



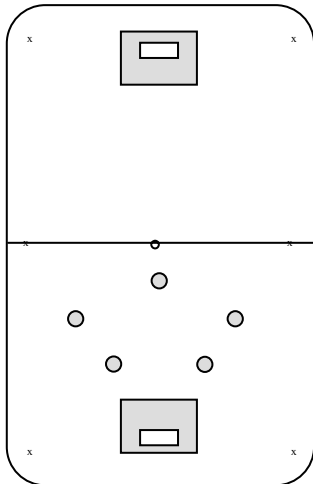
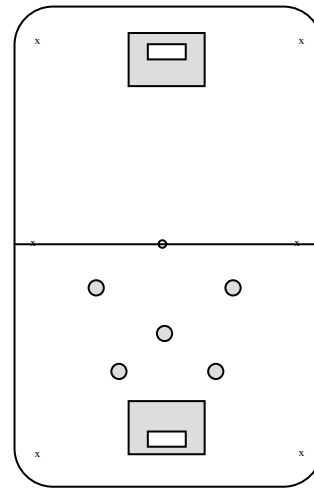
## Defensive Tactics

### The Most Common Defensive Lineups

A team has five field players and a number of ways of putting them to use. The choice of tactics usually depends on what is known about the opponents. For the chosen tactics to work it is essential that every player knows what to do and that they all work as a team.

#### 2-1-2

This is the most commonly used tactic. Here the centre has an important job keeping the team together and always being correctly positioned when defending.

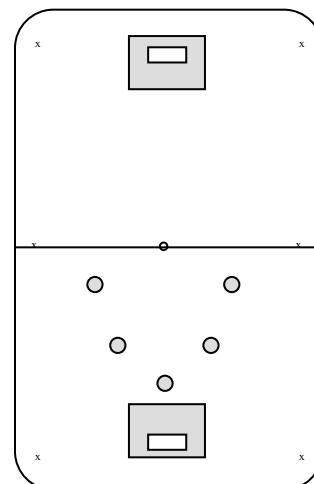


#### 1-2-2

This is another formation without a specific centre, which puts extra responsibility on the midfielders. They must work together sideways so that one of them always covers the middle.

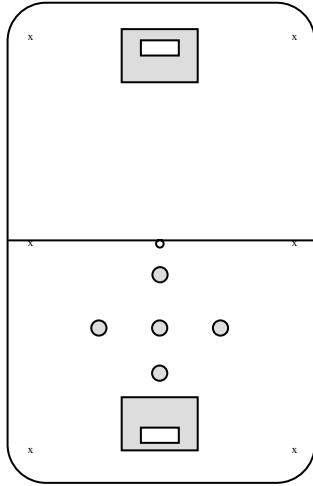
#### 2-2-1

This formation does not have a center which puts more responsibility on the single forward. He or she must move quickly sideways to steer the opponent to pass into the well gathered defence behind him.





## 1-3-1

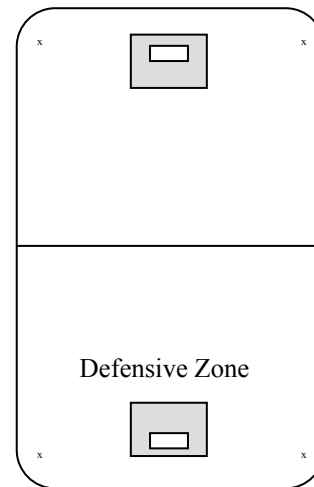


Demands high tactical knowledge and disciplined play by the three midfielders, who have to take extra responsibility both in defence and attack. The advantage of this tactic is that you always have four players attacking and when defending the additional midfield presence often means an early interception of the opponent's pass.

### Defensive Tactics

Defending starts the moment you lose the ball. Often the best time to steal the ball back from another player is the moment that they have just won the ball from you. For a brief moment the concentration of the self-congratulatory player will lapse giving you sufficient time to reach in and steal the ball.

The main objective when defending is to try to stop the attacking team as early as possible and counterattack. All five players must take part in defending, stick together and work as a unit on the rink.



The most effective pass in attack is probably the cross-court pass. It is also the most high-risk pass and can lead to excellent opportunities for the counter-attack if intercepted in time. Make sure that you cover the pass and your defensive position at the same time. Do not run around chasing the ball on your own when not needed. The closer your opponents come to your goal, the more compact your defense needs to be.

Act as a unit and help your goalkeeper make necessary saves.

If you are playing in a formation with a centre, then they should help direct players to deal with situations, and take responsibility for the top of the goalkeeper's area cutting out the cross-court passes. The centre is also the first player to form the defensive 'wall' in the event of a free hit on the goal, calling on one or more team mates into position in the wall as they see fit in close consultation with the goalkeeper.



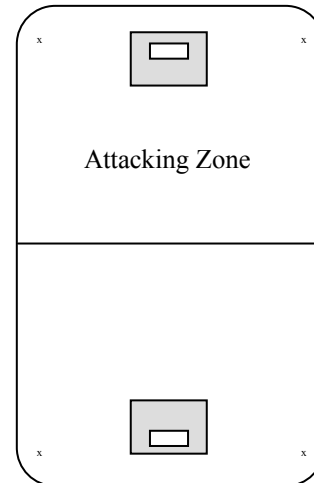
## Tactics for Attacking

Attacking starts immediately after winning the ball. In floorball, many of the goals scored are from counter-attacks as the rapid movement of the ball by a team under pressure can catch their opponents off guard. The faster you are able to move the ball around as a team, the faster will be your attack.

The best way to attack is to pass the ball upfield to a team mate in an attacking position. Make sure your passes are not intercepted, because if they are, it often gives superb opportunities for the opponents to counter attack and score.

Make sure that your passes reach your teammate on their forehand, and are in front of them and not behind as this will significantly slow your attack. Make use of the rink boards and remember that the ball can move much faster than you, so pass the ball around and avoid unnecessary dribbles, especially in defensive positions when you could lose the ball and put your team at risk of a quick counter attack by the opposition.

You can pass to your goalie, but you can't pass it back to him or her again until the ball has either crossed the halfway line, touched three members of your own side, or touched a member of the opposition.





## **Movement off the ball**

In Floorball, as well as the goal scorer being awarded the point for the goal, the person who made the pass leading to the goal is also awarded a point. This person is credited with an 'assist'. While the point does not count towards the result of the game, the title of 'most valuable player' is awarded to the person with the most goals and assists within the game, league or tournament.

It is vital that players not immediately in possession of the ball move into open space, use their body to unsight a player, or act as a shield for the player with the ball.

Let the ballkeeper use you as cover against the opponents, creating more space for your teammate to use the ball.

You should not run into a well gathered defence if all of your team are moving forwards in attack as it will leave you vulnerable to a counter attack. The ballkeeper should try to keep the ball, allowing one of their team mates sufficient time to get in front of goal to deflect the ball into goal from a pass, or to take a shot from the rebound off the goalkeeper.



## Playing in the Centre Zone

The centre zone is not marked on the pitch, but depending upon the tactics and formation, is generally the area 10m either side of the halfway line.

Always try to cross the centre line as fast as possible. Getting caught in the centre zone can lead to a very fast counter-attack as the better shooters can easily score from the half-way line and even in their own half for some!

Use the full width of the pitch, making sure the wings do not drift into the centre, but make meaningful moves at speed.

Change positions with each other in order to create space and disrupt the opposition defence.

Move to create free areas for your team mates

Use your team mates as cover to be able to go around your opponents and in to the attacking zone.

Do not run with the ball if you have a team mate in a free area in front of you.

Try to get the ball into the attacking zone in the middle of the rink in order to get more opportunities for a shot on goal.

Use all chances to make a counter attack, but if your path is blocked, do not be afraid to turn back and rebuild an attack using your defensive players.



## The Final Attack

There are a number of names for the danger area in front of the goal. You can score from anywhere on the pitch, but the trapezoid stretching out from the goal to an unmarked area short of the halfway line is the area from where most shots on goal are delivered. When you as a player break through into 'the slot area' or 'the castle', you should take a quick, well aimed and low shot. Your team mate should follow up for the rebound, moving forwards facing the goal and keeping the blade of the stick on the floor.

If you have left your teammates behind, you should try to break in towards the goal to get a better angle in order to take the shot.

Many teams aim to place a player within the slot area, in front of the goal blocking the view of the goalkeeper, disrupting the defence and waiting their chance to deflect the ball or take the rebound shot. The player should not be fixed, and move in and out of the area and often change with team mates in order to confuse the defence. The player should try to follow the rhythm of the play being ready for offensive support of attacking team mates taking a shot or trying to conquer the defence and take a shot for themselves.

Any face-off in the attacking zone always means a goalscoring chance, and free-hits in the attacking zone should always lead to a shot on goal.

## Training

Floorball is a fantastic form of exercise on its own. For players wanting to compete at a higher level, specifically targeted fitness training may be appropriate. Individual players should take responsibility for their own fitness training, although this will obviously depend on the level at which the player or team wishes to compete. In Floorball matches, the field players usually are on for between one and two minutes at a time, before being substituted. The fitness training should be designed to suit these special circumstances.

Team training can simply consist of playing mock-games, or a series of training drills. A number of standard drills are being prepared in documentary form that can be downloaded shortly. If you have any that you think are particularly useful, let us know and we will include them on the site!