

FLOORBALL ORIGINATED IN SWEDEN



BLUE AND YELLOW FLAG OF SWEDEN

THE BUFFET, KNOWN AS SMORGASBORD, ORIGINATED IN SWEDEN

Description of the Game

Floorball is a game played using a stick and a ball, with the goal being to hit the ball into the net using the stick, similar to hockey.

Object of Floorball

To score points, hit a ball in the goal past the goalkeeper using a hockey-like stick. A floorball game consists of three 20-minute periods. The team with the most goals at the end of the game wins. Time is stopped for goals, penalties, and timeouts. Each team gets one 30-second timeout per game.



The World Games
2022 BIRMINGHAM, USA

FLOORBALL



EQUIPMENT NEEDED
FLOORBALL STICKS
FLOORBALL BALLS
NET GOALS

Basic Rules

- No catching the ball or hands on ball, except for the goalie.
- Players are allowed to go down on one knee to block the shots but not both knees.
- No stick checking, lifting, locking, or slashing.
- Players may not touch the ball with the stick above the knee.
- Players are not allowed to hold the opponent's stick. Players may not put the stick between the legs of the opponent.
- Goalies may grab the floorball as long as they have one part of their body in the goal box.
- Players may substitute at any point during the game.
- Sticks must stay below the waist.

FLOORBALL PLAYING
FIELD AND BOUNDARIES



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LEARNING ACTIVITIES

- **Line Run:** Students run lines with their stick to get used to moving with it and holding their stick down.
- **Stick Handling:** Move the stick left and right while controlling the movement of the ball or puck.
- **Forward Stick Handling:** Move the ball and stick in a controlled manner forward.
- **Pass and Shoot:** One person passes the ball and the other shoots the ball.
- **Shootout:** Goalie practice.

USA FLOORBALL ASSOCIATION



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FLOORBALL



GOALIE DEFENDING THE NET GOAL
FROM A PLAYER STRIKING THE BALL



FLOORBALL ADAPTED
EQUIPMENT

STRATEGIES FOR INCLUSION

- **Allow mobility devices on the court.**
- **Use a larger net goal.**
- **When attempting a goal, use visual cues for precision, such as things to knock down or a noise-emitting device.**
- **Use brightly colored and noise-emitting balls for those with visual impairments.**
- **Adjust the distance and size of the playing surface and goal nets to better accommodate the students' abilities.**
- **Students are split into two teams and play scooter floorball.**
- **Instead of a regulation size ball, you can use a bigger ball and floorball sticks made with pool noodles.**
- **Ensure that students are safe by using protective equipment such as protective goggles.**
- **Instead of using a stick, students can also slap the ball with their hands so it rolls on the surface.**

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