

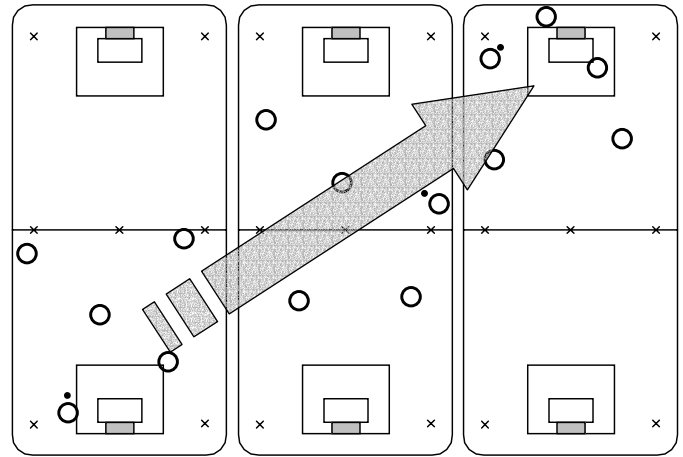
# floorbball

# BASICS

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## some smart things to remember

- ❖ offence sells tickets - defence wins games
- ❖ the ball is faster than the fastest player
- ❖ we can only score when we have the ball
- ❖ use your body and play with two hands on the stick
- ❖ we always play compact whether its offence or defence (see right picture)
- ❖ the player with the ball must have at least two options to play a pass (whether we are in the defence or in the offence)



initiate offence    through the middle    trying to score

## substitution

- ❖ a full line substitution takes place when we have a free hit or the ball can't be played at all (face off, time out, ...)
- ❖ we change individual players when we have control over the ball
- ❖ always know your substitute player and be ready to step into the game
- ❖ if we change individually, the first player who steps into the field gets the ball and controls it until the substitution is complete (within about 10sec)
- ❖ time between substitutions is 60sec at the beginning of a game and then stretches to about 90sec

## bench

- ❖ we don't shout from the bench
- ❖ be positive to every action on the field
- ❖ motivate yourself and your teammates
- ❖ drink regularly (thumb rule 1 litre per game)
- ❖ we sit together within our lines

## referees / rules

- ❖ we accept decisions from the referees without complaint, talking, etc...
- ❖ only the captain speaks to the referees
- ❖ we know the rules of the game