

# TRAINING TOMORROW'S FLOORBALL PLAYERS



Jukka Aro

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# FLOORBALL

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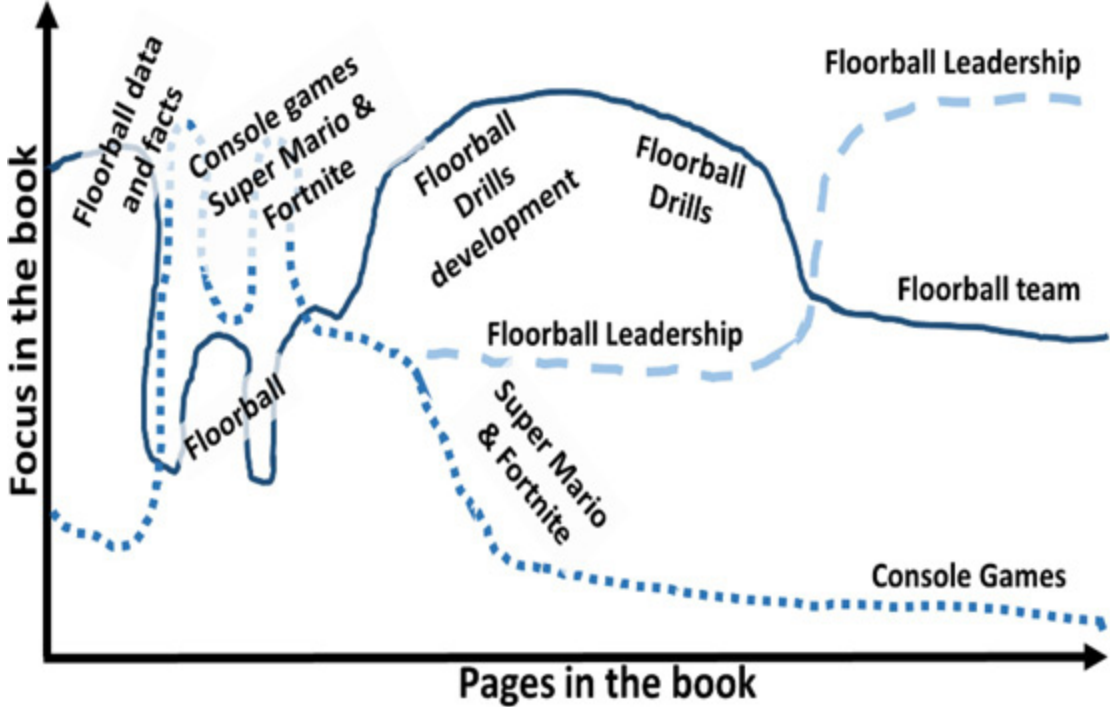
**Floorball training vs. Floorball Match**

**"Fortnite Floorball Practices"**

**Leadership**

**First Floorball practice and drill book**  
**Empty practice plans**

On the previous pages the content is visualized in a linear way, since we will talk a lot about nonlinear or multidimensional approach in the book, of course the content needs to be visualized that way as well.



*When it comes to the grammatical part and language in the book, I'm Finnish (mother tongue), living in Sweden and fluent in Swedish, so English is my third language, if you find some grammatical errors or funny / strange expression, you know why... Please try to see beyond the "Swenglish" and just try to catch the message 😊*

## **Training tomorrow's floorball players**

Floorball is a dynamic and simple sport to play and to start playing?

Although when you look at floorball in a more detailed view, you can say it's quite a complicated sport?

The amount of information a player is faced with is tremendous. You have your own teammates moving and communicating, you have the movements and actions of the opponents, meanwhile you need to position yourself, be aware of your body, switch between offense and defense, take actions, quick decisions and respond to things happening around you, sometimes with the ball, sometimes without, while everything is happening in a very high speed.

This can easily be connected to bandwidth on internet, slow connection and you feel a lot of disruptions in everything you do and try to do, and you can easily imagine hearing the kids screaming ...internet is lagging!

If the internet connection is fast the information processing and switching between tasks will be smooth and flawless.

This is exactly what the purpose of this book is, to increase the bandwidth in your player's heads, by moving from linear thinking, coaching, drills and practices to more nonlinear or multidimensional in order to increase the bandwidth!

With internet you can build and upgrade your equipment, when we talk about floorball, we need to train differently and more challenging to achieve the effect on our players.

When you increase the bandwidth in the heads of your players you actually do the opposite for the feeling of the game, you “slowdown” the game for them thanks to higher “bandwidth”, which of course will give several benefits for your team and the results for the team.

By training in a more challenging nonlinear way with many repetitions we can create a game environment that is basically almost easier to handle than a regular floorball practice.

The key is also to be able to increase the challenge all the time for all of your players, when you reach a stage where the basic skills are in place on a good level the skill development curve will flat out, unless you don't push it further.

Here I can unfortunately see many “comfortable” floorball coaches, using the same familiar drills as before, no explanation needed, the practices goes “smooth” or we think we have reached a good technical skill level and can switch the focus to be most of the time on the team plays and game situations, but the individual skill development will suffer and with that your team play.

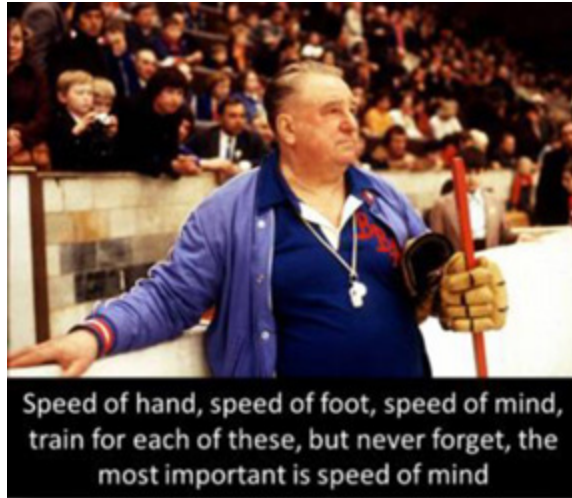
Instead of “giving up” the individual skill development we can continue to take it to the next level, develop the individuals and with that your team capacity.



When players are able to perform certain skills efficiently and with proper technique we can start to combine skills and tasks in a nonlinear or multitasking manner to reach the next level.

1. Players do multiple challenging tasks/skills at the same time / combined.
2. Players face new combined physical challenges while performing a technical skill.
3. Several moments are connected after each other (you are not “done” after a shot or pass).
4. Many repetitions on a smaller area

By combining skills, challenges and moments, we get the possibility to overload the demand on the players and work with increasing the “bandwidth” in their heads, combined with the physical capacity.



*Anatoli Tarasov 1918-1995 (Legendary hockey coach)*

# **Floorball data, facts and statistics**

## **Floorball data, facts and statistics**

Before we start to dig in to floorball drills and practices, let's just start with some important data, facts and statistics from the world of floorball that really can help you in the coaching role e.g. where the attacks start that lead to a goal, how many players are involved, what types of shots are used from what distance, how quick should the attack be etc.

Sounds interesting? Maybe, or maybe not, but this is important data to consider when we look into how to develop our players through challenging floorball drills and practices.

I have tried to condense and summarize the data as much as possible and visualize and describe it in a simple way.

## **How to build to build an optimal floorball drill based on data, facts and statistics!**

To build the optimal floorball drill we will start with looking at some important data, facts, statistics and some statements.

The stats are from several sources e.g. Swedish Elite league analysis and analysis of the World Championships.

72% of the goals that are scored, are involving 1-2 players from your own team, in 25% of the cases 3 players.

Basically looking at this fact, you should **involve 1-3 players** in your floorball drills, to get it game like and similar to situations when you score a goal, to 97%!

Number of passes before a goal is in 95% of the cases 0-3 passes. 25% without a pass and 70% with 1-3 passes before the goal.

**0-3 passes** in the floorball drill would be good from the game and scoring view.

If there is a pass before scoring a goal that **last pass before scoring is in average between 5-7 meters.**

79% of the goals are scored when the attack starts on the offensive half of the rink (including a zone just before the midline) 21% of the attacks start deeper from defensive zone, leading to a goal. If you want to practice similar to game and goal scoring, **start the drill from the middle or in the offensive zone.**

When winning the ball on the offensive half of the rink or getting the ball there by a pass, the best opportunity to score a goal is within **1-8 seconds**, ~65% of the goals are scored in that time frame (quick attack, turnover or odd man rush).

After winning the ball the most common action is to **move it by yourself 62%** of the cases and to **pass a teammate** immediately in **32%** of the cases.

The goal scoring shot comes in average from a **5 meter distance**.

But here there is a big difference when it comes to the type of shot.

2-3 meters deflection, dribble and volley.

3-6 meters backhand, snap- and wrist shot.

8-9 meters slap shot.

When it comes to how the goals are scored, goals are scored from:

Cross pass (direct shot) 23%

Steered / deflected 16%

Pass in front from behind goal 14%

Lateral movement with ball 13%

Shot in straight movement towards goal 12%

Rebound 10%

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. .  
. .

Zorro 1%

Teams shoot in average 48 shots per game, but only 19 shots on goal!

64% of the goals are scored from the best scoring area in front of the goal (triangle) and end in the lower third of the goal in 42% of goals.

### **Some keywords connected to goal scoring**

Give and go / direct shot

Individually skilled play

Stay in front of the goal

Lateral movement or fake before the shot.

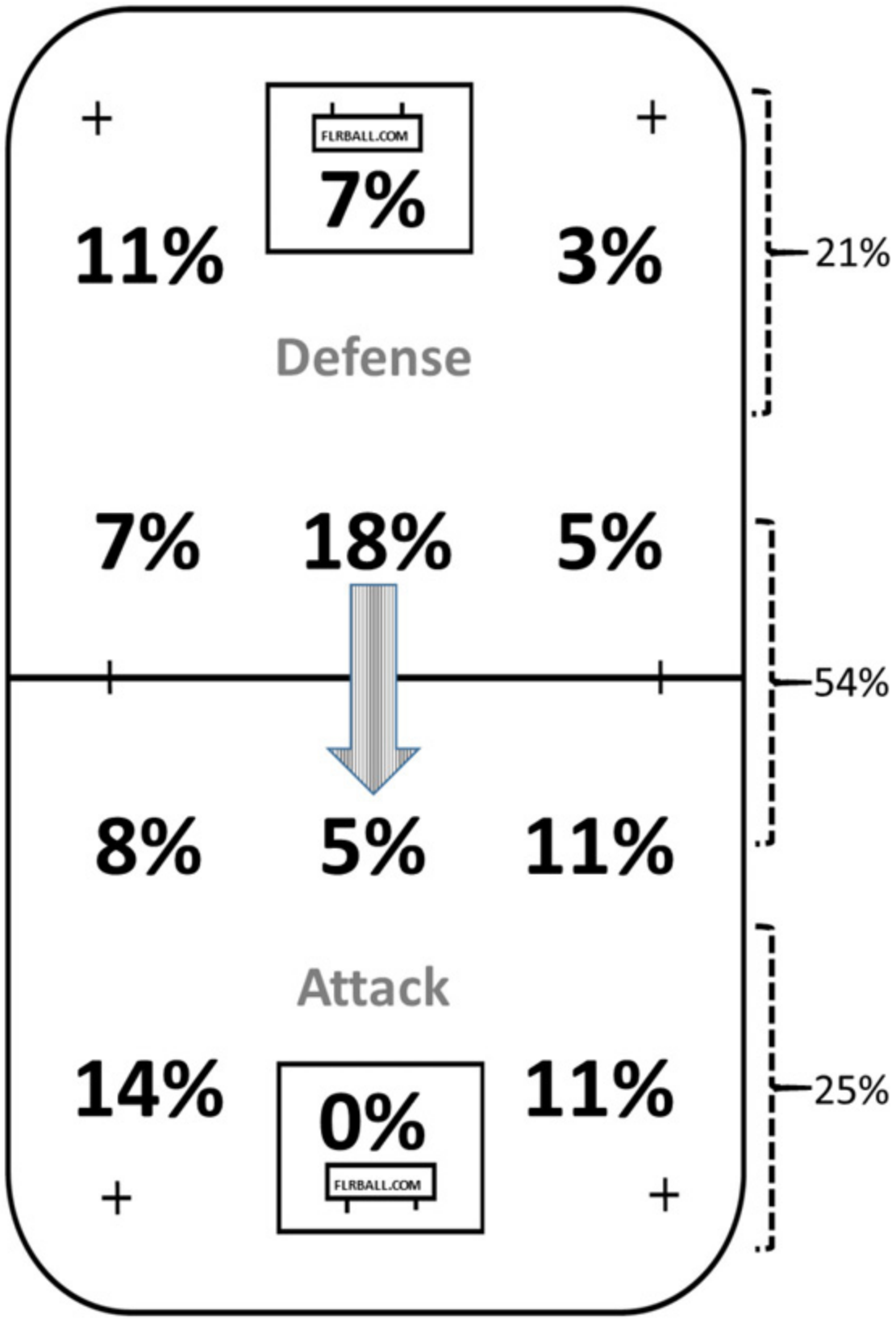


## **Summary of the ultimate floorball drill recipe to score goals.**

Involve 1-3 players, 0-3 passes in the drill, start the drill in the middle or in offensive zone. After winning the ball, move it yourself quickly first. Last pass before scoring (direct shot) should be between 5-7 meters or a shot in lateral movement or with a quick fake. Have a good pace and score a goal within 1-8 seconds from starting/receiving the ball. Shoot from 3-5 meters or deflect, steer, take the rebound in the area of 2-3 meters from goal. Aim for the lower third of the goal.

# **Visualization of floorball data**

**Where the attack starts leading to a goal scored.**

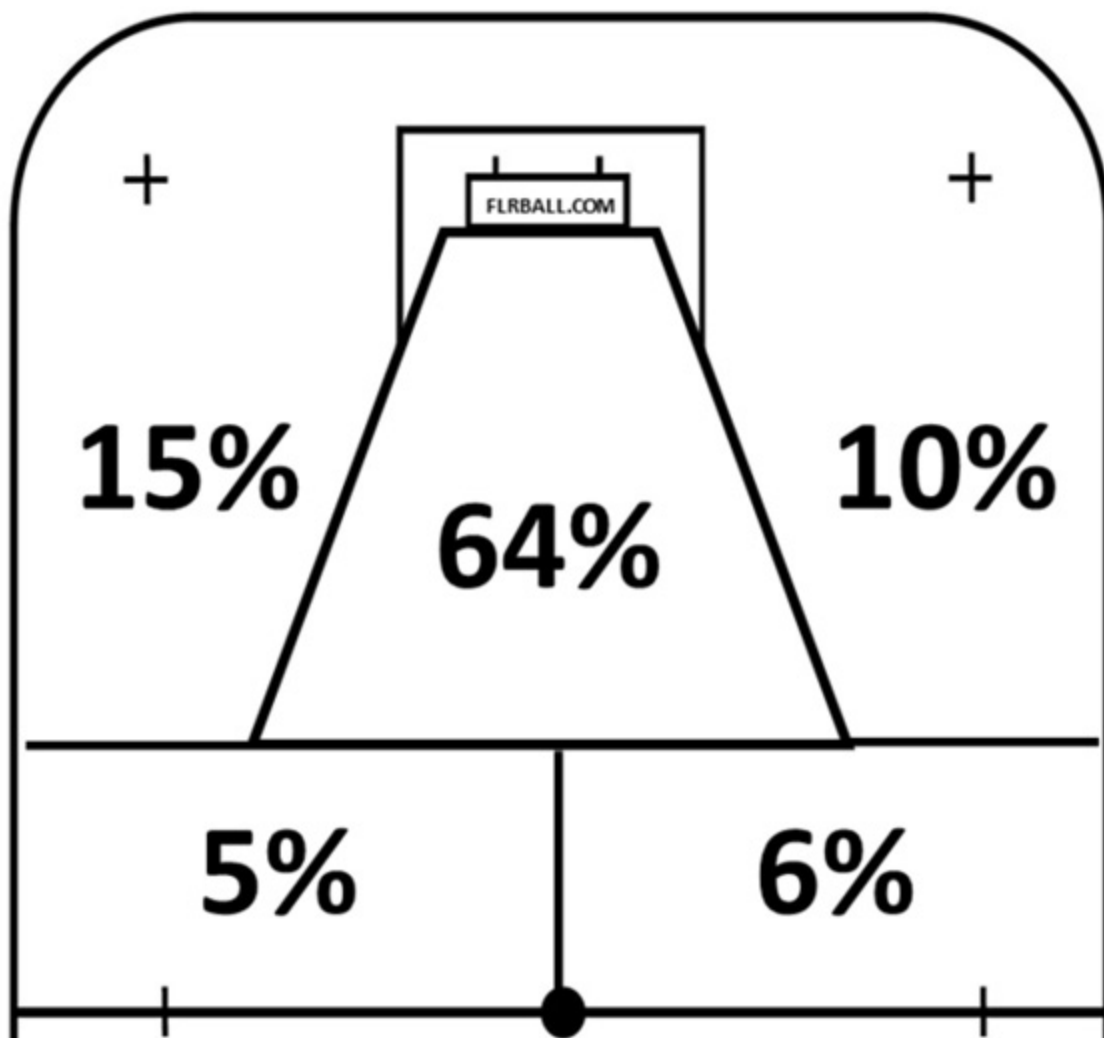


This data gives us important picture of good spots to start a floorball drill that should lead to a goal, like 54% of attacks leading to goal starts from just behind or past the mid-line.

79% of attacks leading to a goal is from the middle or offensive part of the rink.

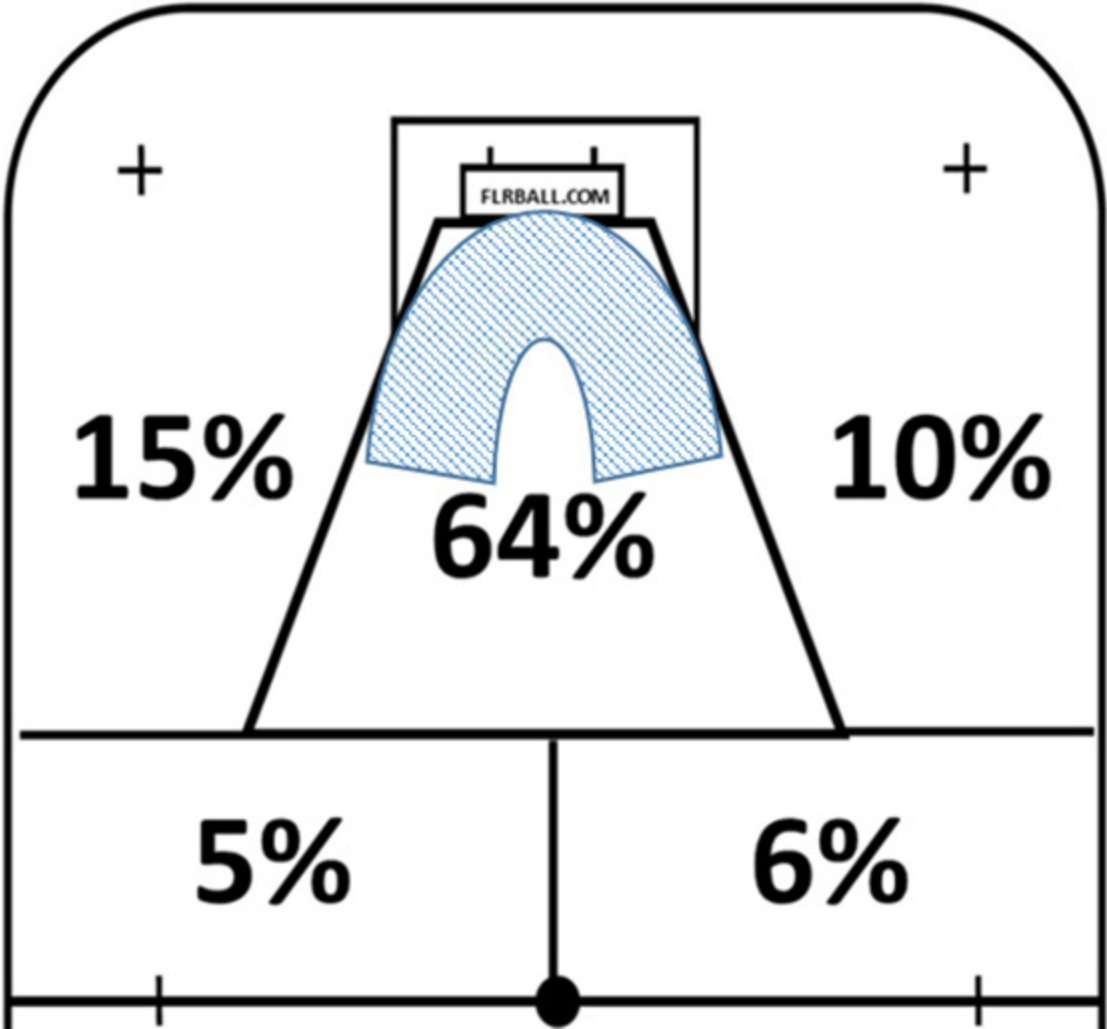
One single figure that hits you is that only 3% of the attacks leading to a goal starts from the left corner (looking in the attacking direction), while from the opposite corner it's 11%

## Goal scoring zones



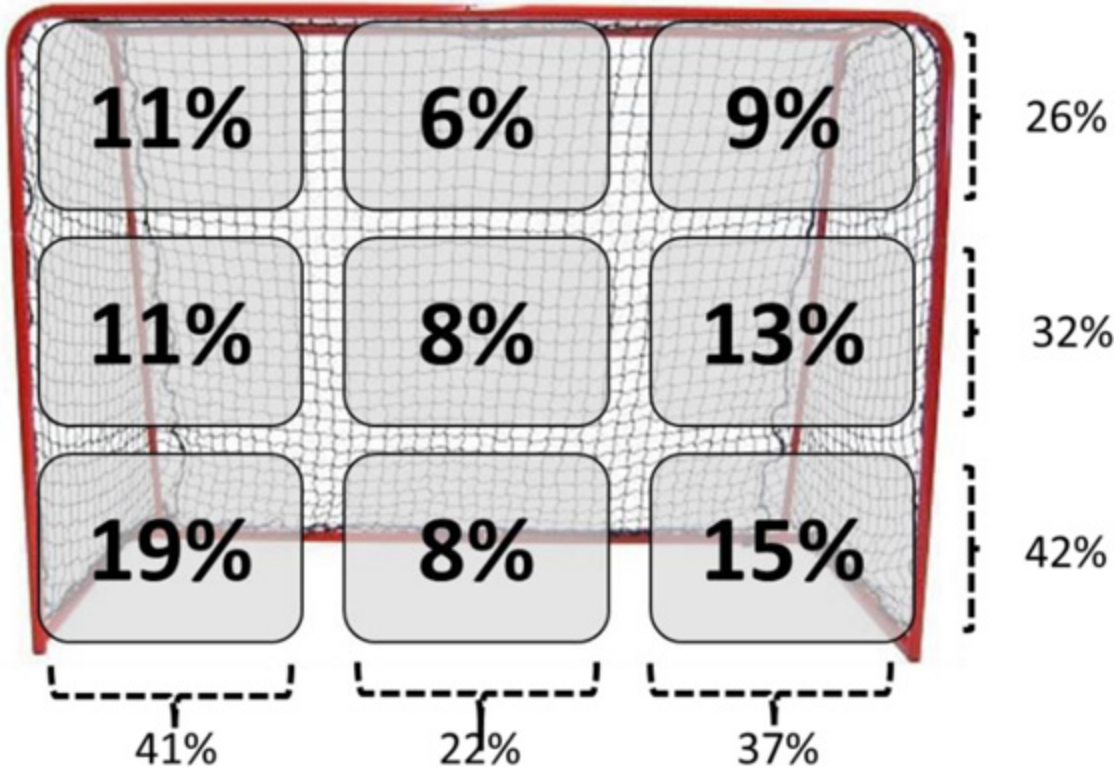
64% of goals are scored from the area in front of the goal, which is not a surprise, but if we analyze the exact spot where shot came from, you will find an “arch/bow area” which is really the hot spot inside the best goal scoring area and that’s interesting.

**The real hotspot inside the best scoring area**



*The real hot spot for scoring a goal in the shadowed area.*

# Where goals are scored in the net



Wayne Gretzky used the statement, you miss 100% of the shot you don't take, looking at the statistics we can also add, "Teams shoot in average 48 shots per game, but only 19 shots in average on goal!" 60% of the shots taken don't hit the goal either. Take the shot, get the shots through and on goal, to improve your goal scoring.

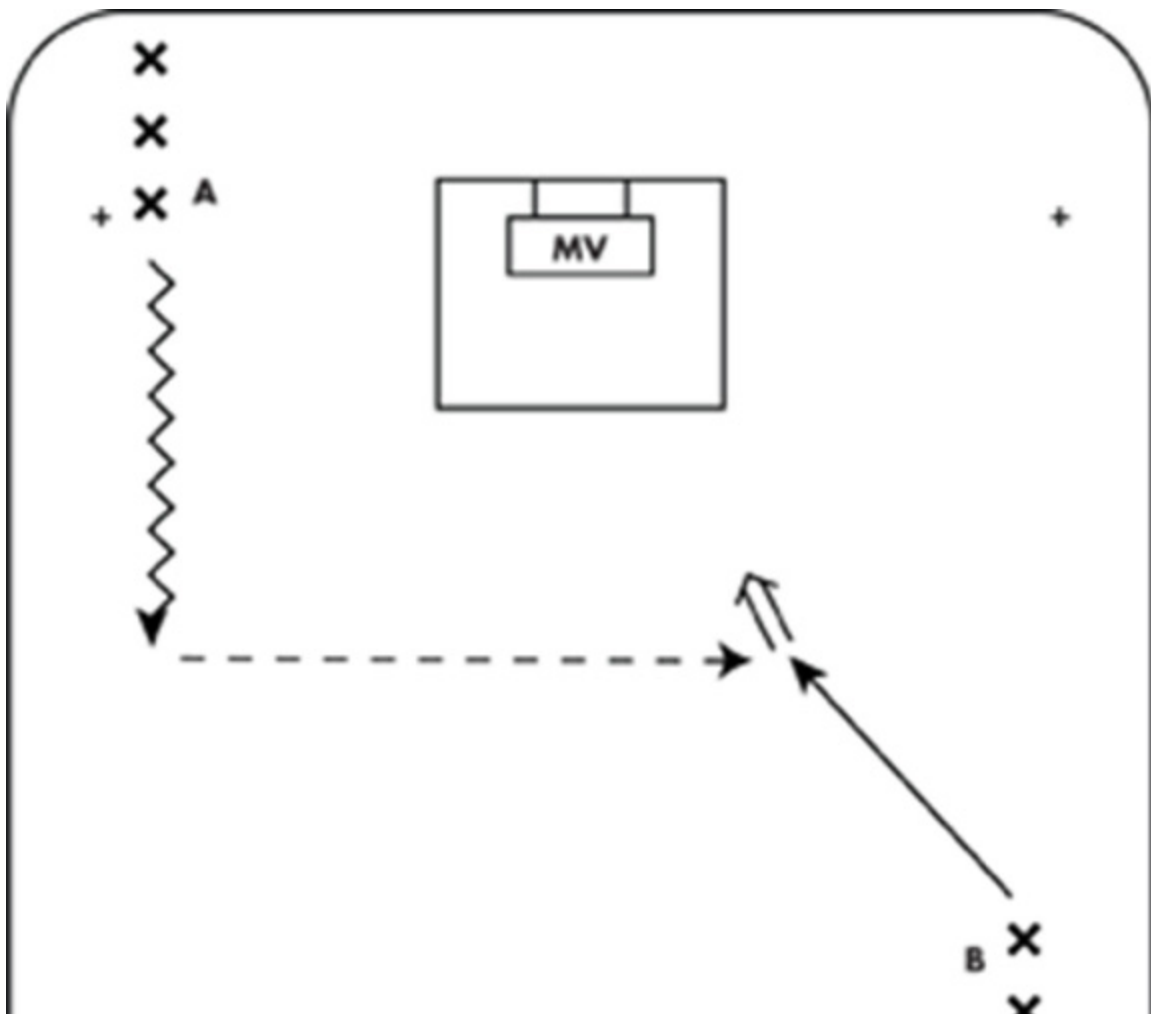


## **Some random floorball drill examples**

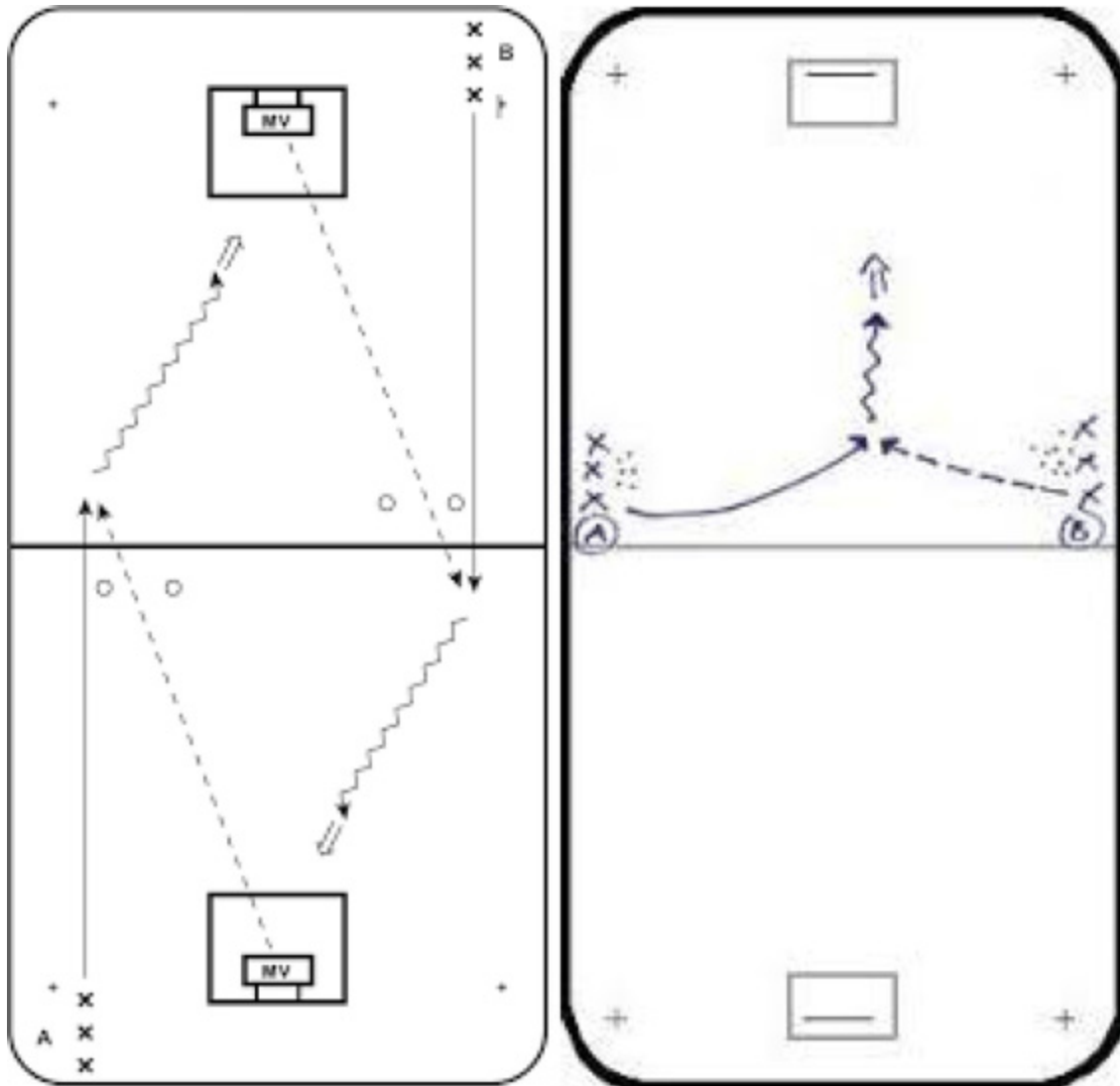
## Some random floorball drill examples

Linear, nonlinear and multidimensional are maybe words that are not naturally connected to the daily “floorball language”, but these will be some of the keywords moving forward in the beginning of this book.

Before continuing I just want to visualize some example floorball drills, from different sources that you will find through Google search (in Sweden): Floorball drills (I also added the word, advanced to pick some of these example drills).

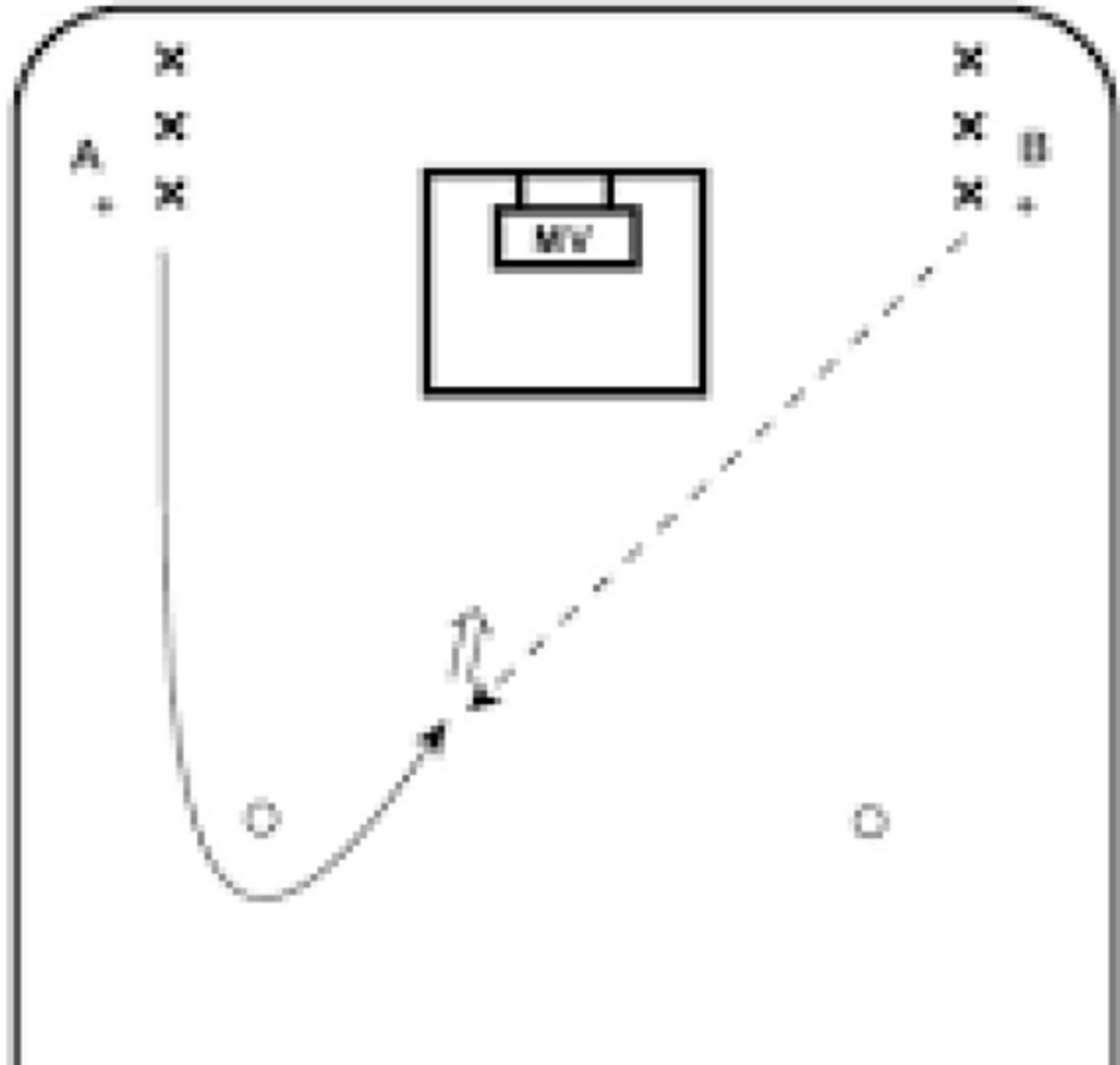


Run with the ball, pass, shot, wait for your turn

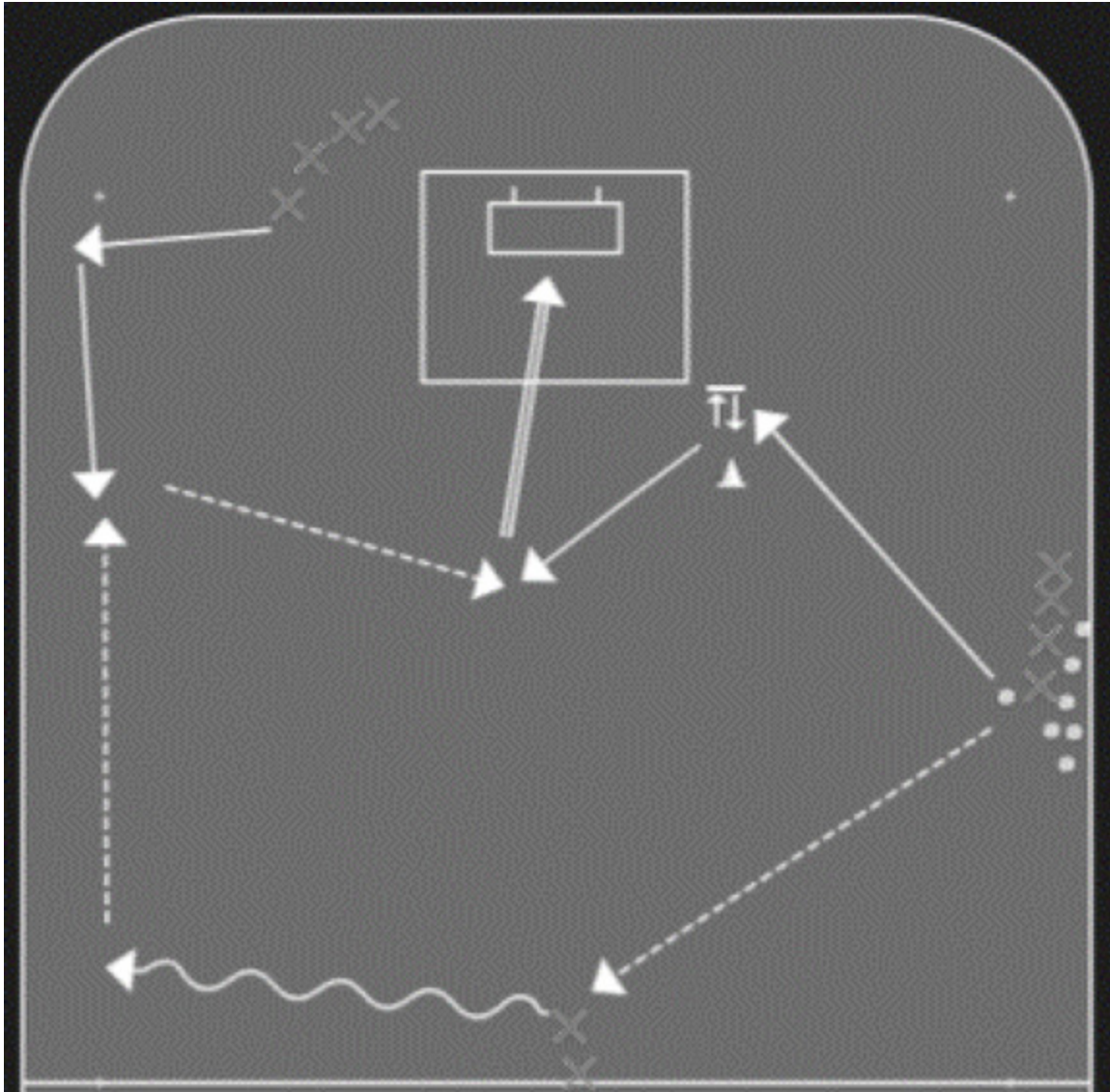


Left: Run, receive a pass from the goalie, shoot, wait for your turn.

Right: Run, receive a pass, run with ball, shoot, return back, wait for your turn.



Run, receive a pass, shoot, go to the other corner and wait.



Pass, run, body fake without ball, run, receive a pass, shoot.