You already have knowledge about team games. During today's lesson, you will learn about floorball. This is a discipline you have probably heard of, but its popularity is not as high as other sports. Try to think whether this is a sport for you. Slide 1 Floorball Slide 2 What is Floorball? It is a team sport with five players and a goalkeeper in each team. Players use sticks and a plastic ball to play. The aim is to win by scoring more goals than the opponent. Slide 3 Floorball is a team game that is not included in the Olympic disciplines. Slide 4 Brief History Floorball originated in the 1950s in the USA. The first competitions in this discipline were held in 1962. Floorball appeared in Europe in 1968, and Swedes are considered the precursors of this discipline. The game came to Poland in the 1990s and remains one of the most popular school games to this day. Slides 5-12 Game Rules

1. The team consists of 3 to 5 players and a goalkeeper.
2. The playing ball is plastic with holes and has a diameter of about 70 mm. (photo of the ball)
3. The stick is about 1 m long and is made of plastic or carbon fiber. (photo of the stick)
4. The playing field is 40 x 20 m and is surrounded by boards. (Field graphic)
5. Both boys and girls can participate in the game (boy and girl dressed in sports attire - smiling)
6. Each goalkeeper wears a special body-protecting suit and helmet. (goalkeeper photo)
7. The goalkeeper cannot use a stick - defends using the whole body.
8. The match is officiated by 2 referees. (Referee photo with whistle)
9. Players can handle, receive, and pass the ball only with the stick.
10. You cannot use your legs to shoot at the goal, only a single pass with the foot is allowed.
11. The game time is 3 x 20 minutes (clock photo)
12. Breaks between periods last 10 minutes.
13. In the event of a tie, there is a 10-minute overtime, where the golden goal rule applies, meaning the team that scores first wins. (goal scoring graphic)
14. If there is no decision during overtime, penalty shots are taken. Slide 13 Floorball vs. Ice Hockey Floorball originated from ice hockey. The differences observed between these disciplines lie in the surface on which the players play the match. In ice hockey, we play with a flat puck, and the players have a much more body-protecting outfit. Both floorball and ice hockey matches last 3 x 20 minutes. Ice hockey has been recognized as an Olympic discipline since 1920. Slide 14 Sport for Everyone Floorball is very popular in Polish schools among girls and boys. In many schools where there is no access to a gym, children successfully play even in the corridor. All you need to play is just a ball, the right number of sticks, and willingness. 😊 If there are no goals in the equipment, we can set up cones. For better recognition, teams wear sashes or reflectors. For school purposes, we can modify the rules because the most important thing is to have fun. In one team, we can combine girls and boys. The game teaches competition in the spirit of fair play. Slides 15-17 Benefits of Playing Floorball As you already know, floorball is a team game, so there is no need to mention the benefits such as teamwork or team competition. However, it is worth noting that floorball brings many individual benefits to the player. Floorball is a very intense sport, with many changes of direction, sudden sprints. Such activity causes strong blood pumping to the heart, oxygenation of the body, and also improves muscle mass, motor coordination, and endurance. Such training has a positive effect on our whole body, as well as our mind, because as we have mentioned many times before, physical activity stimulates the production of happiness hormones. However, it is important to remember that for such intense sport to be primarily safe, you should train regularly and lead a healthy lifestyle. Professional athletes train every day, with a precisely planned training and diet. In the case of a person practicing sport at the amateur level, it is also necessary to take care of daily movement and proper nutrition, which will provide all the ingredients affecting the proper development of the body. Intensive training for children and adolescents is recommended about 2-3 times a week. This does not mean that you can spend the remaining days in front of the computer or TV. You should dedicate at least 30 minutes daily to exercises. Because it is important to remember that practice makes perfect, and nothing comes by itself! So if you want to achieve something in this discipline, you cannot be a "couch potato" type. You must be characterized by a fighting spirit, determination, cleverness, and high physical fitness. It is important that both your heart and bone structure are strong enough so that training brings only benefits and is not dangerous. Slide 18 Watch Out for Your Legs!

During the game, it is important to exercise special caution. The game is very dynamic, and contact with the body with the stick is easy, which can result in injury.

Slide 19 Fouls: When a player: • Hits, blocks, raises, or kicks the opponent's stick, • While playing for the ball, hits the opponent's feet or legs with the stick, • Raises the stick above the level of the hips, and there is another player nearby, • Receives the ball while jumping, • Takes too long to execute a throw. This includes situations where the throw-in or free throw lasts too long (up to 5 seconds), or when the ball is dragged or lifted.

Slide 20 Remember! Despite great commitment, it is important to remember about fair play rules - it's just a game.

Slide 11 Trivia: The match starts with a referee throw-in in the middle of the field. During the match, the referee may impose a 1 or 2-minute penalty on the player for a foul. Initially, floorball was considered a recreational, family game and complemented other disciplines. During the match, the goalkeeper can be replaced by a field player by the coach. During the match, the team can change players any number of times.

Slide 12 Test

1. Is floorball an Olympic discipline? (Floorball is not an Olympic discipline)
2. How many players are on a floorball team? (A floorball team consists of 4 to 6 players).
3. In which country did floorball originate? (Floorball originated in the USA)
4. Describe the appearance of the floorball ball. (The ball has a diameter of 70 mm, is made of plastic, and has holes).
5. Which player on the field does not have a stick? (Goalkeeper)
6. List 3 differences between hockey and floorball. (1. Surface 2. Hockey uses a puck, while floorball uses a ball 3. Players' attire)
7. List 3 fouls during a match. (1. Raising, blocking, or kicking the opponent's stick 2. Raising the stick above the hips when an opponent is nearby 3. Performing a regular game element for more than 5 seconds)
8. Who starts a floorball match? (Referee)
9. When did floorball appear in Poland? (Floorball appeared in Poland in the 1990s)
10. What does the golden goal rule mean? (The team that scores a goal first during overtime wins the match)

Slide 13 Justify why floorball is/is not a game for you? Video: Floorball on the pitch - rules of the game - YouTube