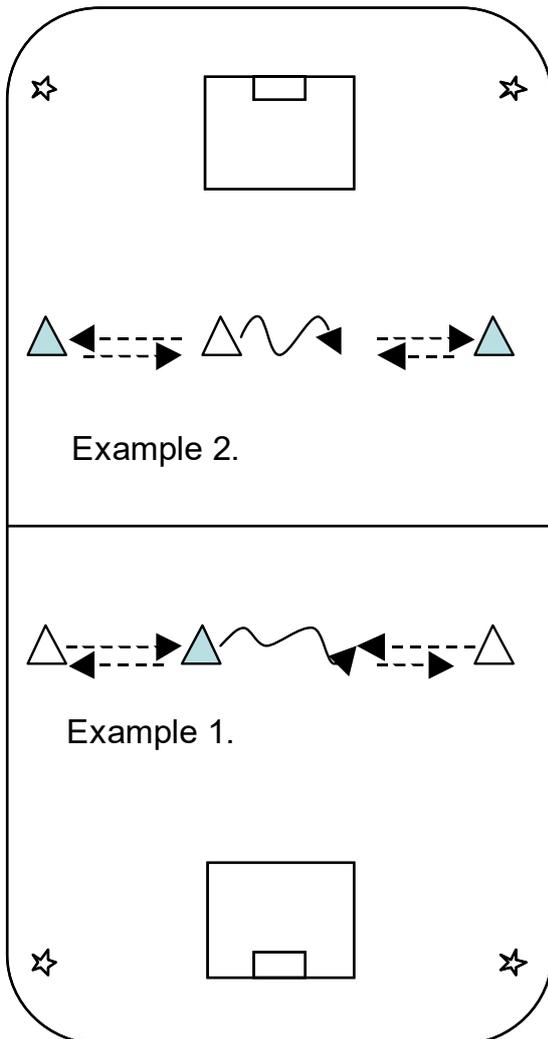
- players are divided into groups of three
- two players standing with 10-15 meters distance between them
- third player in the middle with a ball

Key points:

- head up
- soft hands
- game like position with all players
- timing and readiness to pass and receive
- blade on the floor

Execution:

- the player in the middle runs back and forth with the ball passing a one-timer to the other two at each turn
- 45-60 second shifts



Example 2.

Example 1.



Level 2.

When the players have learnt the passing techniques or one technique at a time if wished to proceed that way, the coach can add more difficult exercises to the practice. The game likeness should be brought into exercises, and the reason why passing and receiving are important skills to manage, and in which types of situations these skills are crucial.

Moving the ball in the game happens at speed and therefore should be trained in more complicated exercises where situations follow each other. For younger players it is essential to know that each ball should be passed so that the receiver is capable of gaining the possession of the ball instantly.

Next thing to emphasise is passing while moving and timing. The coach should always encourage the players to:

- pass in motion
- always continue motion after a pass
- receive a pass in motion by moving towards the pass or sideways – do not wait for the ball to come to you
- as a ball carrier to keep head up to locate other players
- as a non-ball carrier to create passing lanes by moving
- readiness to pass and receive
- as a non-ball carrier to show the ball-carrier where to pass, by pointing out with a stick or by using other signals
- shoot straight from a pass if there is a possibility



Drill 5.

Objective:

- to practice passing and receiving while moving

Organisation:

- players are divided in groups of 5-7 players
- these units are divided in half, the other half standing on a line opposite the others with the ball
- 5-8 meters distance (can be varied)
- one ball each group

Execution:

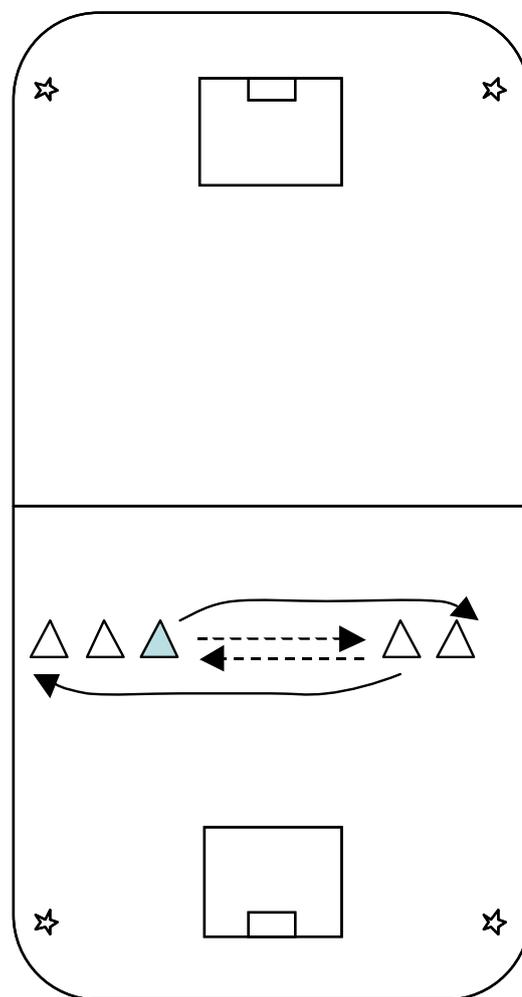
- the player with the ball (nr 1) passes to the player across (nr 2) and continues moving towards the pass
- player nr 2 passes the ball to player nr 3 and moves towards the pass and so on

Modifications:

- all different passes can be included; fore hand passes, backhand passes, short aerial passes (more difficult to take control of)

Key Points:

- head up
- continuous movement towards the pass
- all players are to move in the direction of their pass, moving to the end of the group
- readiness to pass and receive a pass
- blade on the floor
- controlled passes
- not a race



Drill 6.

Objective:

- to practice passing and receiving in movement
- to practice moving after a pass

Organisation:

- players are divided into groups of six in 2ve positions (as in the picture), one ball each group
- all players stand in a circle in game like posture
- two players in one position in the start, the 2rst one with the ball

Execution:

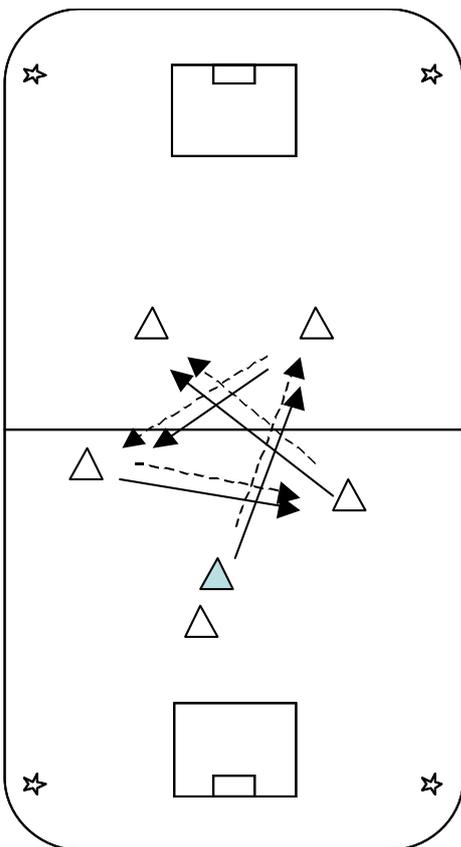
- the player with the ball starts passing the ball in certain order
- after a pass the player has to follow the pass, that is to keep in constant motion
- players have to be sure about their ball handling skills to keep the head up and still maintain the control of the ball

Modifications:

- can also be executed with passing in random order
- calling can also be added so that the player with the ball has to shout the name of the players he/she is about to pass to
- groups can add up to seven players

Key points:

- keeping the head up
- game like position
- blade on the Åoor
- be ready to receive a pass by turning early enough
- players are not allowed to pass to players next to them
- emphasise communication/use of voice as an important tool on the court



Drill 7.

Objective:

- to practice passing and receiving while moving
- to practice moving according to the ball carrier
- to practice choosing the right passing technique according to the situation
- remind the players that there should always be three passing options

Organisation:

- the players are divided into groups of Åve in a small area (5x5 m)
- the area can be marked with cones
- one ball each group

Execution:

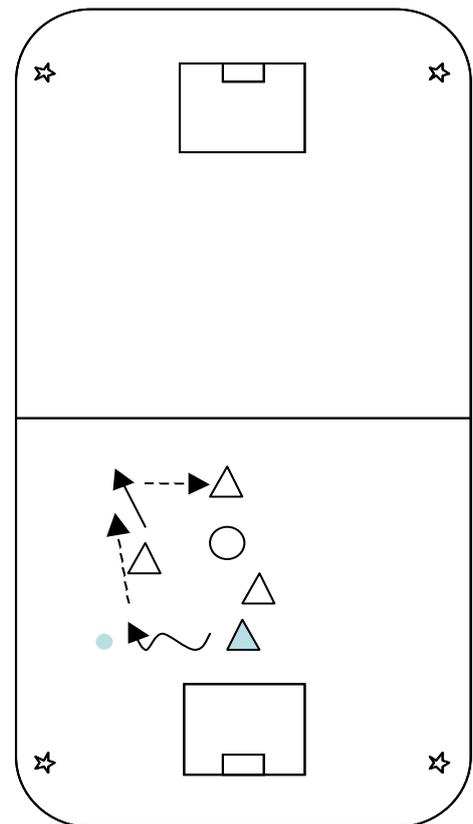
- four of the players are passing the ball to each other keeping in constant motion
- one player in the middle is trying to steal the ball by cutting the passing lanes
- if the player in the middle touches the ball, he/ she will switch places with the player who made the failed pass

Modifications:

- players are supposed to stay in motion providing passing lanes to the player with the ball
- players can also stand still when only one-time passes are allowed, but then the emphasis is more on moving the ball instead of players
- the player with the ball is not allowed to move
- only aerial passes allowed

Key points:

- keep in motion
- readiness to pass and receive a pass
- blade on the Åoor
- players should stay inside the area to keep up the level of difficulty
- player in the middle should be motivated to keep up and try to steal the ball even though it seems difficult



Drill 8.

Objective:

- to practice passing and receiving while moving and gaining a scoring chance
- to learn how to avoid less effective scoring sectors and to advance straight to the net
- to shoot from even from bad positions

Organisation:

- the coach should show where the less effective scoring sectors are (on the sides and in the corners) by placing cones on the spots
- players line up in two corners with the balls
- coach/ trainee situated near the opposite goal ready to receive a pass from the first player (after this his/ her duty is done)

Execution:

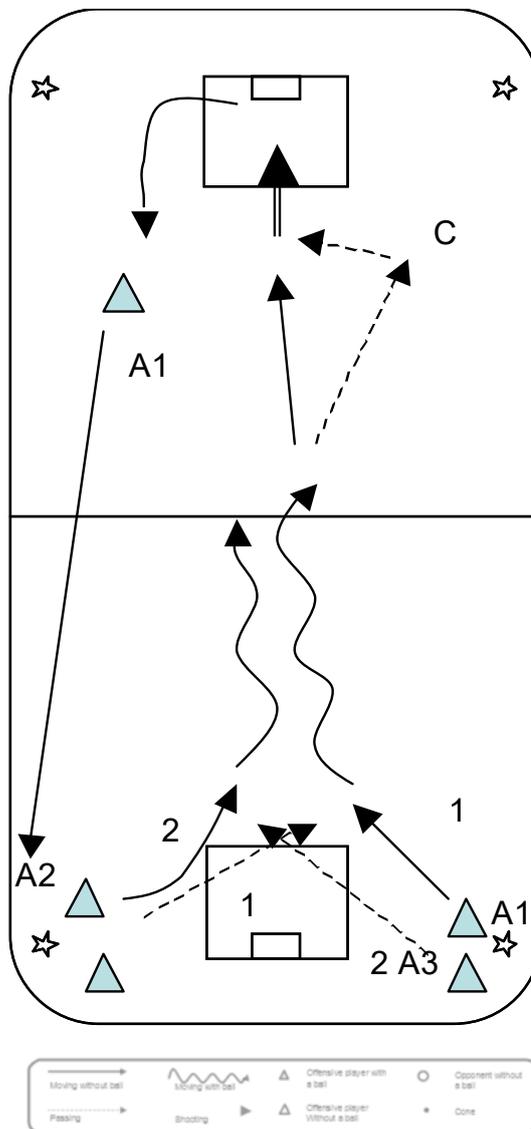
- A1 starts running without a ball slightly towards the centre
- A2 passes a ball to A1, who receives the pass in motion and continues towards the middle zone
- after crossing the middle line, A1 looks up and passes the ball to the coach/ trainee, who passes a one timer back and A1 shoots
- A1 moves on to the other side of the net to be ready to give a one timer to the next player
- after the first pass, A2 starts by executing the same as A1, receiving a pass from A3 and then receiving the one timer from A2
- after the execution the players will switch lines

Modifications:

- the drill can be made more difficult by adding a defender in the play (nr 1 becomes a defender after giving a pass to nr 2)
- both the passer and the receiver has to be even more accurate with the passes and the movement is emphasised
- also a variation with 2-0, the passer can also shoot, can be used
- this will teach the players to use their creativity in finishing attacks
- more options for the ball-carrier creating game like situations
- also movement emphasised
- also 2-1 with defender

Key points:

- running slightly towards the first pass, not along the board
- head up
- quick shot straight from the pass, no matter in which position the player is or where the ball is passed to



Drill 9.

Objective:

- to practice passing and receiving in motion while gaining a scoring chance
- to learn how to avoid less effective scoring sectors and to advance straight to the net

Organisation:

- players form two lines in the opposite corners with balls
- one player is situated by the board at the middle line and one player in front of the net in respective ends of the rink

Execution:

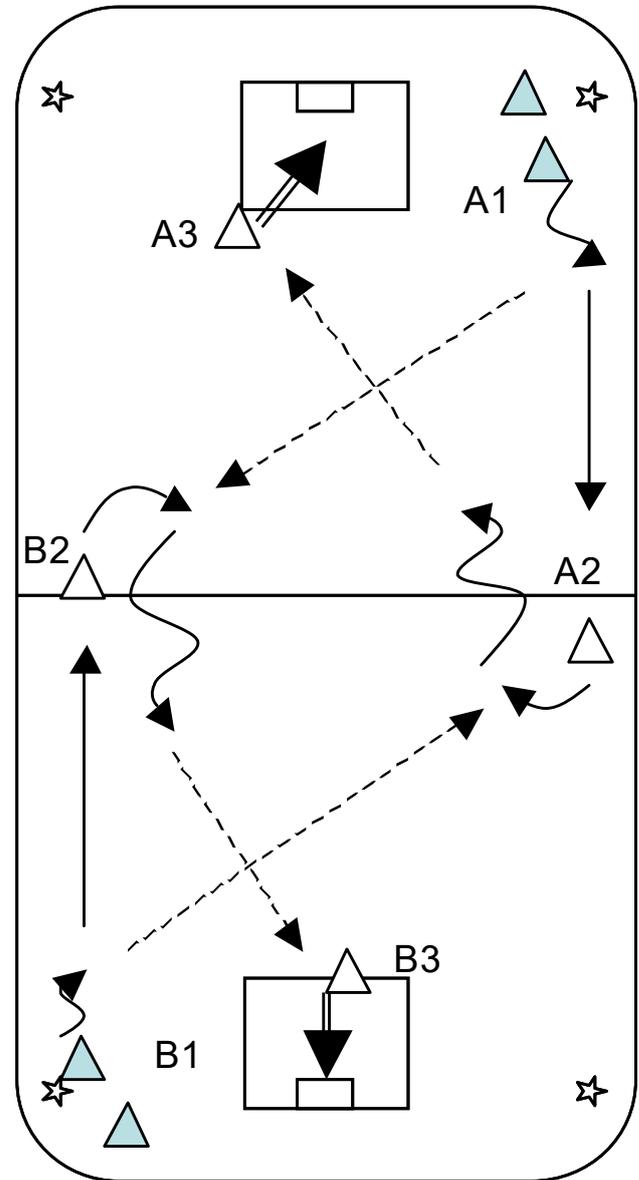
- A1 starts by passing a hard and a long pass to B2
- B2 comes towards the pass, takes control of the ball, makes a quick turn and passes the ball to the player on his/ her own end of the rink, B3, who shoots
- on the other side, B1 passes the ball to A2, and A2 continues passing to A3, who shoots
- after the execution, A1 becomes A2, A2 becomes A3 and A3 becomes A1
- same rotation in the other end (B1 becomes B2, B2 becomes B3 and B3 becomes B1)
- after a while the drill should be executed as a mirror

Modifications:

- the drill could also be executed so that A1 passes to A2
- and A2 to A3 but executed as explained the situation
- can be seen as an opening which makes it more game like

Key points:

- A1 and B1 should start the drill simultaneously
- the players should be encouraged to receive the first pass with backhand (depending whether the player is a left/right)
- the passes should be accurate and hard
- A2 should go towards the first pass, all the way across the middle line
- A2 should keep in constant motion and head up to see where A3 is
- A1 should pass in motion and continue movement immediately after the pass towards the middle line for the next execution



Level 3.

When the team has the ability to pass and receive one timers, shoot straight from the pass, pass and receive while moving, that is when at least most of the players excel these individual skills without difficulties, the coach can proceed to the next level. On the third level the team is ready to transfer the individual skills to be used in a team play system. It should be made clear from the beginning that passing and receiving is a part of a bigger system, and that no team game can be played without working units. This fact can not be emphasised enough. To teach the players to play as a unit demands skills in passing and receiving, and now it is time to take these learned skills into team play. First drills are a bit complex modifications of the drills from level 2. The last drills are passing and receiving drills for practising the chosen systems in openings and finishing attacks and can be modified.

Drill 10.

Objective:

- to practice passing and receiving while moving
- if a player inside succeeds in blocking the pass, the player will switch places with the player who missed the pass and the score will start over again

Organisation:

- players divided into groups of 6
- three cones forming a triangle (5m x 5m)
- three players around the triangle and two players inside the triangle
- the players around the triangle has the possession of the ball

Execution:

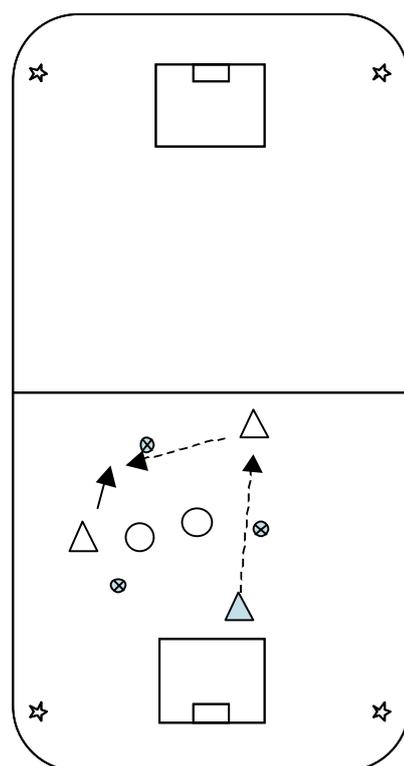
- players around the triangle are trying to pass the ball to each other using flat and aerial passes
- players inside the triangle are trying to block the passing lanes
- whenever players outside succeed in crossing the both lines they score a point

Modifications:

- can also be executed by using a square with four players outside and three players inside
- only two touches on the ball; one to receive the pass and the second to pass

Key Points:

- it should be pointed out that there should always be two passing directions
- head up
- the players outside the triangle are not allowed to cross the lines



A1

Drill 11.

Objective:

- to practice passing and receiving in motion
- to teach awareness of all the players on the field

Organisation:

- the players are divided into teams of three persons
- the court is divided into three sections
- if goals are used, however not necessary, they can be marked with cones
- it is preferable if the teams have different coloured vests

Execution:

- 3 vs 3 game
- the player with the ball is not allowed to move, which will activate the players without the ball, who have to create passing lanes by moving to an open space
- a team is supposed to keep the possession of the ball as long as possible and the passes are counted
- the team with more passes after 60 to 90 seconds is the winner
- the player with the ball has to make a pass in three seconds after receiving the ball
- if the opponent gains the possession of the ball, the roles will automatically switch
- the teams can rotate after one switch so that the winning team stays on the court and the loser moves on to the next court
- the winner of the whole tournament is therefore the team that has stayed on the same court the longest period of time

Modifications:

- different rules can be added
1. players are only allowed to pass forward
 - emphasises the fact that there is actually only one passing opportunity because there should always be one player behind the ball carrier, similar to a defender during a game and this player cannot be passed to
 - the levelling of the offensive team is crucial
 - emphasis on attacking
 2. only one time passes allowed
 - emphasises the quick reaction and fast speed
 - only for very advanced players with good passing skills

Key points:

- readiness to pass and receive a pass
- head up
- non-ball carriers have to move to create passing lanes and not stay behind the opponent (passing shade)
- rules should be strictly followed and equal



Drill 12.

Objective:

- to practice passing and receiving in game like situations; openings
- to take the individual techniques into game performance
- to practice the movement in the chosen opening

Organisation:

- the players can be divided either by their playing positions (defenders, wings, centre forwards) or can be switched so that every player has to play each position (preferable for the beginners)
- the coach gives the players the positions where to start depending on the way the team wants to open up the play

Execution:

- example:
- two defenders (A1 and A2) on the corner face-off dot giving a hit-in
- winger (A4) on the same side by the board, the centre forward (A3) in the centre few meters from the goal area and the top-striker (A5) either in front of the opponents goal or by the board on the same side with the pressure (strong side)
- A1 passes the ball to A2 who has two options:
 - 1) to pass the ball to A4, who gives a one timer to A3, who continues to A5 who shoots
 - 2) move behind the goal and pass to A3, who has now moved to the strong side of the court, who gives a one timer to A4, while mo-

ving towards the offensive zone, A3 passes to A5 who can either pass to A4 or back to A3 variations for the movement of the forwards after crossing the middle line are endless

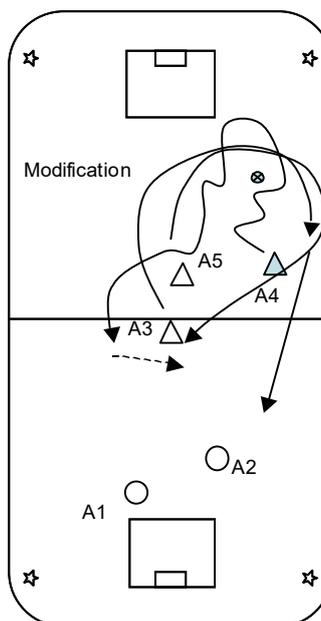
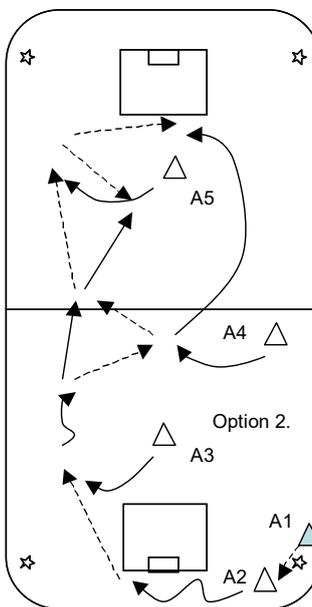
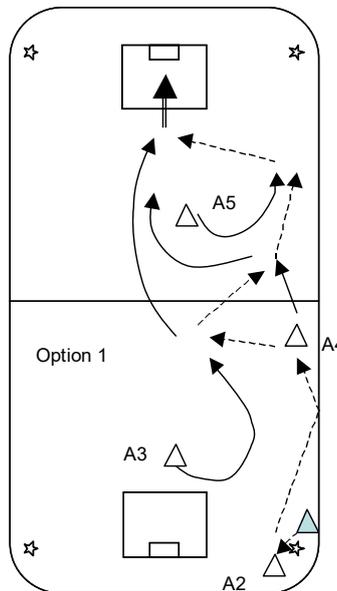
- the defenders should also move to support the attack
- the attack should always end up with a shot
- one performance should not contain more than 5-6 passes
- after one performance the players switch positions (either A1 to A2, A2 to A3 etc, or the whole line-up)

Modifications:

- ways to start can be varied
- for example A1 and A2 passing with each other in front of the goal
- if the team is practicing libero play, the game is opened by using a low triangle (A1, A2 and A4)
- in the beginning this should be executed without an opponent but then adding the defensive team makes the play more game like and difficult
- if there are less players the drill can be executed in only one end
- after opening the play, the forwards (A3, A4, A5) have to go around a cone (or the opposite goal), re-group and attack against A1 and A2

Key Points:

- the main emphasis is on the passes and timing
- passing and receiving while moving head up
- readiness to pass and receive a pass



Drill 13.

Objective:

- to practice passing and receiving while moving: Finishing attacks
- to transfer individual skills into game performance
- to practice moving in the offensive zone and scoring

Organisation:

- players are divided as in drill 12
- a defensive team can be added without sticks or by playing with sticks upside down
- a defensive team can also be simulated by cones in the beginning (as Figure 5) to emphasise the passing with the attacking team
- in the beginning, and especially with young players, the passing lanes can be practiced so that the players are only passing the ball without movement (Figure 1)
- the coach should also make clear before starting where the defensive team is situated, and bring out the best options for the attacking teams players' where to be open for a pass and where are the best places to score by using the tactic board (opponent covering the best scoring sector as Figure shows)

Execution:

- A1 and A2 are giving a free-hit by the middle line (Figure 2)
- A3 is situated near the rink, A4 in the middle and A5 on the offensive corner on the strong side of the rink
- the forwards can also switch places, in Floorball the positions are not designated, especially in the offensive play and the players are encouraged to be creative in

- attacking situations the ball is passed around with the players first still standing
- **Free movement:**
 - if A1 and A2 are passing to each other (Figure 2) the forwards should move to open spaces (depending on the placed cones, or the opponent) ready to receive a pass
 - if in libero play (Figure 3) the ball is played to the left side to winger A3, A5 moves to the corner on the left side and A4 moves closer to the centre (either behind or in front of the goal depending on the opponents moves)
 - the attack should end with a shot after 5-6 passes
 - the same passing Figure can be repeated as many times as necessary until the players have understood and remembered the Figure, and other variations can be added (also using the creativity of the players themselves)
 - after three to four attacks either the positions or the whole line-up should be switched

Modifications:

- can be modified by changing the number of defensive players (also 5 against 4)
- also the Figure of passing can be modified depending on the chosen play system (using the centre or the corners)

Key Points:

- using the open space, avoiding dangerous passes and poor scoring zones
- readiness to pass and receive
- head up
- players should be encouraged to also use their own creativity
- the level of the players should be considered

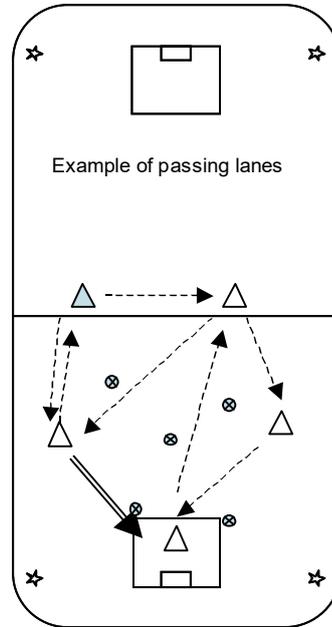


Figure 1

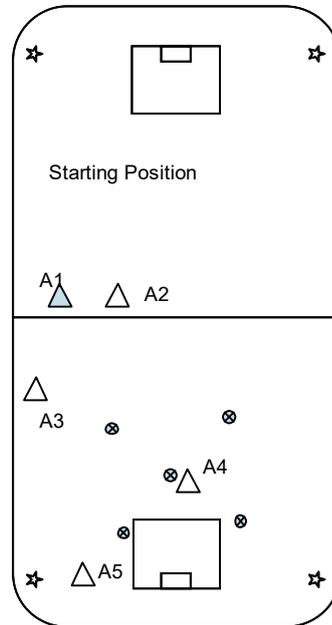


Figure 2

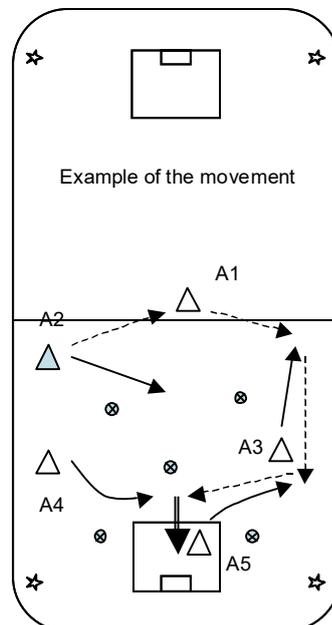


Figure 3



Drill 14.

Objective:

- to practice passing in the offensive zone
- to practice creating space in opening and finishing attacks
- to practice timing of passing and moving

Organisation:

- A1 behind the goal
- A3 at the middle line near the rink
- A2 in the other corner with the rest of the players and balls
- the coach should make the objective of timing the passes and movement clear beforehand

Execution:

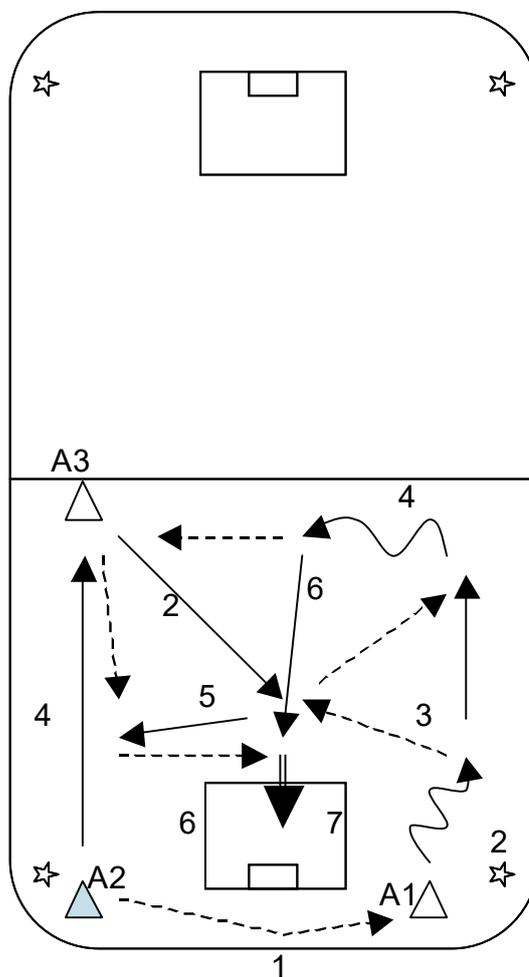
- First part demonstrates an opening in the defensive zone
1. A1 starts running towards the corner while receiving a pass from A2
 2. A1 continues running by the board while A3 moves to the centre
 3. A1 passes a one-timer to A3 and continues running towards the middle line
- the second part demonstrates an attack in the defensive zone
 4. A1 continues following the middle line, while A2 runs by the board towards the line (after the first pass), A2 receives a pass from A1
 5. A3 waits in the slot, as in game like situation, prepared to receive a pass, but as A1 passes to A2, A3 moves by the board to receive a pass from A2
 6. A1 runs towards the slot to receive a pass from A3
 7. A1 shoots
 - A1 becomes A2, A2 becomes A3 and A3 becomes A1

Modifications:

- different variations of running and passing lanes is up to the coach

Key points:

- the coach should pay special attention to the timing of the movement and passing
- A3 empties the slot for A1 to shoot
- movement should be game like
- players should be gathered after the drill to be reminded about the objectives of the drill



Shooting

Level 1.

The shooting techniques are the same as in passing, only more power is used. The grip and the posture should remain the same as in different passing techniques. Shooting should be emphasised early at the start of a player's career, because the fact is that most of the goals are the product of a shot. Also it should be made clear from the beginning, from where to shoot and what kind of a shot is the most appropriate according to the situation and the position of the player. Even young players should be taught to shoot from different and unfamiliar positions. Also shooting from straight passes, both floor and aerial should be included in each practice. One-timers will make it more difficult for the goalkeeper to react when moving sideways, and the defensive team to predict the shot. Shooting straight from the pass demands good passing skills, which should also be mastered.



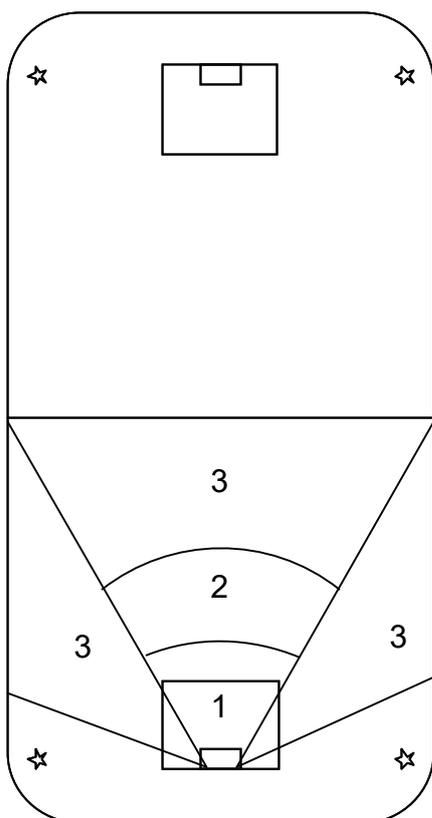
| Shot | Grip | Execution | When | Pros | Cons |
|---------------------------|--|---|---|--|---|
| Long wrist shot/drag shot | Same as in passing forehand | The opposite sides foot in front, weight is on the back foot. The blade has a long back drive along the surface and the ball is released on the level of the front foot. In the end of the shot, the blade should be pointing towards the goal, and the weight should be transferred totally to the front foot. If the shot is shot from protection with rotation of the upper body, it helps the movement if the same side's foot is in front as the shooting side. | When a player has time to aim and shoot, usually forwards from the side (especially from rotation) | Accurate | The back drive takes a long time to execute |
| Short wrist shot | Same as above | Chest should be towards the goal, also the same sides foot in front as the shooting side. The ball is released from the blade close to the foot in front. | When a player has gained position close to the goal, straight from a pass | Accurate and fast, can be shot from even bad positions, goalkeeper has less time to react than in other shots | Player has to be close to the goal |
| Forehand drive | Hands closer each other than in the wrist shot | The opposite sides foot in front to gain the rotation of the upper body, at the time of the shot the ball should be in front of the body, and slightly to the side. The ball shouldn't be as close to the body as in wrist shot. The ball is hit with the blade's heel, so that the ball is lifted up in the air. The backswing might look a bit like in golf. Can also be shot with a shorter back swing when the shot is not as hard but maybe a bit more accurate. | When a player has time to take the shot, mostly used by defenders from the middle zone | Good long distance shot when there are player/s screening the goalkeeper | The back swing takes time |
| Slap shot | Wider grip similar to wrist shot grip | The opposite sides foot in front than the shooting side, wide stance, weight on the front foot. The back swing should be quite long but the stick shouldn't exceed the waist level. Just before hitting the ball the blade should touch the floor and the blade should be pointing towards the goal in the end of the shot. | When the player has time to prepare for the shot, also defenders from the middle zone | Hard and unpredictable, especially when there is a player screening the goalie | Takes time to shoot |
| Backhand shot | Hands close to each other | The same sides foot in front with same sides shoulder usually facing the goal. Can also be executed with back facing the goal. The blade touches the ball on the level of the front foot, or slightly in front of it. | When the player does not have the position to shoot from forehand side, or if the opponent has blocked the forehand side. | Unpredictable for the goalkeeper, especially when only one hand is used, can also be shot with back facing the goal. | Player has to be close to the goal, usually shot from very short distance |

It is also good to go through the best scoring sectors in the early stage and always encourage the players to gain towards those areas and shoot whenever there is a chance.

1 = The best sector in the slot, close to the net, great opportunity to shoot in rebounds and steer in long distance shots

2 = The second best sector, bigger area for the goalkeeper to cover, good for sideways passes (one timers) forcing the goalkeeper to move sideways but no chance to reach the ball

3 = Long distance shots and shots from a small angle might surprise the goalkeeper but are usually saved or blocked



Drill 15.

Objective:

- to practice different techniques of shooting
- to learn to keep the head up when shooting
- to learn the right grip and posture
- warm up the goalkeeper

Modifications:

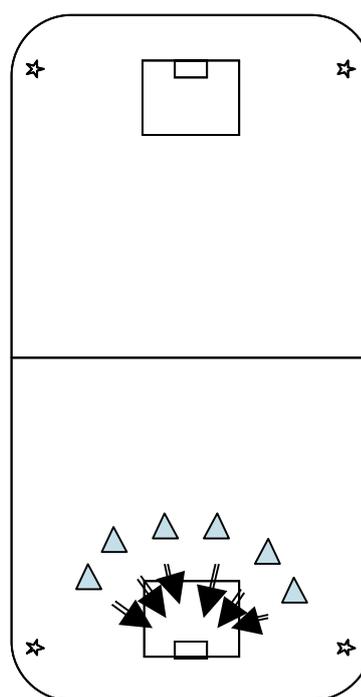
- to get the goalkeeper moving sideways, the shooters are alternated from side to side
- to shoot while moving the players can take two steps towards the goal before the shot (otherwise same order)
- to get more repetitions, or with less players the players can shoot 3-4 balls at the same turn

Organisation:

- players are standing on a half circle from about eight meters from the goal with one ball each
- players should keep distance to each other and give room for the player next to shoot
- Execution:
 - players start one by one from the other end of the line to shoot towards the goal
 - different shots used
 - First easy shots for the goalkeeper to catch (wrist shot)
 - when the goalkeeper is getting warm, more power can be used (slap shot)

Key points:

- head up
- right posture and grip
- give space for the next shooter
- the players should be ordered to collect the balls quickly after one round to able the next round as fast as possible
- if there are children involved, they should be advised not collect the balls from the goal or behind the goal until everybody has taken their shot to avoid injury



Drill 16.

Objective:

- to practice shooting from different angles and positions
- warm up for the goalkeepers

Organisation:

- one player standing in front of the goal in a game like position (A1)
- other players are standing in half circle with one ball each ready to pass

Execution:

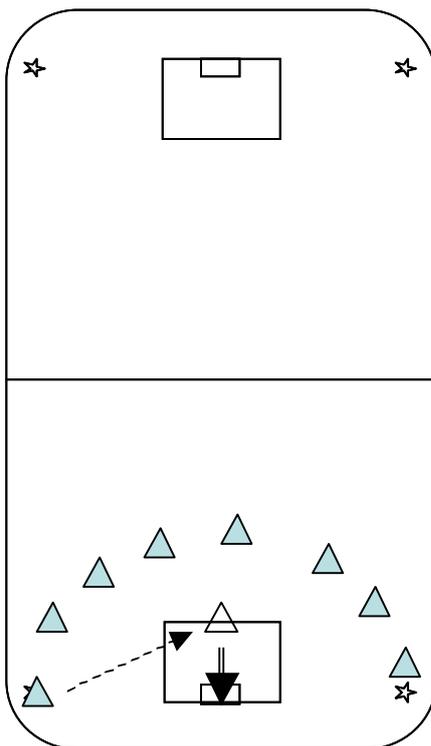
- the players start to pass the ball to A1 one at a time in order (either proceeding from the other side or alternating the sides)
- A1 tries to shoot straight from the pass no matter which side or where the ball is passed to
- after shooting A1 moves to the line and the next player from the line takes the shots

Modifications:

- also aerial passes so the player who is shooting has to practice ball eye coordination as well
- for more advanced players, one more pass can be added so that the player who is suppose to give the pass to A1, gives a pass to some other player on the line, who then passes the ball to A1. This way, A1 cannot predict from where the pass comes but has to react to the pass and position him/ herself to shoot quickly.

Key points:

- players should be ready to pass and shoot
- right grip according to the shot
- game like position (knees bent, low posture)



Drill 17.

Objective:

- to practice different type of shots
- to practice shooting while moving
- warmup for the goalkeeper

Organisation:

- players form three lines by the middle line with balls
- cones in the corners

Execution:

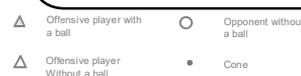
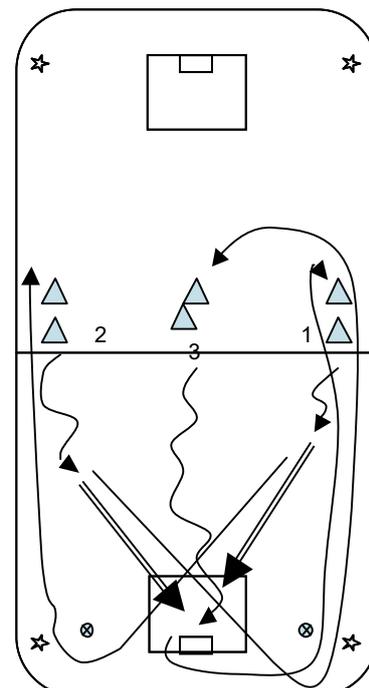
- one player from each line takes a shot at a time
- different shots from different lines
- 1) a short wrist shot
- 2) wrist shot with a long back drive
- 3) penalty shot
- the order will force the goalkeeper to move sideways
- after the shot, players have to go around the cone in the opposite corner so that a movement forward will follow the shot and that the players won't stay in front of the next shooter
- the player from the middle line has to go around the goal cage
- the lines will rotate in clockwise order

Modifications:

- shots can be varied
- also lines can be added in the corners, from where the player has to shoot a wrist shot from protection or a backhand shot
- one timer can also be added so that the player from the line on the left side passes a one timer to the player in the middle line, receives the pass back and shoots a one timer

Key points:

- right grip according to the shot
- players should be encouraged to follow the movement forward after the shot
- players should not stay in front of the next shooter
- players should wait so that the goalkeeper is ready to receive the next shot
- players from lines 1) and 2) should not go too close to the goal, however the shot should be accurate rather than hard to warm up the goalkeeper
- harder shots can be taken once the goalkeeper has been warmed up



Drill 18.

Objective:

- to practice shooting while moving
- warm up for the goalkeeper
- to practice sideway movement for the goalkeeper

Organisation:

- players form two lines by the middle line facing the goal with balls
- for beginners there can be cones added to mark the shooting spots

Execution:

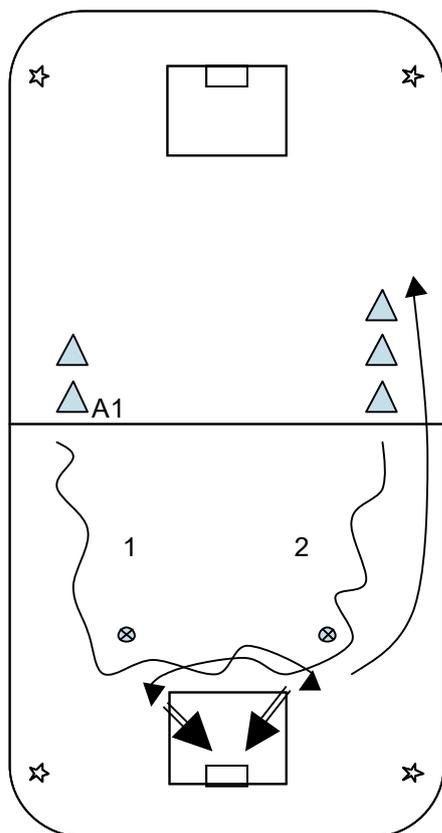
- A1 starts running by the rink angling towards the goal
- to get the goalkeeper moving sideways, the player should clearly cross the middle sector before shooting
- after shooting, the player continues to the line on the other side to shoot alternately from forehand and back-hand side

Modifications:

- the players can also start from the corners so that the shots will be shot from protection
- in another variation, the players can start from the corners and shoot after the opposite sides cone

Key points:

- right grip and posture
- shooting from good protection
- the goalkeeper should follow the shooter's movement, not predict the shot or position him/herself already on the other corner of the goal (simulates game play for the goalkeeper)



Drill 19.

Objective:

- to practice shooting while moving
- to practice direct shot from a pass
- warm-up drill for the goalkeeper

Organisation:

- players form two lines in the corners with balls
- two cones about three meters from the rink near the middle line to mark the turning point for the players (especially beginners)

Execution:

- A1 starts running by the rink towards the cone without a ball, runs around the cone and makes a fast turn facing the goal
- after the turn the player receives a pass from the opposite corner (B1)
- the player can either take control of the ball and then shoot (beginners) or shoot direct from the pass which demands good timing and eye-ball coordination
- after the shot A1 moves to the other corner
- B1 executes the same, receiving a pass from the opposite corner (A2)
- for beginners, the pass can be made standing still, but as soon as possible, the players should be encouraged to pass while moving, also this helps to speed up the drill
- it is better to start with a wrist shot and then move on to different shots

Modifications:

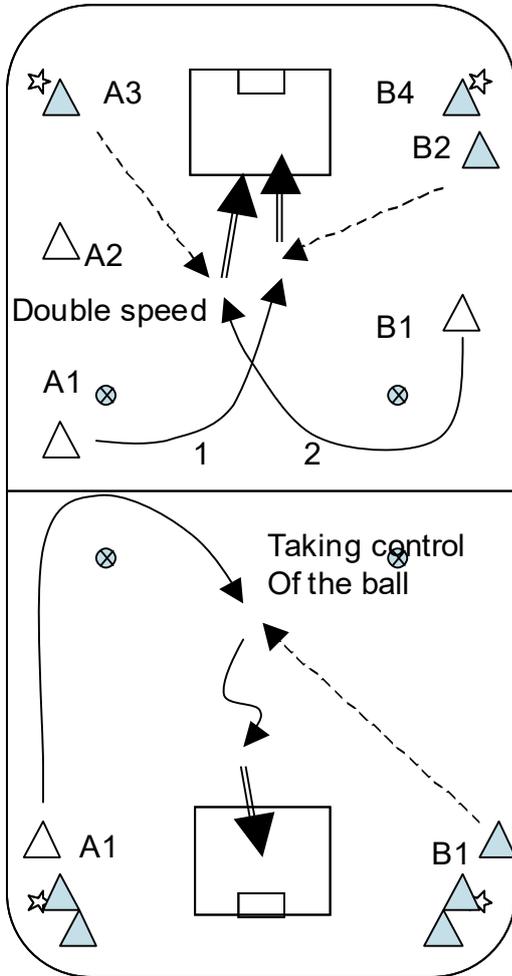
- the coach can determine whether he/she wants the shot to be direct or not
- if the shot is direct, the pass should be

aimed closer to the goal, and if the player is supposed to take control of the ball first, the pass should be aimed further away from the goal

- the ball can also be passed from the same line, that is from behind, which will emphasise the ball control when the player has to receive the ball from behind and dribble around the cone before the shot
- also aerial passes to emphasise the receiving a lifted ball which can happen during a game
- when the players are familiar with the drill, it can be executed with double speed so that A1, A2 and B1 are all running before the first ball is passed
- in this case B2 passes the ball to A1 and A3 passes to B1 and B4 to A2

Key points:

- the ball should be passed while moving to keep up and increase the speed
- head should always be lifted up before the shot
- accurate passes (the player shooting should point out where he/she wants the pass) with correct speed
- timing of the pass, not too early or too late, attacking player and the ball must meet at the same point at the same time
- it is always good to start with ball control first, and then move forward to direct shots



Drill 20.

Objective:

- to practice shooting one timers and directing the ball
- to practice accurate shots from both ground and aerial passes
- warm up for the goalkeeper (side-ways movement)

Modifications:

- also aerial passes
- A1 can also run parallel with the middle line, receive a short pass from A2 and continue towards the goal performing a shoot out

Organisation:

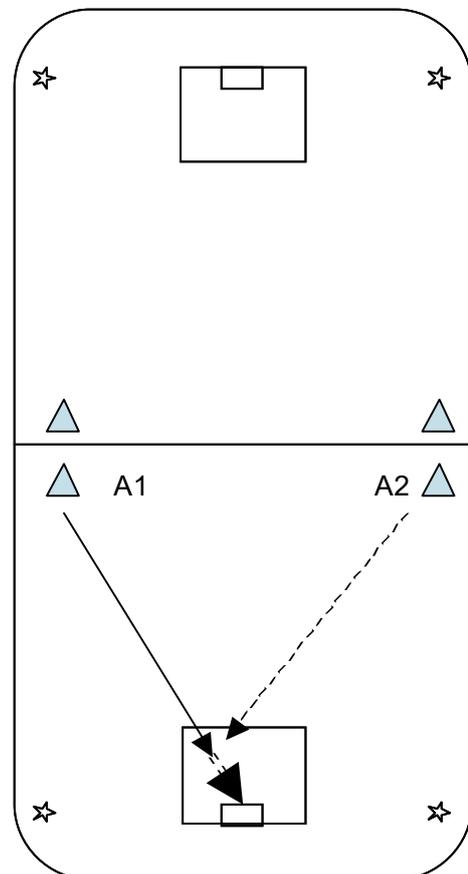
- players form two lines by the rink at the middle line with balls

Key points:

- the shot shouldn't be more than a directive touch with the ball (one time shot)
- both forehand and backhand should be used
- one hand grip should be used to reach the ball
- the player can also receive the pass with forehand and shoot with a backhand side, or vice versa depending on the situation

Execution:

- A1 starts running towards the slot
- when A1 reaches the goal area, he/she will receive a hard pass from A2
- A1 shoots an accurate shot, or more or less directs the ball towards the goal
- after the pass, A2 executes the same
- after the shot, players switch lines



Level 2.

After learning how to shoot technically correct and from where to shoot, the most important thing is to know how to time the shot and choosing the best shot according to the situation and position. On the second level the aim is to practice the timing of the shot and **finding** the way to a good shooting position. Also evaluating all these in a fraction of time demands skill and reaction speed. To practice these components together, it is best to add more players into the drills. By adding a defender to cover the shot makes the situation more game like. Hardly ever does a player have an open space for a shot in a game, so to practice shooting under pressure enables better chances to score in the game. By adding another offensive player, gives another option for the ball carrier, to pass. **Therefore** also passing skills are required, as well as readiness to do so. Assisting the ball carrier to shoot also becomes relevant. As an **offensive** player without the ball, it is important to learn how and when to create space for the shot, either by screening the goalkeeper or making space for the ball carrier to shoot. **These** actions are also practiced.

Drill 21.

Objective:

- to practice shooting from protection and while moving
- to practice timing of the shot
- to practice gaining space for a shot
- for the goalkeeper to practice sideways movement and saves at close distance

Modifications:

- the coach can play a defender, harassing the players to emphasise the importance of the protection of the ball
- close distance shots can also be practiced as direct shots so that a pass is given from the opposite corner

Organisation:

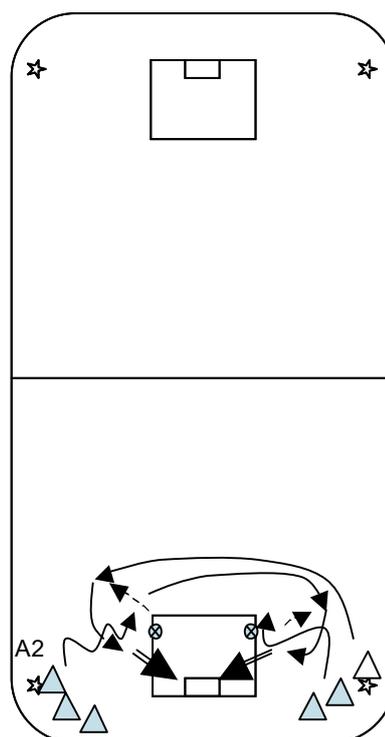
- players are in the corners with balls

Key points:

- the drop pass has to be accurate so that the opponent does not have time to intercept the pass

Execution:

- A1 starts running towards the slot without a ball
- A2 starts running towards A1 with a ball when A1 has crossed the middle slot
- A2 gives a drop pass to A1 who shoots
- A2 continues running towards the opposite corner, now without a ball
- A3 leaves from the corner with a ball and gives a drop pass to A2, who shoots and so on
- after execution, the players switch lines to get a shot from the other side



Drill 22.

Objective:

- to practice both close distance and long distance shots while moving
- to practice two man screen
- to practice aggressive play in the slot

Organisation:

- four lines; two in the corners and two at the middle line by the rink
- all lines facing the goal with balls
- the coach should emphasise the importance of the screen beforehand

Execution:

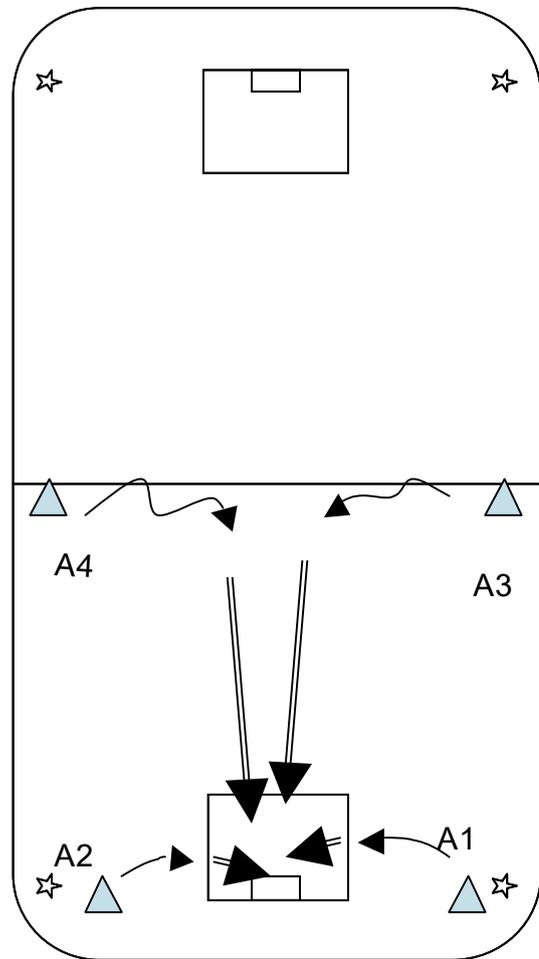
- A1 takes few steps from the corner and shoots from a small angle (short wrist shot, backhand)
- A2 does the same from the other corner
- after this both players move to the slot to screen the goalkeeper
- A3 takes few steps towards the middle dot and shoots a long distance shot (long wrist shot, forehand drive, slap shot)
- A4 does the same
- after one round the players rotate in clockwise order

Modifications:

- A1 and A2 can also play one versus one situation in front of the goal so that A1 is the offensive player and A2 is defensive
- A2 can also have the option to pass to A1 to shoot if A1 has a better opportunity to score

Key points:

- best way to screen the goalkeeper is to move, this way the goalkeeper also has to move and therefore it is harder for him/her to see the shot
- this is done so that the two screening players cross each other in front of the goalkeeper at the moment the shot is taken
- it is also better if at least one of the players is about one meter from the goalkeeper
- this way the screening player has time to turn around and hit the rebounds, even if the ball hits the player him/herself



Moving without ball

Moving with ball

▲ Offensive player with a ball

○ Opponent without a ball

--- Passing

→ Shooting

▲ Offensive player Without a ball

• Cone



Drill 23.

Objective:

- to practice a drop pass
- to practice a long distance shot
- to practice screening the goalkeeper and hitting rebounds

Organisation:

- players form two lines; one in the corner and one at the middle line by the rink
- balls in the corner

Execution:

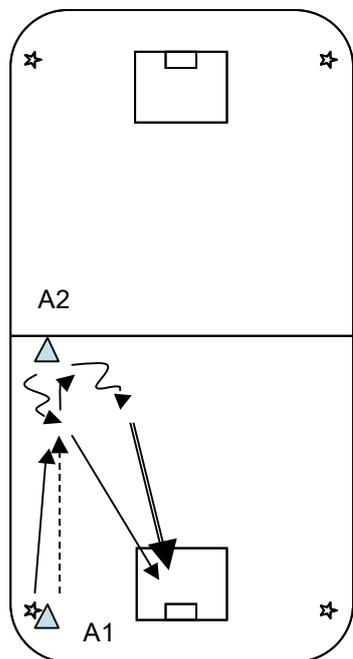
- A1 passes to A2
- A2 comes towards the pass and takes control of the ball
- A1 follows the pass and receives a drop pass from A2 when they cross
- A2 runs straight to the slot without looking back and A1 continues towards the middle spot with the ball
- as soon as A2 is ready to screen the goalkeeper, A1 shoots a long distance shot (long wrist shot, slap shot, forehand drive)
- A2 ready for rebounds
- after the execution players switch lines

Modifications:

- defensive players can be added so that after the shot A1 plays a defender in front of the goal with the next screening player
- also a defensive player can be added closer to the shooter to block the shot, which makes it harder for the shooter to aim the shot

Key points:

- the drop pass has to be accurate so that the opponent won't intercept the pass
- A2 should not follow A1 after the drop pass, but to continue straight to the slot
- same main points in screening as in the previous drill



Drill 24.

Objective:

- to practice scoring on two against zero
- to practice decision making; shoot or pass

Organisation:

- players in opposite corners with balls

Execution:

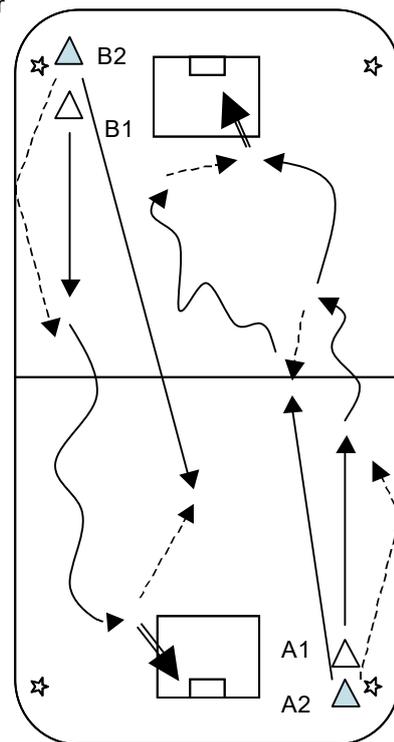
- A1 starts by running by the rink without a ball
- A1 receives a pass from A2
- they both run towards the middle line, A1 with the ball
- after crossing the middle line, A1 has to make a decision whether to give a drop pass to A2 and continue towards the opposite goal to screen the goalkeeper, or to continue running with the ball and shoot, or pass to A2 later
- B1 and B2 do the same at the same time
- after the execution, they move on to the opposite corner

Modifications:

- also the goalkeeper can give the first pass to A1
- other variations according to the coach, but the main emphasis should be on a quick finishing

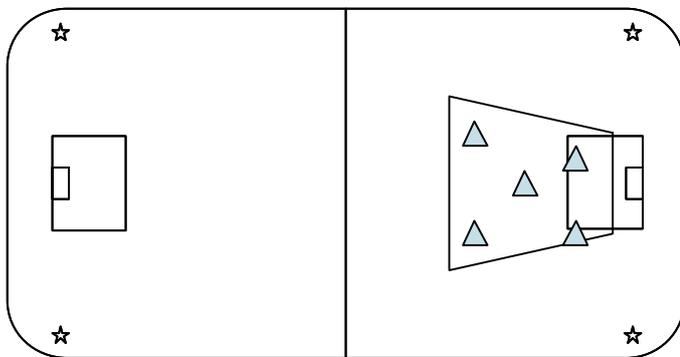
Key points:

- quick decision to finish the attack in a shot
- the players should leave at the same time from both corners



Level 3.

When the players have the ability to make the decision according to the situation; whether to shoot directly, pass or dribble, even more complex components can be added to the drills. The scoring situation is made more game like and difficult by adding both an opponent and a team mate to create a situation where the player has to make a fast decision. Shooting is also emphasised as the main result of the attack, as well as the team play leading to an attack. The drills are not only about shooting but more or less finding a way to shoot, either by you or with the help of your team mates. The main point, after all, in any invasive game, is to score. On the third level, the aim is to create chances to do so. Usually the defending opponent is covering the best scoring sector, either covering players or the zone. The best scoring sector is in the middle where the defensive team is usually situated as follows:



This should be explained to the players in order for them to realize where the opponent is most likely to be situated. Also it should be emphasised that the best chance to score is in the middle where the invasion should happen. The ball carrier should always aim for the slot as well the non-ball carrier should try to create an open space for him/her to shoot.

Drill 25.

Objective:

- to practice scoring
- to practice creating space for the ball carrier to shoot
- Organisation:
- one line by the rink at the middle line with balls
- players A2 and A3 as in the Figure
- cones marking the opponent (can be replaced by real opponents)
- the coach should make clear beforehand where the opponent is most likely to be situated
- this will help the players to avoid those areas
- A1 moves towards the corner to a bad position to shoot so he/ she passes to A3
- A1 by the near post and A2 in front of the goal are open for a pass from A3 and ready to shoot
- after execution A1 becomes A2, A2 becomes A3 and A3 becomes A1

Modifications:

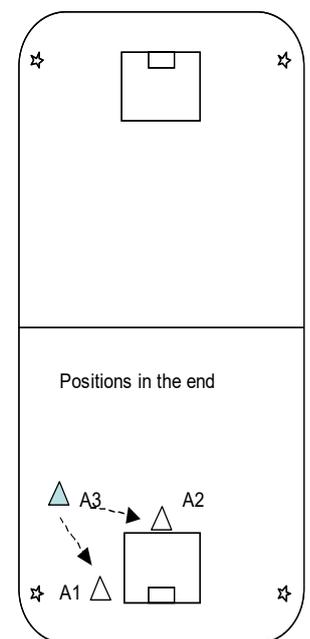
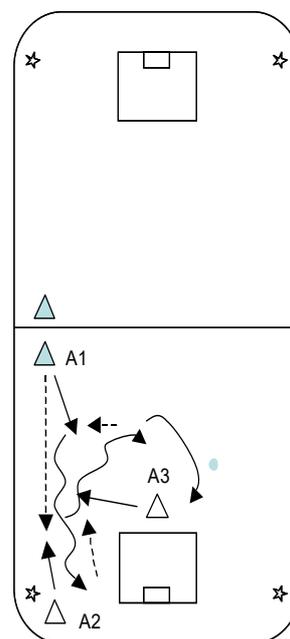
- the best way to modify the drill is to add defensive players to make it more difficult for the offensive team to score
- also other variations of the passing Figure and shooting positions can be made

Execution:

- A1 passes the ball to A2 who comes towards the pass
- A2 takes the ball under control and continues moving by the rink
- A1 starts moving towards the slot and receives a drop pass from A2 when they cross
- at the same time A3 moves from the centre towards the side creating space to the slot

Key points:

- accurate shots should be emphasised
- A3 should quickly decide whom to pass to and A1 and A2 should be ready to shoot
- the movement of the players should be fast and the timing precise



Drill 26.

Objective:

- to practice scoring from tight situation
- to practice ball protection and fakes

Organisation:

- goal cages turned toward the corners about 7 meters from the boards (cones marking the area)
- balls on top of the goal
- players divided in four even groups, if two goals (depending on the amount of players and goalkeepers)
- two groups forming two different lines on both sides of the goals

Execution:

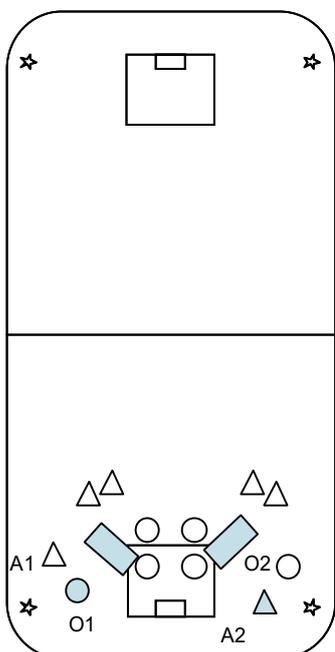
- goalkeeper throws a ball to the corner
- A1 and O1 fight for the ball
- whoever gets the possession becomes attacker and tries to shoot
- if the ball is hit of boundaries, if there is a score or a save, the goalkeeper throws in another ball
- 45 second shifts
- players switch when the coach whistle

Modifications:

- after 45 seconds, two other players can be added, so that every other shift is played two versus two
- the aim is to shoot and for the other offensive player to get open to a place to shoot a one timer

Key points:

- to emphasise shooting and protecting the ball
- shoot when there is even a slight chance to score
- if there is no space to shoot, move or pass if possible
- encourage the players to turn around and challenge the opponent



Drill 27.

Objective:

- to practice shooting and gaining a chance to shoot
- to practice game reading and decision making
- the stationary/ substitute player can move sideways to receive, pass and shoot
- if the stationary/ substitute player is passed to other than after interception, the player has to shoot (demonstrating a defender shooting from the middle line)
- in this case the closest player to the goal has to be ready to screen the goalkeeper

Organisation:

- players are divided in groups of three or four
- the court is divided in half
- if four players in each group, one player is situated by the middle line as a stationary substitute player

Execution:

- teams are playing three against three
- if a team with the ball (offensive) loses the ball either by:

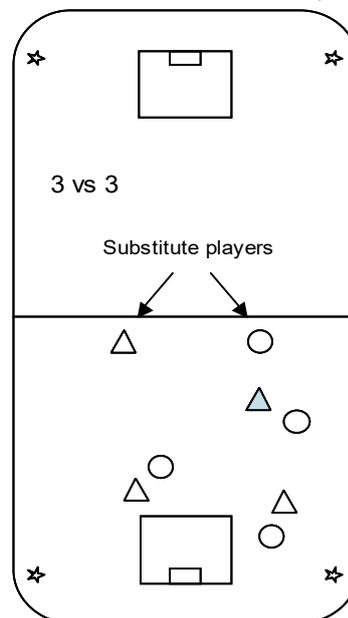
- scoring
 - defensive team steals the ball or intercepts
 - the ball is hit out of boundaries
- then the defensive team has to pass to the stationary/ substitute player before starting an attack and the player from the offensive team who lost the ball, has to switch with their stationary player

Modifications:

- only one timer allowed
- there has to be a shot after three passes

Key points:

- players have to keep moving constantly and shoot when ever possible
- players have to be ready to screen the goalie when the defender has the ball
- a player has to switch after losing the ball
- the rules should be strictly followed



Drill 28.

Objective:

- to practice scoring as a part of team play
- to practice all the components from previous drills together
- for the defending team to practice a specific defensive game like formation

Organisation:

- players are divided in groups of five, or according to the teams line-ups
- the scrimmage is played five versus five on the offensive zone and the defending team is playing without sticks

Execution:

- a defender of the offensive team has the possession of the ball near the middle line
- the offensive team can play with both using the libero or using defender-defender pass
- the wingers and the centre forward/ top-striker are trying to move to gain the best shooting position in the zone, few options are shown Figure 1.
- A1 passes to A4 who has run towards the middle line
- at the same time A5 creates space in the slot by running towards the rink
- Option 1
- when A4 has gained the possession of the ball, he/ she passes to A5
- at the same time with this pass, A2 moves towards the centre and A3 to the slot
- A5 passes to A3 who shoots
- A5 can also pass to A2, in which case A3 will screen the goalkeeper when A2 shoots
- Option 2.
- A4 passes the ball back to A1 who has

- moved closer to the rink
- A4 covers the middle area by following the pass and A5 assists to defend in case of a turn over
- A1 dribbles by the board and passes to A3 who has now moved from the slot towards the rink (creating space in the slot)
- at the same time with the pass A2 moves to the slot and A5 can also offer a passing opportunity for A3
- A3 passes to A2 who shoots
- A3 can also pass to A5, in which case A2 will screen the goalkeeper
- players can practice few figures or just use their own creativity
- First the figures can be practiced without an opponent, and there after adding the opponent playing without sticks
- after a shot, there will be another ball in play (passed by the coach or an extra player from the middle line) to begin the drill again
- also defenders can shoot if there is a chance, and then there should always be at least one player screening the goalkeeper

Modifications:

- variations according to the coaches and players creativity
- also see drills 11-13

Key points:

- shooting should be emphasised
- players should be ready to shoot (blade on the foot at all times)
- players should not be afraid to screen the goalkeeper
- all the things from previous drills should be brought up and executed during

the scrimmage (areas to be avoided on the offensive zone, staying on the shooting sector, screening, creating space for the shot in the slot etc)

- use of voice amongst players should be encouraged
- it has to be emphasised that the coach can only provide options, in a game situation it is the player who makes the decisions and those decisions have to be suitable for the situation
- also the opponents will have an effect on the play and some options that the coach provides might not be the best ones in certain situations

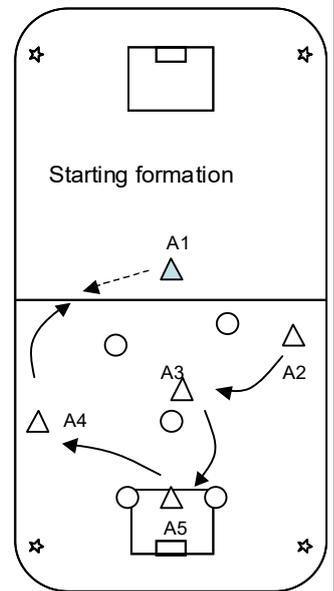
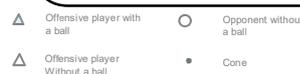
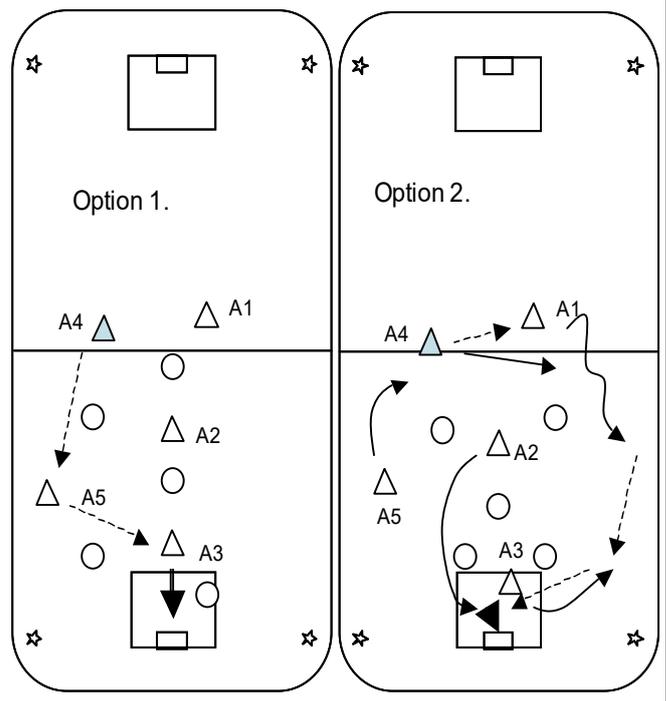


Figure 1



Dribbling

Level 1.



Ball protection is one of the most important things for the players to learn. Eye-ball-stick-coordination should be taught early and re-enforced throughout the player's career. Controlling the ball with the stick, holding possession of the ball using body and stick protection, dribbling the ball using fakes, receiving aerial passes, hitting the ball in the air and so on, all demands a great deal of technique training. Players should be encouraged to use all their extra time during practices to play with the ball. When players stand on the line waiting for their turn, they should just play with the ball, dribbling and lifting the ball up etc. ¹ Players should also be encouraged to play with the ball at home, or outside with friends. Some different tricks (examples below) can be practiced individually:

- lifting the ball up with the stick and capturing it, using body or stick, or both
- rotating the ball around the feet (Figure 8)
- bouncing the ball with the blade of the stick, using both forehand- and backhand side, as well as the upper edge of the blade
- dribbling the ball using body moves and fakes

Key points in ball control

- the same main points are crucial in all skills that demand ball control, including protecting the ball, dribbling, receiving a pass and capturing a ball (aerial)
- protecting the ball using the body:
 - posture should be game like: knees bent, weight on toes, low posture to keep the centre of gravity low (balance), thigh muscles should do the work
 - the legs should be kept as wide apart as possible to keep the protection area large (the opponent is not allowed to play the ball between the legs)
 - the grip should be steady and the stick should be grasped with both hands
 - head should be up to keep the awareness of team mates and opponent
- protecting the ball using the stick:
 - the stick and ball should be kept as far away from the opponent as possible
 - the hands move closer to each other when the ball is further away from the body
 - the blade should be pressed against the floor in a slight angle
 - the body should be between the opponent and ball at all times to protect the ball from any interception
- capturing the ball:
 - when the ball is in the air, eyes should be kept on the ball and the ball should then be captured using the body (especially in front of the goal)
 - the ball should be captured in such position that the player is able to continue the movement towards the wanted direction, for example:
 - if a defender is catching an aerial pass in front of the goal using body, he/she should turn facing the middle or the sides so that he/she is between the ball and the goal, the aim is to take the ball away from the goal area
 - in such cases, especially when the slot is crowded, it is always better to use body to clear the slot, otherwise the defender might accidentally hit the ball and score an own goal
 - an offensive player however, can and should turn facing the goal, because he/she obviously wants to score
- dribbling:
 - the ball should stay close to the blade
 - grip should be two handed (when dribbling on backhand side, a one hand grip can be used to gain distance to the opponent)
- fakes:
 - speed and body control should be practiced and developed
 - ball handling, quick movement, sudden change of speed and direction are crucial
 - the opponent should be tricked into moving in a certain direction with a false cue such as an eye contact to a team mate
 - a false shot maybe executed to get past the opponent

With juniors (ages 5-9) drills containing previous skill development can be included in different games and plays, such as catches, relays, and competitions. Technical circuits are also efficient but might be too focus demanding for young beginners to keep focus, which can lead to a decrease in motivation. If the tracks are kept simple, and the coach is able to evaluate the level of the concentration of the players, technical circuits are very suitable for the purpose.



Drill 29.

Objective:

- to practice ball control and ball handling

Organisation:

- players are standing in front of the coach with one ball each

Execution:

- players dribble the ball standing still keeping head up to see the coach
- when the coach shows different signals, the players follow:
 - lifting arms up, players move forward
 - pointing arms forward, players move backwards
 - lifting left arm, players move left
 - lifting right arm, players move right
 - whistles once, players rotate
 - whistles twice, players take a 5 meters sprint and return to their places

Modifications:

- the coach can also come up with numbers to correspond a specific fake, for example: 1 = body fake, 2 = fake using stick
- when the coach shouts the number, the players perform the fake

Key points:

- good grip
- game like position
- head up

Drill 30.

Objective:

- to practice dribbling, fakes, and ball protection
- warm up the players

Organisation and execution:

- players run around the rink with one ball each
- the coach has set up numbers to correspond a specific action:
 - rotation left, continue same direction
 - change of direction with a sprint
 - rotation right, continue same direction
 - lifting the ball up and capturing (continuous movement)
- every time the coach shouts the number (or uses whistle) the players perform the move

Modifications:

- different moves, such as fakes can be added
- also a shot at both goals to warm up the goalkeepers

Key points:

- head up
- game like position
- other body moves should also be executed during dribbling
- players should practice stick handling during running





Drill 31.

Objective:

- to practice ball handling, ball protection, coordination, and both body and ball control

Organisation:

- coach sets up the circuit, preferably beforehand or while players are doing the previous exercise
- the track should be set up so that there are a lot of repetitions and different actions
- the whole area should be used efficiently to make the execution intensive and the use of space as economical as possible
- coach explains and demonstrates

Execution:

- players start by bouncing the ball ten times in the air
- forward and backward running
- sideway running, moving the ball from forehand to backhand side
- lifting the ball over an obstacle
- running straight, ball moving around the cones
- stick handling around the cones, figure eight and figure X
- wall passes
- running around the cones, ball protection with body
- lifting the ball over an obstacle
- passing the ball between the cones (accuracy) to a goal
- starting all over again

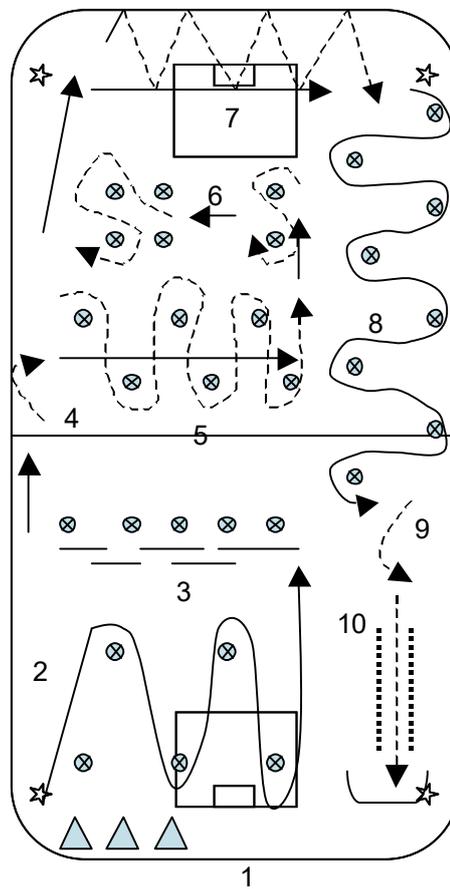
Modifications:

- different skills can be added, such as shooting and passing
- the circuit can be executed without

the stick and ball
First to practice running and coordination (physical exercise)

Key points:

- the court should be used efficiently
- players shouldn't be standing on the lines waiting for each turn, in such cases they should be advised to be active with the stick and ball
- also physical exercises can be added, such as abs, push-ups and squats
- the circuit can be executed for as long as possible but the coach has to consider the players' concentration level
- with younger players it is preferable to have less exercises during the circuit so that they won't get confused and forget what is supposed to be done



Level 2.

Individual technique training should be included in every practice, especially with younger players, in the end all the technical skills are combined in the game itself. Therefore game like drills are an even better way to practice individual technique since many skills are trained at the same time and in real environment. This requires that player's use certain technical skills while performing tactical actions which simultaneously develops game sense. (Random Practice)

The level of difficulty is increased by adding an opponent. The sooner the opponent is taken into consideration, the sooner the players are challenged to meet the opponent, not to mention beating the opponent.

Drill 32.

Objective:

- to practice ball protection and ball handling

Organisation:

- players are divided in pairs

Execution:

- players start without sticks with a ball on the floor
- First one player is protecting the ball by moving around the ball while the other player is trying to kick the ball
- the ball has to stay still
- after a minute, the players switch roles

Key points:

- low posture (bent knees, legs wide apart)
- good grip
- no hitting the stick
- continuous movement
- ball handling (the player with the ball has to protect the ball with the blade on the side where the opponent is)

Modifications:

- to practice ball protection with a stick, the players do the same with sticks using a small area
- in this case the player with the ball should be using both stick and body to protect the ball
- the other player is trying to take the ball away without hitting the stick
- when the player without the ball succeeds to take the ball, the roles switch automatically
- also the side of the rink can be used to create a 1 versus 1 situation near the rink or in the corner
- in this case the player with the ball should be provided with a solution how to resolve the situation: for example a pass to the sides or behind

Drill 33.

Objective:

- to practice ball protection
- to practice shooting from protection and in tight situation
- for the defender to practice defending and denying space and position from the ball carrier

Organisation:

- players are in the corners with balls

Execution:

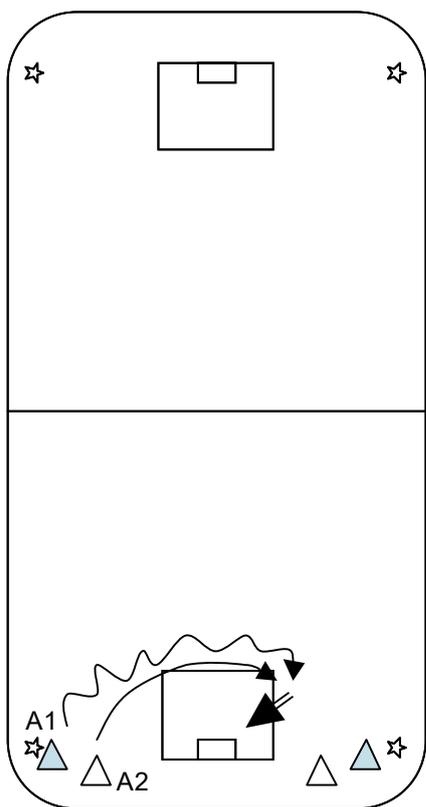
- A1 and A2 leave at the same time from the corner
- A1 has the ball and A2 tries to obstruct A1 from shooting
- A1 shoots if possible
- after the execution they will switch lines and roles
- lines from the corners execute alternately

Modifications:

- in the beginning the drill can be executed without the opponent, where the emphasis is on the technical execution

Key points:

- the emphasis should be on the 1 versus 1 situation, where the ball carrier has to protect the ball using the body (body between the ball and the opponent) and the defensive player has to respond with using the body, not the stick (shoulder against shoulder)
- the ball carrier should try to get to the position to score by changing pace or direction, or by using quick hands and a suitable shot for the situation (wrist shot, backhand)



Drill 34.

Objective:

- to practice ball protection
- to practice dribbling in a tight space

Organisation:

- players on lines in opposite corners with balls
- the court is divided in half (length wise)
- cones placed on the court as in the Figure

Execution:

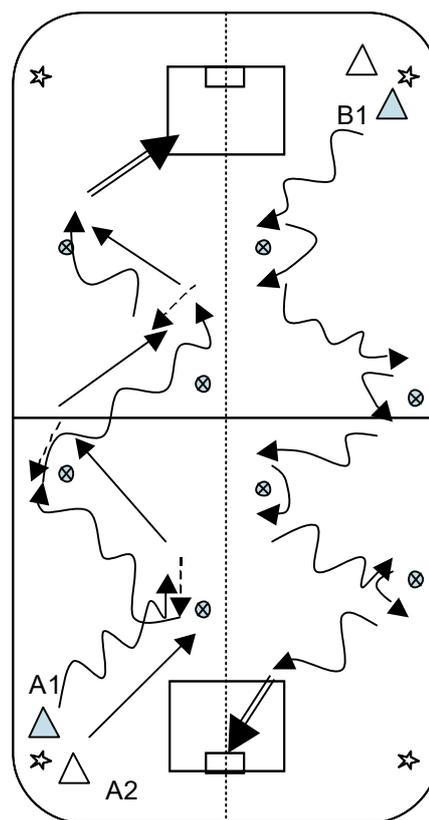
- two players (A1 and A2) start running from the corner towards the first cone
- A1 has the ball and A2 tries to prevent A1 from moving forward
- when they reach the cone, A1 will give a drop pass to A2 and the roles switch
- the players continue until one of them shoots if possible
- after execution, they will start again from the other corner

Modifications:

- the same player can carry the ball the whole way so that the roles will not switch until players are on the other side
- can also be executed without an opponent so that B1 runs with the ball and makes an escape (a fake where the direction of movement is changed by quickly rotating towards opposite direction, turning the back against the opponent, and covering the ball with the blade, forehand and backhand side) on each cone

Key points:

- the movement and change of direction should be quick
- hitting the stick must be avoided
- the defensive player should use body to prevent the ball carrier from moving forward



Drill 35.

Objective:

- to practice ball protection and ball handling
- to practice fakes

Organisation:

- players are divided in pairs
- each pair has one ball and two cones; one cone in each end of the rink (width wise)

Execution:

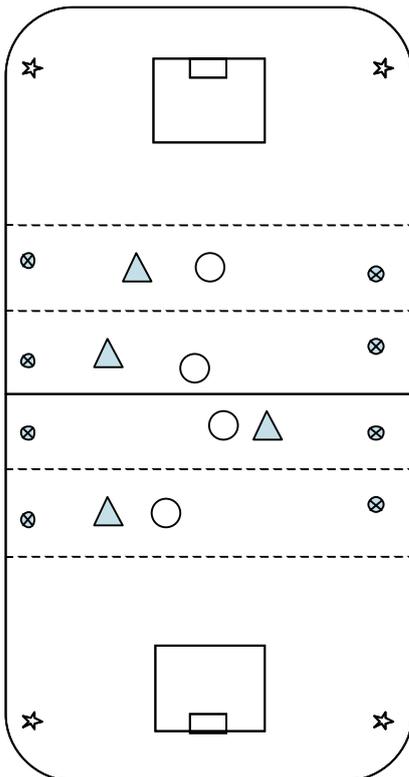
- one of the players is a ball carrier trying to score by taking the ball to the opponents cone
- ball carrier has to challenge the non-ball carrier by making a fake
- when the ball carrier manages to take the ball to the cone, he/ she scores a point and is allowed to continue as long as the non-ball carrier is not able to steal the ball
- when the non-ball carrier manages to steal the ball, the roles switch

Modifications:

- fakes can be practiced individually beforehand
- the coach should demonstrate some fakes to the players and give individual feedback (Modelling)
- body fakes, escape, use of feet etc

Key points:

- low posture, on toes
- good and steady grip
- head up
- quick moves and hands
- change of running speed
- a player should practice one fake at a time; it is better to know one fake and succeed in it every time, than know few and succeed in them occasionally
- the defender should have a side-on position to react quicker to the opponents moves



Drill 36.

Objective:

- to practice different fakes

Organisation:

- players are in four lines in each corner
- balls in the opposite corners

Execution:

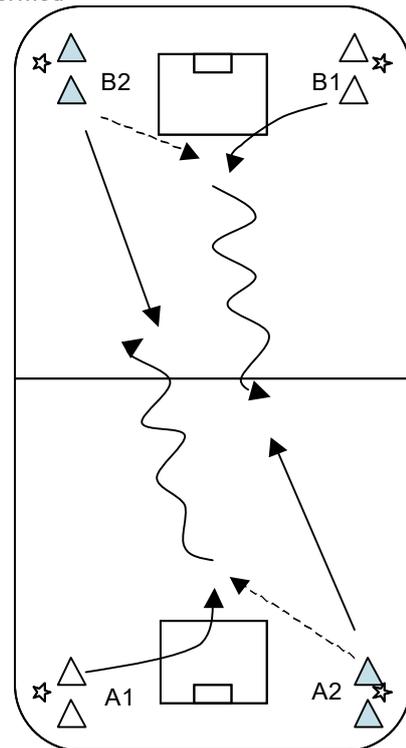
- A1 starts by running towards the slot to receive a pass from A2
- simultaneously B1 executes the same on the opposite end of the rink
- after receiving the pass from A2, A1 runs with the ball towards the other end to play a one against one situation with B2
- after passing A2 waits at the respective end of the rink to play a one against one situation with B1
- after the execution, lines rotate in clockwise order

Key points:

- A1 should come towards the Årst pass as in a game like situation where the other defender opens up the game with a pass through the centre
- the players should keep on their own side to avoid collision and injury
- the players should be encouraged to challenge the opponent and try different kinds of fakes
- the defender, B2, should go up to the middle line to meet the ball carrier, A1, so that A1 has time to make the fake and still has space to shoot
- the defender should avoid hitting the stick but use the body to prevent the ball carrier from proceeding
- the defenders position should be low and on toes, he/ she should be ready to change direction quickly according to the ball carrier and have the upper hands side towards the ball carrier

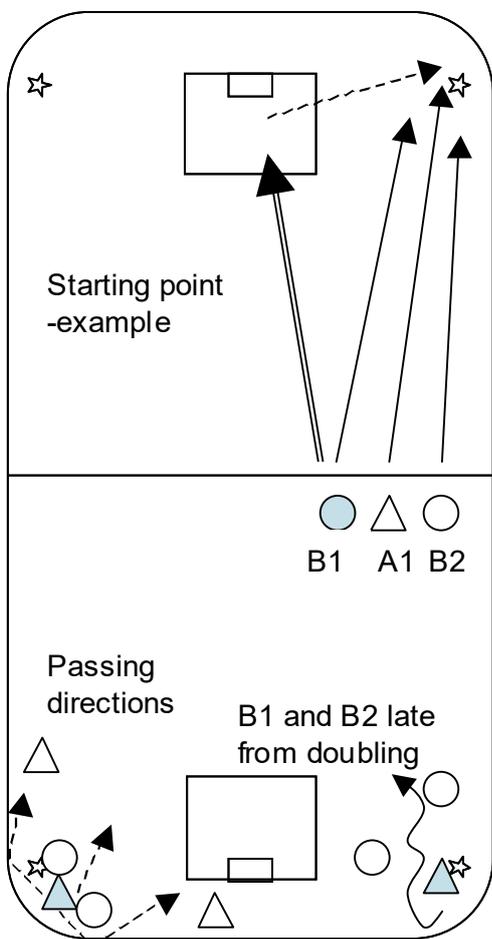
Modifications:

- the coach can determine which kind of a fake should be performed



Level 3.

Although previous drills have some game likeness in them, the situations can be made even more realistic. The main point is to create situations, usually one against one, but also two against one etc. where ball protection and ball handling are important. Often the easiest way to win these situations is a pass, however sometimes this is not possible. As said, creating game like drills also develops the player's game sense at the same time as technical skills are practiced. By dribbling, one does not score, but it enables the player to proceed to a scoring position by moving or simply winning a one against one situation. It is also important to be able to make such a decision whether to shoot, pass or dribble. On this level this decision making is a part of the technical drill itself.



Drill 37.

Objective:

- to create a one against two situation in the corner
- to practice ball protection
- to practice fakes
- for the defensive players to practice doubling, either in the offensive or defensive zone

Organisation:

- players form three lines by the rink on the middle line
- two defensive players (non-ball carriers) and one offensive player (ball carrier)
- one line with the balls

Execution:

- B1 passes the ball to the corner, or to the goalkeeper who passes the ball to the corner
 - A1 runs after the release ball and reaches it in the corner
 - B1 and B2 starts right after A1 to double A1
 - A1 tries to get out from the corner:
1. if B1 and B2 have time to double A1, A1 can either try to protect the ball and pass it from between the legs or to the sides to imaginary team mates
 2. if B1 and B2 are late from doubling and A1 has time to turn around, A1 should try to challenge B1 and B2 by making a fake
- the situation is played until B1 and B2 gets possession of the ball or until the ball is cleared outside the area or when the coach whistles

Modifications:

- the coach can also pass a ball from the middle dot or the ball can be shot first to the goalkeeper where after the goalkeeper passes the ball to the corner
- the imaginary team mates can be replaced by real players and the situation can be played until a shot
- in this case it has to be determined whether A1 is on his defensive or offensive zone, and who is trying to score and who is trying to clear the zone

Key points:

- A1 should be encouraged to challenge the opponent if time for a fake
- B1 and B2 should be ready to double A1 at the right time
- A1 should be shown how to protect the ball correctly and B1 and B2 to try to steal the ball correctly, shoulder against shoulder

Drill 38.

Objective:

- to practice ball protection and ball handling
- to practice fakes
- to practice decision making in two against two situations
- to develop the players ability to hold possession of the ball in a tight situation

Organisation:

- players are divided in pairs
- the rink is divided in quarters
- two couples in each quarter

Execution:

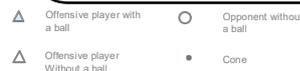
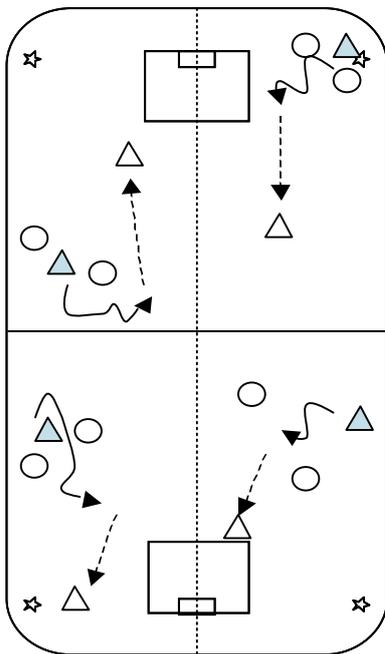
- players start playing two against two game when the coach whistles
- the ball carrier has to make a fake before passing to a team mate
- when the opponent manages to steal the ball, the roles switch automatically
- game is played until the coach whistles
- the length of the shift can be varied from 45 seconds to 2 minutes where after there can be a short recovery break or the players can switch the opponent

Modifications:

- also other rules can be implemented such as, the couple with the ball has to cross and make a drop pass before passing
- the drill can also be played using the corner area, with goals facing the boards so a shot can be added
- this will emphasise play in a small area and gaining a scoring chance in a tight situation (also see drills 26 and 37)

Key points:

- head up (awareness of both the team mate and the opponents)
- the ball carrier has to make a fake before passing
- the ball carrier has to protect the ball and dribble until he/ she is ready to make a fake
- players should be encouraged to challenge the opponent
- both defending players should try to double the ball carrier and the other offensive player should create a passing lane by getting close to the ball carrier
- the other offensive player can also create space for the ball carrier by screening the opponent



Drill 39.

Objective:

- to practice ball protection and ball handling
- to practice decision making as a ball carrier

Organisation:

- players are divided in groups of three (or four with a substitute player)
- rink divided in half, with two goals on each side
- goal cages can be replaced by cones

Execution:

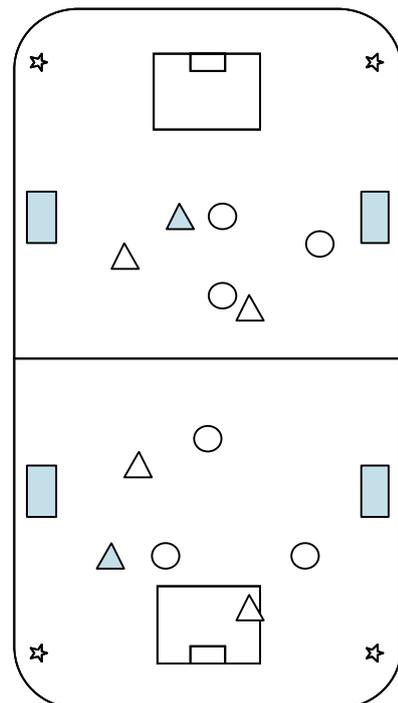
- three against three game
- players are only allowed to pass backwards
- therefore they have to dribble the ball forward to pass
- the ball also has to be passed to each player once before scoring
- every time the opponent scores, the team who didn't score have to do push-ups or sit-ups which can also be executed after one shift

Modifications:

- also man coverage emphasises the technical ability to protect the ball
- the game can also be played with one goal using half of the rink as in drill 27

Key points:

- players should be aware of where the opponent as well as the team mates are situated
- non-ball carriers should create passing lanes behind the ball carrier as he/ she is allowed to only pass backwards
- the rules should be strictly followed and equal



Individual tactics



A player's profile is made up by technical and physical abilities together with game sense. Game sense consists of understanding the game, reading the game and decision making. Reading the present game situation and predicting the next action helps the player to make the best decision depending on the position they are in. Individual tactics are best learned with the help of game situation roles.

Game situation roles

The ball carrier has three options. First aim is to score, therefore to shoot. The second option is to pass to a player who has even a better chance to shoot. The third option a ball carrier has is to dribble the ball into a better position to shoot or pass. This demands reaction speed and the ability to read the game. Even though the ball carrier has the responsibility to make the decision, the non-ball carriers also have the responsibility to assist him/her by screening, creating space and passing lanes etc. Inside the game, all the roles and duties interact. They all demand the player's ability to estimate space, speed, direction and time. The duties of different game situation roles are shown in the table, as well as the technical skills a player should possess in a certain role. It must be understood however, that the roles switch very quickly during a game and a player is in a respective role only for a short period of time. With junior players these individual tactics should not be emphasised as they are shown in the table. This would probably end up with total confusion, so the roles and the duties should be introduced gradually in the progression with the development of the game sense.



Offensive player with the ball

- Receiving a pass/ gaining the possession of the ball
- Protecting the ball
- Shoot
- Pass
- By dribbling move to a better position to shoot or pass

Technical Skills

- Movement
- Stick handling
- Fakes
- Passing
- Shooting
- Protection of the ball
- 1 vs 1

Defending a player with the ball

- Angling the ball carrier to less favourable areas
- Denying space
- Stealing the ball
- Blocking passing lanes
- Blocking shots
- Readiness to attack
- Active man cover and slowing down the opponent

Technical Skills

- Changing the direction of movement
- Blocking passing lanes and shots
- Stick obstruction
- Interceptions
- 1 vs 1

Offensive player without the ball

- Create passing lanes by moving
- Keep close distance to the ball carrier
- Create space for the ball carrier
- Get open for a pass or a shot
- Screen the goalkeeper
- Readiness to defend

Technical Skills

- Movement
- Screening
- Fakes
- Receiving a pass
- 1 vs 1

Defending a player without the ball

- Man cover
- Blocking passing lanes
- Readiness to attack
- Keep eye contact on both the ball and the opponent
- Stay between the opponent and own goal

Technical Skills

- Changing the direction of movement
- Blocking passing lanes
- Covering man
- Stick obstruction
- 1 vs 1

Also the ability to outplay the opponent by transferring the situations from two against two to two against one, or even two against zero, is crucial. By creating zone power plays, (2 against 1, 3 against 2 or vice versa in a small area) helps the defending team to steal the ball from the opponent, and on the offensive side, it always creates a better scoring possibility.

To teach individual tactics to serve team tactics is an important issue, especially when trying to diminish selfishness in game situations. The players should be motivated to think and choose when to be selfish, and when to pass or help team mates.

The next stage is therefore to teach the players how to read the situation and react with the best option. By adding more players to the drill forces the player to make a decision quickly according to the situation. The individual skills should be so well mastered that a player does not have to think about the technical execution during a game. This is of course a dream situation, because players hardly ever concentrate on the execution, especially young players, and therefore technical skills should be practiced constantly.



Level 1.

Almost all the previous drills contain individual tactical skills and decision making. All drills that have more than one option and the player is forced to make a decision, develops players ability to read the game.

On the first level the amount of options should be minimal and the drills should be simple. For young players simplicity means concentration on the obvious, decision making, and for more advanced players, the drills can be seen as warm up drills where they can, for example, concentrate on shooting. It is always up to the coach which skill he/she wants to emphasise to the players. Free against zero situation is demanding because of the amount of options which to choose from, and three against two situations because of the decreased amount of time and space.

Drill 40.

Objective:

- to practice decision making, passing or shooting
- warm up for the goalkeeper

Organisation:

- players form two lines in the corners with balls
- can be executed at both ends of the rink

Execution:

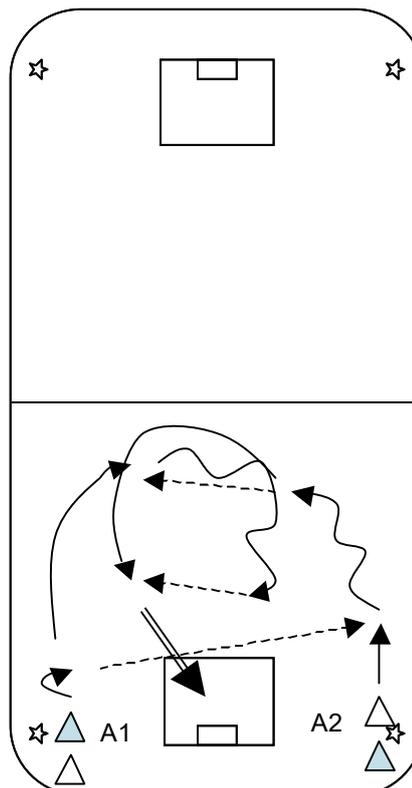
- A1 starts by passing a hard cross field pass to A2
- A2 receives the ball while moving
- both players run towards the middle line and the centre where they cross
- A2 can either pass back to A1 or give a drop pass when crossing
- the ball carrier either shoots or passes
- after execution, they will switch lines

Modifications:

- the first pass can be passed behind the goal or by the goalkeeper
- can also be executed using the whole rink so that the drill is executed alternately from each end

Key points:

- players should be ready to pass and receive a pass
- the non-ball carrier should not get upset if he/she won't receive a pass (emphasising the shooting)
- the execution should be fast and not contain more than four to five passes
- if the drill is executed using the whole rink, the execution from both ends can overlap so that the next couple starts when the previous are crossing the middle line
- in this case the players should head for the scoring sector to avoid collision



→ Moving without ball
- - - - - Passing

~ Moving with ball
→ Shooting

▲ Offensive player with a ball
△ Offensive player Without a ball

○ Opponent without a ball
• Cone

Drill 41.

Objective:

- to practice decision making in one against one situation
- the player is forced to choose from dribbling or shooting

Organisation:

- the rink is divided in half length wise
- the players form two lines in each side of the rink
- one line in the corner and one line by the centre spot
- balls in the corner

Execution:

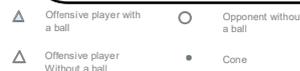
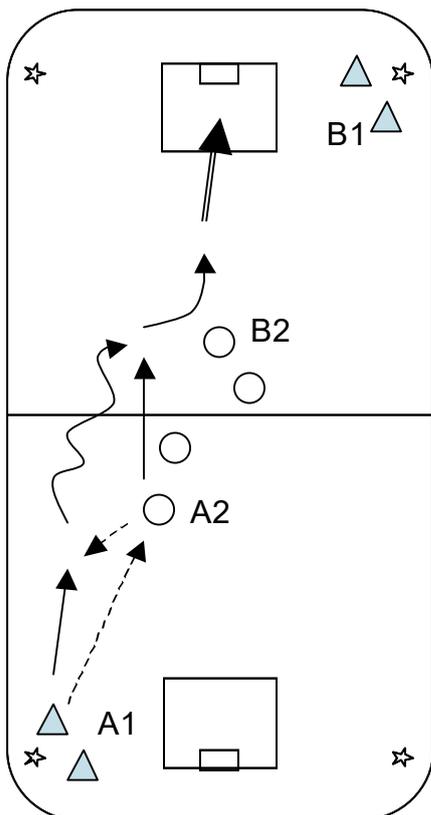
- A1 starts from the corner by passing to A2
- A2 passes back to A1 who takes control of the ball and they play one against one situation in the other end of the rink
- players at the other end executes the same
- after the execution A1 becomes A2 and A2 becomes B1

Modifications:

- can also be executed using only half of the court where after receiving the pass, A1 turns before the middle line
- this variation is used if there are less players or only one goalkeeper available

Key points:

- the emphasis should be on making the decision whether to dribble and try to make a fake, directing the defender to the other direction or shoot if the defender is at a distance
- the technical performance should be so well learnt that when the ball carrier decides to shoot or dribble, he/she should gain the scoring chance



Drill 42.

Objective:

- to practice decision making in three against one situation
- the amount of options is increased by the number of players but the large amount of time and space should make the decision making easier for the players

Organisation:

- players form four lines in each corner of the half rink
- balls in one corner

Execution:

- B1 passes the ball behind the goal to A1 and moves in to a defensive role in front of the goal area
- A1 passes the ball to A2 and follows the pass
- A2 takes control of the ball and simultaneously A3 starts from respective side to run towards A2

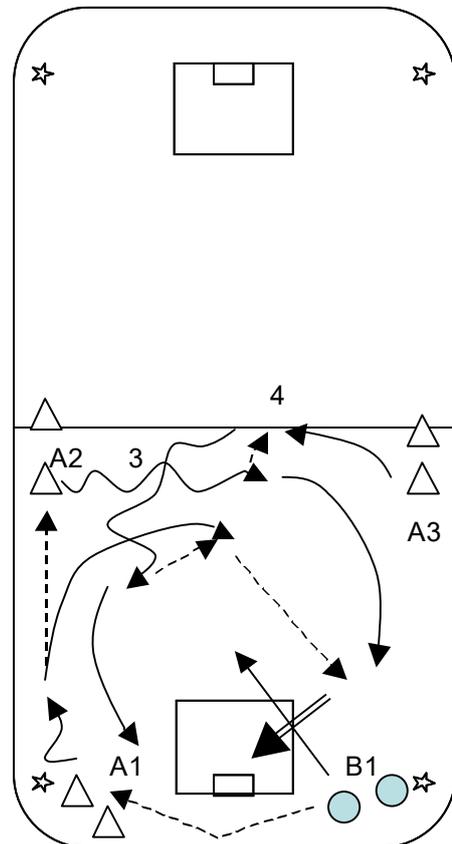
- A2 gives a drop pass to A3
- there after they will attack while B1 defends
- after the execution, the lines will rotate in clockwise order

Modifications:

- can also be executed first without the defender and also with two defenders
- also the whole rink can be used

Key points:

- the execution should be fast and it should always end up with a shot
- the coach should let the players first make their own decisions and then question the decisions when giving feedback



Drill 43.

Objective:

- for the offensive player to practice decision making, whether to shoot or pass
- to practice scoring and one against one situation in front of the goal

Organisation:

- A1 in front of the goal as an offensive player
- B1 in front of the goal defending against A1
- A2 and A3 on the respective sides
- rest of the players form a line by the middle spot with the balls

Execution:

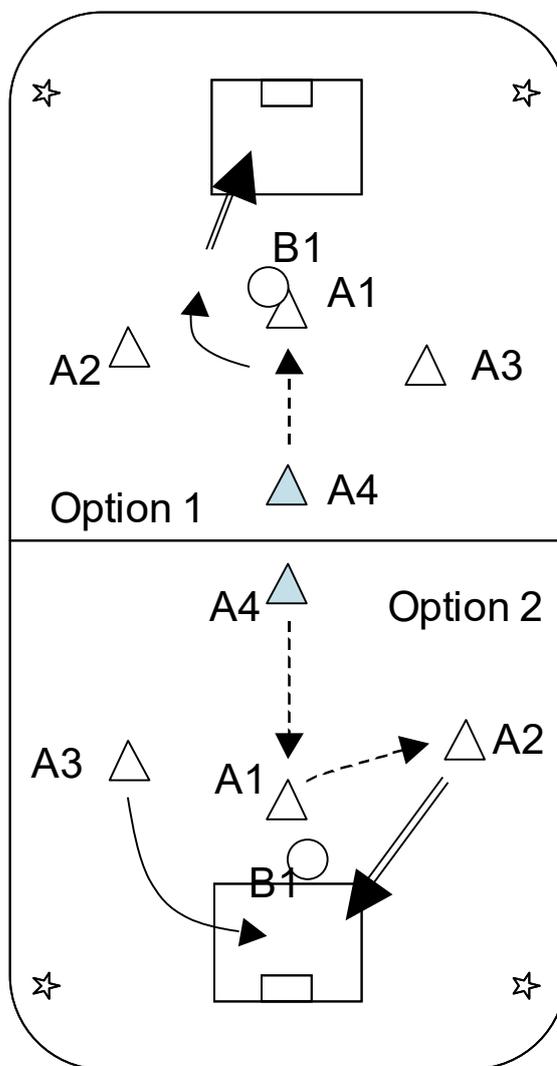
- A4 passes to A1 who has to make a decision whether to turn and shoot if given enough space (Option 1), or to pass to either A2 or A3 (Option 2)
- A2 and A3 should be moving and assist A1 by creating passing lanes and be ready to shoot quickly
- B1 should try to obstruct A1 from making the decision
- if A1 passes to either A2 or A3, B1 should try to block the shot
- if A1 gives a pass to A2, A3 should try to screen the goal-keeper
- after the execution, A1 becomes A2, A2 becomes A3, A3 becomes A4, and A4 becomes B1

Modifications:

- the pass can also be an aerial pass, which makes it more technically challenging for the receiver
- it can also be determined that either A2 or A3 has to go and screen the goalkeeper so A1 is left with only one passing opportunity
- this also forces the non-ball carriers to make a decision

Key points:

- A1 should come towards the pass to gain distance from B1, who can turn and shoot
- if B1 is able to close the gap, A1 should keep his/her head up to see whom to pass to
- taking control of the ball when receiving the pass should be fast and the action following that just as fast
- A2 and A3 should be ready to receive a pass and shoot, or screen



Level 2.

By altering the amount of space and time changes the demand level of the drill. To force the player to make the decision quickly, and in a tight situation, develops the ability to do so also in a game.  The situation is created by constantly altering the amount of players, which will automatically reduce both time and space therefore developing the players' ability to make decisions.

On the next level the amount of options are increased by the number of players.  The drills are mostly continuous, therefore the players must be ready to read and react at all times.  These drills might not be suitable for beginners, but should be introduced as soon as the players are somewhat aware of the game situation roles.

Drill 44.

Objective:

- developing the ability to understand game situation roles and the different options a player has in each role
- to practice moving, passing, and reading the opponent by blocking the passing lanes and man cover

Organisation:

- the rink divided in quarters
- two against two game in each quarter
- see drill 38

Execution:

- coach signals for 45-60 seconds shifts, where after the players switch the opponent
- the aim is to play two against two without any particular rules

Modifications:

- coach can add rules to emphasise a specific skill
- to emphasise passing the players are allowed to touch the ball only twice, then they must pass to a team mate
- the area can be made smaller to emphasise protecting the ball in tight situation

Key points:

- following all the four games can be difficult for the coach which makes the players responsible for obeying the rules strictly if rules are added
- players should keep their head up to see where both their team mate and the opponent is



Drill 45.

Objective:

- to practice decision making in a two against two situation where all game situation roles are present and constantly changing
- transition from either defence to offence or vice versa, depending on the starting situation

Organisation:

- players form four lines, two beside both goals
- the goals can be brought closer together to make the court smaller or the cages can be placed in one end of the rink

Execution:

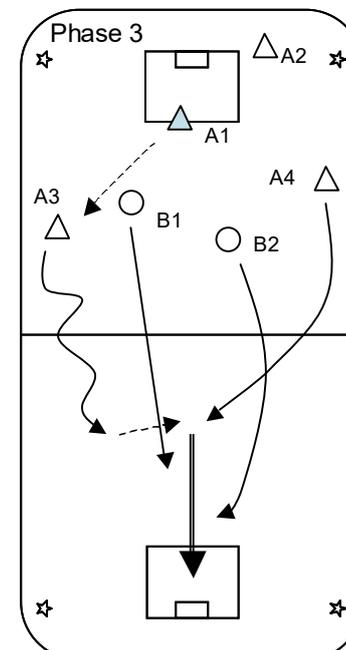
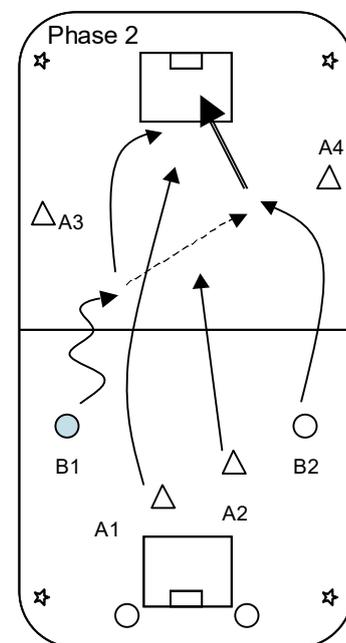
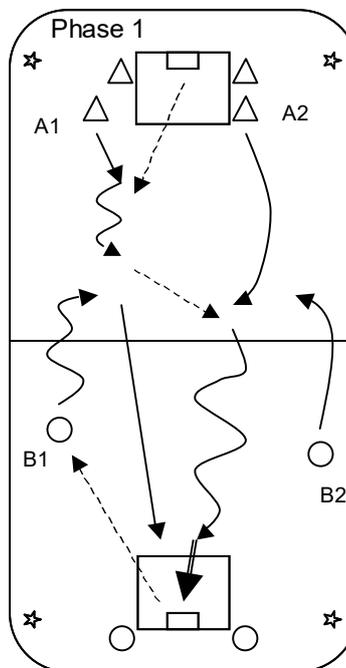
- the goalkeeper passes the ball to the first attacking couple (A1 and A2). A1 and A2 will attack two against zero
 - when the ball is saved by the goalkeeper or hit out of the boundaries, the goalkeeper will start the attack by passing another ball to B1 or B2
 - A1 and A2 will make a fast transition from offence into defence
- after playing in defence against B1 and B2, A1 and A2 will return behind their own goal and another couple, A3 and A4 will start an attack against B1 and B2
 - if A1 or A2 succeeds in stealing the ball from B1 and B2, they can immediately pass the ball to A3 or A4
 - the drill continues until the coaches stops the drill

Modifications:

- to emphasise transition from defence to offence, the drill is started as a two against two situation where:
 - A1 and A2 will attack against B1 and B2
 - after the attack B1 and B2 will attack against A3 and A4 who have already positioned themselves in front of their own goal to defend the attack

Key points:

- in the beginning it is easier to instruct the players by telling them whether they should attack or defend first
- the players waiting for their turn should be ready to take their positions
- the defending players should meet the attack at the middle line
- in offence the players should move towards the middle line in order to receive the pass while moving
- the goalkeeper should be ready to pass the ball as soon as he/she makes a save or the ball is hit out of the boundaries



Drill 46.

Objective:

- to practice decision making in order to get a scoring situation
- to practice all different game situation roles and defining options in the roles
- players should be aware of both the team mates and the opponent
- in one against one situation, the ball carrier should be encouraged to challenge the opponent

Organisation:

- players form 3 lines at one end of the rink by the goal line
- balls in the same end of the rink

Execution:

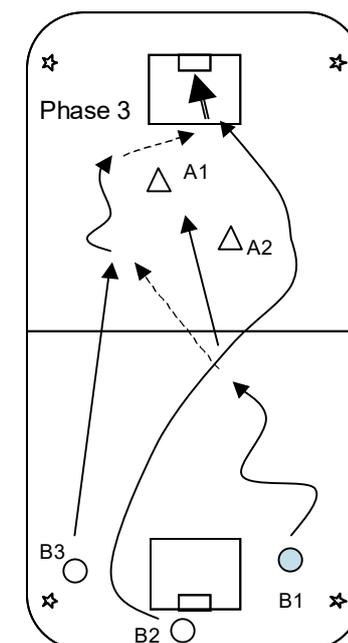
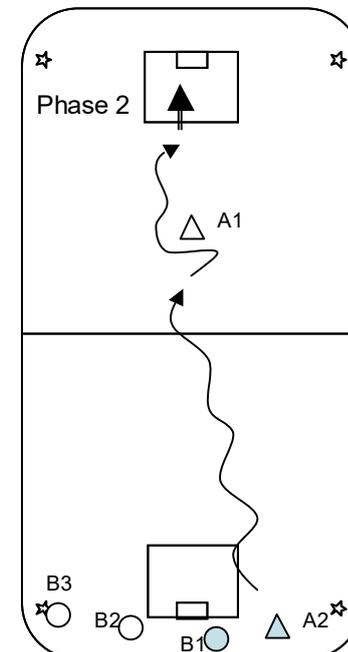
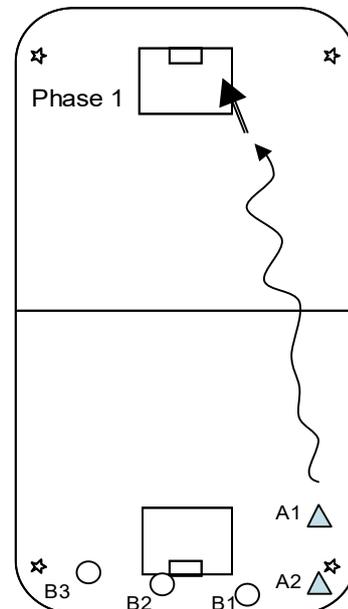
- A1 will start an attack against the goalkeeper
 - after a shot A1 will turn to defend an attack by A2 who has started as soon as A1 has crossed the middle line
 - when A2 has crossed the middle line, B1, B2 and B3 will launch an attack against A1 and A2
- after the execution, the lines will rotate in clock wise order

Modifications:

- can also be executed in one end of the rink
- players have to go around the cones placed by the middle line

Key points:

- players should rotate in right order to keep the lines even
- players should be ready to make fast decisions because they have to react to the next situation quickly
- players should clear the court right after the execution to give space for the next players



Level 3.



Drills on the third level are all executed with more than two players on each side. The main point is that players are aware of all the other players and their positions as well as their own role. This demands a high level of understanding and ability to read the game. With junior players, or beginners, it should not be expected that they are able to read the game and react to every situation accordingly, so the objectives should be explained staying on the level for the players. Performing different team tactics are included in the drills such as openings, transition and defensive tactics. Most important are the individual skills that players have to perform while playing according to a certain tactical system.



→ Moving without ball
- - - - - Passing

~ Moving with ball
→ Shooting

▲ Offensive player with a ball
△ Offensive player Without a ball

○ Opponent without a ball
• Cone

Drill 47.

Objective:

- to develop players ability to read the game situation by outplaying the opponent
- to practice quick transition from defence to offence and the readiness to attack
- to increase the amount of players, and therefore the amount of options given, to three against three situation
- by decreasing the amount of time, to develop the players ability to make quick decisions

Organisation:

- players form two lines at the middle line near the rink facing their respective goals
- two players, B1 and B2 in front of their own goal ready to defend
- balls are in the goal or on top of the goal cage

Execution:

- Phase 1. A1 and A2 receives a pass from the goalkeeper and they start an attack against B1 and B2. As soon as A1 and A2 have passed the middle line, a third defensive player, B3, will back check, ready to receive an opening pass from either B1, B2 or the goalkeeper
- Phase 2. when the ball is saved, hit out of the boundaries or the defensive players, in this case B1 or B2, gets the possession of the ball, another attack is launched by B1, B2 and B3. A3 and A4 have now positioned themselves in front of their own goal to

defend the attack. A1 and A2 now join the starting lines at the middle of the court

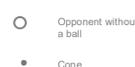
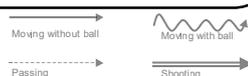
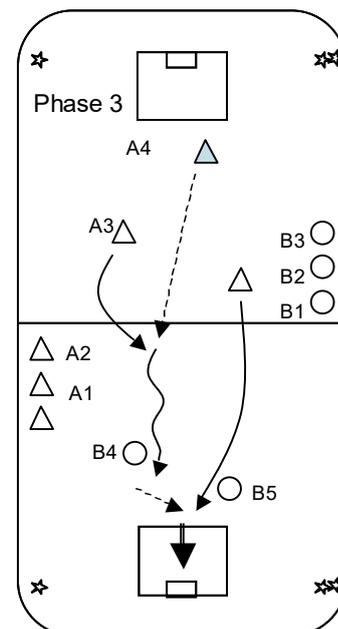
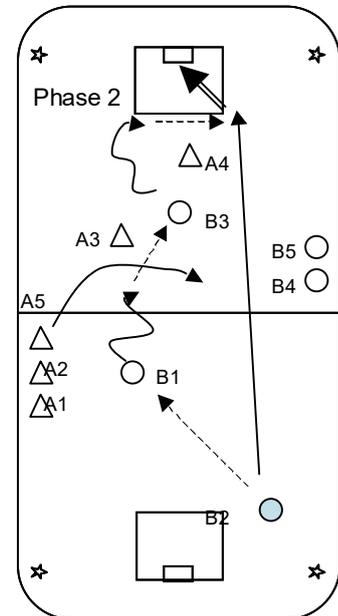
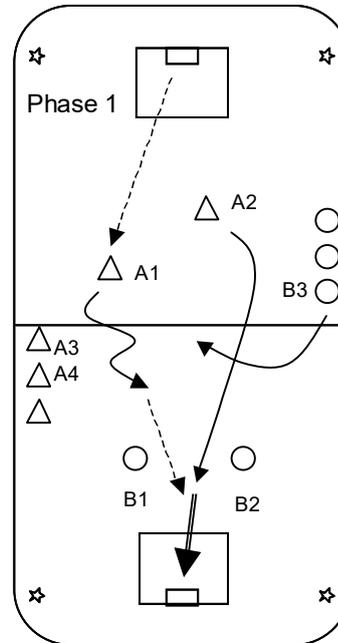
- Phase 3. as soon as the attackers cross the middle line, a back checker, A5, will assist the defenders and if the defenders will get possession of the ball A5 is ready to attack

Modifications:

- the drill can be played as a two against two situation first, to make it more simple for the players to understand
- the third player can be added as soon as the players understand the rotation

Key points:

- the defenders should be ready to defend and they should have the readiness to attack once they gain the possession of the ball
- there are various options players have in each role and they should be encouraged to use their creativity
- the back checker should be either ready to receive the opening pass, or be ready to rush to the slot as soon as the defenders get the possession of the ball
- the opponent should be outplayed by a fast transition with a power play situation in the offensive zone
- the power play situation is created by the back checker



Drill 48.

Objective:

- to practice decision making in a two against three situation
- to develop individual tactic skills in:
- for the defensive players to practice fore checking in order to get the possession of the ball
- for the offensive players (players with the ball) to practice defending by maintaining possession of the ball in their own defensive zone and also to practice transition from defence to offence
- also team tactics is practiced based on the system the team has chosen

Organisation:

- players form Åve lines in the other end of the rink behind the goal
- three defensive players (B1, B2, B3) and two offensive players (A1, A2)

Execution:

- the goalkeeper throws a ball in the corner
- A1 or A2 will start Årst by running to get possession of the ball
- B1, B2 and B3 will run after A1 and A2 in order to get possession of the ball by positioning themselves in determined places
- if the team has chosen to play with a top fore checker (using formation 1-2-2) only B1 is going to cover the ball carrier
- if the team has chosen to double the ball carrier in the corner, B1 and B2 will run after the ball carrier and B3 will cover the player without the ball

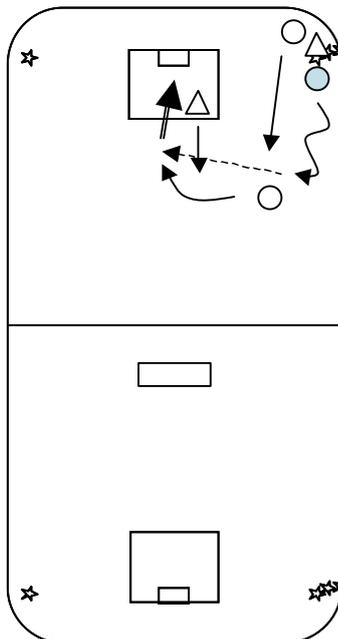
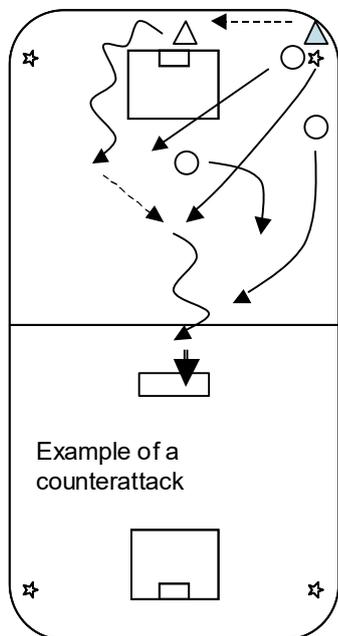
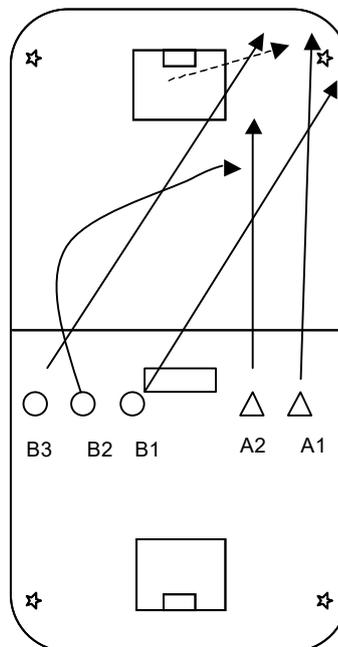
- of course the situation depends on the timing of the players so they have to have some ability to read the situation
- if A1 and A2 will succeed in maintaining possession of the ball, they can counterattack once if the fore checkers will get possession of the ball they will try to score, while A1 and A2 position themselves in defence
- the drill continues until the coach whistles

Modifications:

- the court can be made smaller by placing the other goal cage and the lines closer to the other end, but not closer than the middle line as in the pictures
- also a third offensive player, A3, can be added to assist A1 and A2 if and when they get possession of the ball

Key points:

- players should be ready to defend
- players should play according to the tactic the team is using in a fore checking situation altering situations should be considered; if B1 goes after the ball carrier, B2 and B3 should know where to place themselves and whether to cover man or area
- also A1 and A2 should be aware of the team mates positions; if for example A1 goes to the ball, A2 should be close enough in order to be open for a pass and ready to attack



Conclusion

Hopefully this material will assist you as a coach to teach the players the technical and tactical skills in a game like environment. The emphasis is on bringing out the optimal and best performance in each player and to improve their ability to read the game. But above all, the most important thing is to encourage players to excel themselves through achievement and good performance and for you as a coach to see the improvement in each player and spread the enthusiasm towards the game itself. Have a pleasant practice!

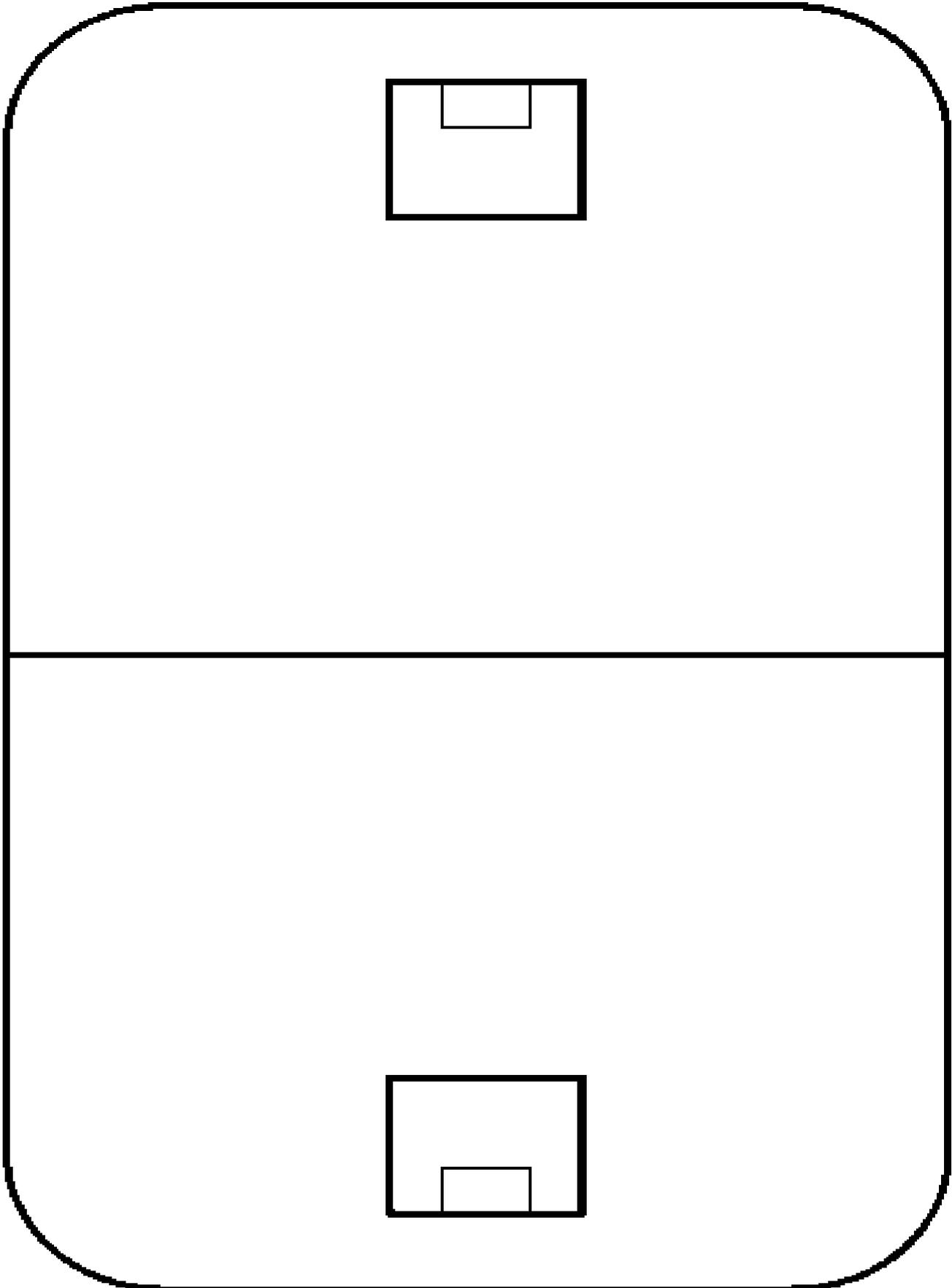
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