

# **Guidelines for Floorball Coaches**

**& Development Officers**

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## **PURPOSE**

To provide fundamental guidelines for club and regional Coaches and Development Officers' responsible for the establishment and overall delivery of training plans as well as training sessions. The guidelines provide an overview of the principles of sporting fields such as; Motor Development, Psychological Development, Theory of Sport Training and Sport Physiology related to training and qualitative continuous development of Floorball players.

## **PRESUMPTION**

It is essential for coaches as well as Development Officers' to familiarise themselves and understand the following key areas associated with Floorball, namely; Floorball Rules; age associated groups and gender requirements, legal liability (by demographic region), basic theory of floorball technique and tactics, basic methodology of sport training.

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## WHY DO A TRAINING PLANNING?

A Training Plan is an essential instrument for both coach and sporting club. It enables you to sets goals and therefore provides directions and instructions to achieve them. It also determines a mechanism for measuring and controlling outcomes.

Any form of Training Plan outlines who will take ownership in the delivery of training, as well as when, where and how the training components are structured. Treat the training plan as a working document. It should be flexible enough to meet all your needs.

### Suggestions to include in the training plan

Prior to creating a basic training plan, the initial assessment should consider the following basic information:

- Number of participants
- Age range of participants
- Gender and gender player ratio
- Assess level of experience

### Training Plan Development and Revisions

The following points should be taken in to account every time the training plan or session content is revised or created.

- The desired outcome
- Frequency of training sessions
- Achievements participating group

Based on principles of *Deep Practice* (COYLE, D., *The Talent Code*, 2009), every exercise should be designed to **practise playing skills in game situation** it teaches players the practical skills as well as anticipation - *ability to use skill and adjust it in relation to his/her surrounding at any particular moment.*

In theory, Planning should cover following steps (in order):

## **LONG TERM PLAN**

*Usually period of one year*

This is split into shorter terms: pre-season → main season → play-off → post-season.

This plan is based on general objectives for its duration and should be measured against its targets. This plan sets commencing points and determines desired targets and describes process on how to achieve them. Main focus of this document (apart from addressing objectives) is to discuss the concept and structure on how to reach desired targets.

For example: the team that conceded the highest number of goals during the season, the target is to improve defending system of the team and defending skills of individual players. Most of the last season goals have been scored from low shots therefore the target for goalkeepers is to improve leg work.

## **SHORT TERM PLANS**

*Usually period of 3-4 months*

The meaning of this document is to determine complexity and intensity of training sessions in response to actual participation in competition season.

This plan determines frequency, efficiency and intensity of exercises and graduation of difficulty. It also sets how long (and how many training sessions) each exercise should be repeated to secure graduating challenge and intensity for players towards mastering particular skills on one side and to avoid mindless, non-challenging exercise repetitiveness.

This document should include detailed content of key skill areas to be focussed on at each stage and used as a guideline for creating the training session. A short term plan is an active document and can be continuously adjusted to the actual needs of the team.

Generally each season (long term plan) should be divided into 4 stages (short term plans), that being; Pre-season – Season – Playoff – Off-season

### **Pre-Season – Period of up to 3 months**

Main focus during this term: overall fitness build-up, building-up team, testing players, introducing new systems and gaining confidence with skills.

Training focus: primarily overall fitness and muscular coordination, secondary basic skills and systems (later stage)

Practising floorball skills or, playing floorball is of minimal concern. During this period, the main focus is on gradual build-up of players' fitness level based on increasing training volume and intensity of exercises. Training sessions should primarily concentrate on balance, speed, strength and endurance.

Later stage of this period is an ideal time to participate in short tournaments and friendly games to enable coaches to test new players, new lines, new systems, and for players to gain confidence in skills, systems and player/team connection. Any physical tests (means testing – evaluation – comparison of results – constructive feedback to players) should be conducted during this term.

**Season** – *Period of up to 6 months*

*Main focus during this term:* graduation and extending of playing skills, combinations and playing systems.

Training focus: speed, complex skills, combinations and systems.

New players, line-ups or small changes to the playing system can still be made however, should be minimal and without impacting the main team/system structure.

**Play-Off** – *Period of up to 2 months*

*Main focus during this term:* perfection, challenging and pushing the team to their full potential /limits and increased pace are the key factors. Special attention is given to game by game tactical preparation.

Training focus: speed endurance, mental strength and automation of combination/systems with maximum speed.

Any system change should be done with effective communication ensuring maximum care and consideration in the delivery to avoid negativity amongst team players. Key planning priorities should include; mastering individual skills with maximum speed and automation of combinations/systems as well as playing aggressiveness (fore-checking, skill delivery). Focus on a sound and positive team environment in terms of recovery and regeneration is a very important aspect of play-off term.

**Off-Season** – *Period of about 1 month*

*Main focus during this term:* Players encouraged to enjoy off-season break from floorball however, maintain a level of physical fitness.

Training focus: recovery, relaxation and positive team environment.

Opting to alternate and vary sport interests during off-season will support recovery and regeneration and improve relaxation. Attendance at floorball tournaments could be beneficial for the purpose of enjoyment, observation and team coherence.

## TRAINING SESSION PLAN

Follow-on document of requirements set by Long Term Plan and Short Term Plan.

Basic structure should be prepared on a weekly or monthly basis (depending on frequency of training sessions) however, detailed content and performance requirements should be reviewed and adjusted individually for each session and sometimes even during session.

Prior to every training session, it is necessary to set desired achievement(s) and make an evaluation after each session.

In general, to secure ongoing progress and development of floorball team the frequency of training sessions should be a minimum three times a week and five to six times a week during **Pre-season** stage.

A good coach should take responsibility to actively seek players' feedback during or, after each exercise and adjust content of session, as required. More often than not, non-verbal signs such as: player fatigue, boredom, disengagement, lack of accuracy in delivering skills, response rate etc. will reflect player feedback and should be acknowledged accordingly.

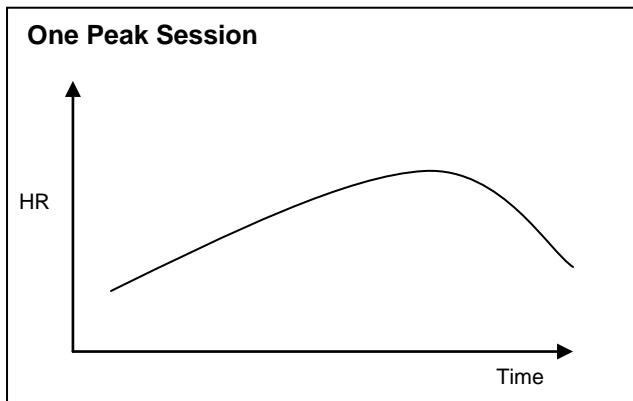
Every exercise should always be challenging for players although, it is recommended that this should not be excessively difficult or, cause player desperation. There are several points which need to be addressed when creating a Training Session Plan. Namely:

*Type of Session* – the training session plan should recognise the following areas: Recovery session, Repeating session (focus on automation previously learnt skills), New Skills Learning session, Fitness Orientated session and Pre-match session.

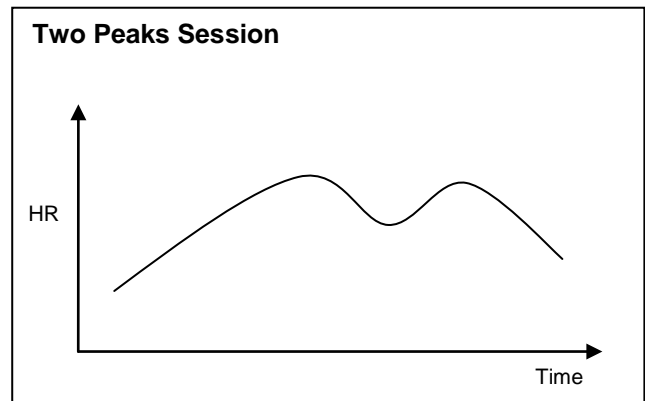
*Content* – following session selection, counterpart exercises for each part of the session needs to be determined. Selection of exercises should be related to the main target (main block) of session and determines the expected outcome from each individual exercise. The training session plan should be split as follows: Warm up Block – Main Block – Practice Game Block – Cool down Block.

For noting: Practise Game can be placed between Main Block part 1 and Main Block part 2 or even before Main Block.

*Intensity* – From physiological perspective, there are *two main types* of training sessions. These types are based on number of Heart Rate (HR) peaks per training session where players' average HR should reach max level of Aerobic Threshold (AT) (approx. 150-170bpm). AT is individual and will vary based on age, gender, fitness level. During training process AT can be also influenced by technical difficulty of exercises for each player. In reference to intensity there is either one peak or two peaks session (Picture 1 and 2). Another alternative is Interval Training (IT) - in early stages of regular floorball training - should be used for fitness sessions and recommended for well-developed teams with few years of experience and high level of floorball technique.



Picture 1



Picture 2

*Structure of Session* – Each training session should follow a certain structure. As mentioned in second point (*Content*) structure is formed in Blocks and their order, length (time) and intensity of performed exercises.

When creating a training session plan, every coach should make sure that the session is structured in a way that each exercise is a preparation/graduation to following stage (Block), intensity is increasing towards the peak (HR peak) and it progresses from technically simple to technically advanced exercises. Doing this will not only help players to easily adjust to required speed and technical difficulty but also eliminates bad habits (wrong technique) and prevents injuries.

*Order of Skills* – Starting with simple exercises in low pace and continuously whilst gradually increasing complexity and intensity/speed is a logical process of learning new skills and converting them into automatic complex movements.

*Order of fitness blocks* – Based on scientific research studying physiological processes in human body in relation to intensity and length of stress, it has been found that the best order of exercise types is as follows: *Muscular Coordination/Balance – Speed/Explosive Strength – Strength – Speed Endurance – Endurance.*

*Practise game* – Should be designed to project and reinforce practised skills from main part of session into actual game. This can be easily achieved by modifying training game rules and forcing players to use particular skills and/or systems.

## TRAINING SESSION STRUCTURE

Some of the basic rules for creating training sessions' have been discussed earlier in the document.

Written preparation should be made when planning for training. This preparation should cover the main goal of the session and participants/players should be familiar with its content as well as a brief description/overview of training content and expected outcome at the beginning of each session [more detailed explanation is given before each exercise]. Physical demonstration as well as visualising the exercise i.e. use of coaching board are the best way to deliver message to players. Emphasis has to be given to explaining purpose and targeted skill/s of each exercise before prior to commencement.

Length of each Block is dependent on the total length of session and type of training. Based on a 2 hour (resp. 1.5hr) training session - focusing on floorball skills - timeframe of each Block transferred into minutes should read:



- Warm up 10 - 15min (10min)
- Main Block 50 - 60min (45min)
- Practise Game 30 - 45min (30min)
- Cool down 05 - 10min (05min)

Generally, the recommended ratio of training session blocks is 2:3:1 (Warm up: Main/Game Block: Cool down). On many occasions there is a broad diffusion of exercises between the Warm-up Block and the Main Block which is mainly influenced by the skills level of participating players.

Where possible, it is recommended to do warm-up block prior and cool down after actual court time (outside fields, spectators stands) to maximise court time for practising floorball skills.

It is important to consider different needs of field players and goalkeepers when preparing training session plan. Ideal solution is to split some parts of the training session plan into sections and groups where each group in each section is able to practise different exercises. This arrangement may appear to require significant amount of coordination, organisation, and time management and however, coaching can be split between two or more people, as required. For example; utilise Team captain(s), injured players or encourage parents to get involved.

As per actual exercises, there are **three** basic types:

1. **Individual** – suitable for small groups during sector type of exercises where coach can look after one sector and individually access players. This is the best form of exercise for technique learning and it's the best form of training for any age or skill group. It is recommended training when more than one coach is present.
2. **Small group** – activity at each group can be the same or, each group can do different exercises. It provides better control over players technique, highly recommended for kids and provides opportunity to split the group (at any time) to accommodate different methods or requirements to specific player groups (goalkeepers, playing lines, catch-up group); and
3. **Team (collective) type** – all players are doing the same activity at the same time, it is recommended to be used at the beginning and/or at the end of training session plan or, when a coach has limited assistance. It is not recommended for kids as it provides limited supervision.

Attached document: Training session preparation form

## IMPORTANT NOTES

After comprehending of basic techniques, exercises should be based on game situations where players are forced to use other aspects of their skills – playing intelligence (reading play, timing, variable speed and anticipation).

Considering interconnection of field hockey and floorball and field hockey being background of many players and coaches in Australasia, it is important to mention the main differences between these two sports.

- Floorball is **not** field hockey - the only similarity starts and ends at the basic principle of the game – score goal by using stick.
- Due to different size of pitch and goals, length and shape of stick, stick holding, ball weight and differences in rules, the floorball technique and tactics vary in many aspects starting from basic playing position and stick holding and ends with playing systems and role of players during game.

## RESOURCES

There is plenty of free information available on the internet. Official IFF materials can be downloaded from [www.floorball.org/materials.asp](http://www.floorball.org/materials.asp). Other material can be found via several national association webpages and floorball forums. Useful gateway [www.floorball-linkpage.com](http://www.floorball-linkpage.com)

Demonstrating videos also available on “YouTube” where proper floorball technique can be observed. This can be used in conjunction with coaching textbook as many details of technique may not be fully explained.

## SUMMARY

As mentioned previously, the main purpose of this document is to provide basic guidelines and structure for coaches and potential /novice coaches.

There are many fields and areas of research associated with Coaching. It is recommend that coaches complete their own study and consider coaching books containing extended databases of different drills and techniques. Reason being, many novice coaches make the unfortunate mistake of creating database of exercises rather than creating plans and proper sessions for teams.

Being a good coach doesn't mean you have to be a good player and vice versa not every good player is automatically a good coach. The good coach should be able to demonstrate proper technique, in particular, when coaching kids. A good understanding of the game, rules, methodology and concepts of floorball training combined with knowledge of sport psychology, anatomy, physiology plus extended database of training drills and effective communication skills as well as patience. It is equally important to actively follow latest trends will also provide the appropriate attributes of being a successful coach.

Every training session plan should be carefully prepared and should address actual player's needs and team issues. Each training session and each exercise should be enjoyable yet challenging. Nevertheless the actual needs and importance of every session should be structured and follow concept of short term plans and a long term plan to secure continuous improvement and growth of the team and player's.

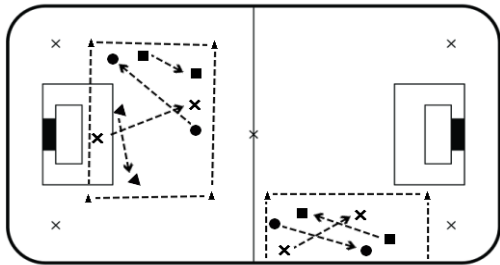
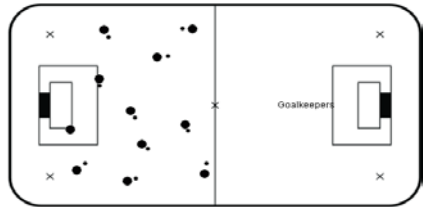
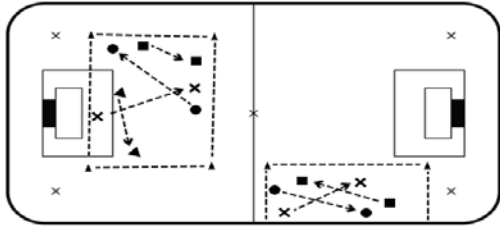
The dedication and commitment in the development of training plans will result in successful rewards and results in long term and provide a clear and concise communication channel and direction for both players and coach.

## REFERENCES

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**Attachment – Training Session Preparation**

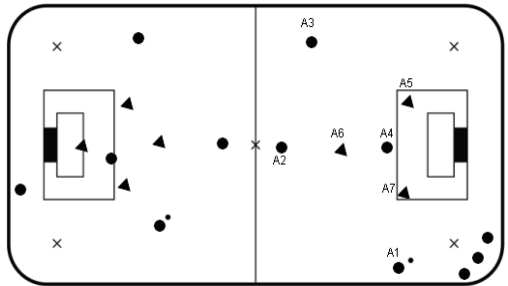
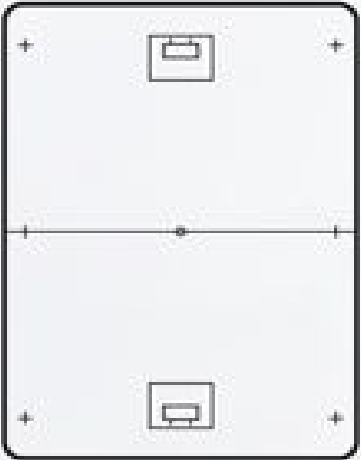
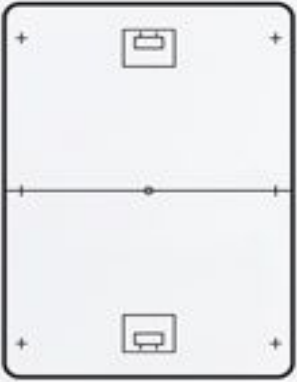
## Guidelines for Floorball Coaches & Development Officers [2012] - Attachment

Training Unit Preparation						
<b>Club:</b>	Bondi Raptors FC	<b>Date:</b>	11/11/2011 (7pm-9pm)			
<b>Team:</b>	Men's Elite	<b>Season Stage:</b>	Main Season (start)			
<b>Coach:</b>	Petr Prazan	<b>Session No.:</b>	12			
<b>Place:</b>	Marrickville PCYC	<b>Main Goal:</b>	Reinforcing speed of one touch pass combination and one time shooting			
Session Part	Time	Exercise Description	Focus on	Graphic Description	Coach	Evaluation
Warm Up	5min	(no sticks) free moving and throwing of ball in limited space - right hand, left hand only, throw after spin, after squat, catch and 3 quick steps in each direction, somersault and throw	warming up body system (HR up to 120-130 bpm), orientation in space			
		GKs - the same but with 2 balls				
	5min	floorball dribbling alphabet and ball technique with changed pace after signal;	precision of technique, orientation in space			
		GKs stretching and crest knee sliding				
	5min	free moving and one time passing of pairs in limited space;	precision of technique, precision of technique,			
		GKs ball juggling				

# Guidelines for Floorball Coaches & Development Officers [2012] - Attachment

Main Stage	5min on each side	<p>Scramble of players with balls around the half line; players keep moving and dribbling with ball and avoiding collision; each player has a number; GK calls numbers randomly; when player hears his number he takes three quick steps towards the goal and shoot</p>	<p>acceleration, shooting precision (5 push-ups when shot off target), reaction time</p>			
	7min on each side	<p><u>Left side:</u> P1 starts moving with ball towards first cone where he pass ball to P2 . P1 runs from cone 1 to cone 2 where he receives ball back. Player dribbles ball to third cone and pass again to P2. P1 speeds up towards the goal, receives pass from P2 - one time shot.</p> <p><u>Right side:</u> P1 starts moving with ball towards first cone where he pass ball to Player 2. P1 he runs around cones. After reaching last cone P1 speeds up towards the goal, receives pass from P2 - one time shot.</p> <p>Change sides!</p>	<p>moving with/without ball, changing of pace, pass timing</p>			
	7min each side	<p><u>Top side:</u> P1 steps up with ball and pass to P2 who dribbles ball to board and pass back to P1 when he crosses him. P1 one touch pass to P3 who is moving from corner towards the ball; P3 receives ball and turns towards centre where he either shoots (P1 screen and rebound) or passes to P1 who shoots. Change side!</p> <p><u>Bottom side:</u> A1 passes to A2 and they exchange 3 passes on a way forward; A2 takes ball and after few steps passes to A3. A2 changes direction and speeds up towards centre, A1 receives pass from A3 and passes to A2 who then shoots within few steps. Change side!</p>	<p>timing, play perception, passing precision</p>			
	7min each side	<p>A takes few steps with ball and passes to B who steps out towards the middle. B takes few steps with ball and passes to A who runs around the cone. A quickly passes to C who steps out from the corner along the board. C passes one time pass back to A who takes a one time shot. Change side!</p>	<p>passing precision, timing, pace changing</p>			

## Guidelines for Floorball Coaches & Development Officers [2012] - Attachment




Practice Game	7min each side	<p><u>Left side:</u> power play 5 on 4 - Attacking team must create shot on target either within 30sec or within 10 passes. Change!</p>	<p>passing precision, moving without ball, opening space for other playmates</p>		
		<p><u>Right side:</u> power play 4 on 3 - Attacking team must create shot on target within six to eight passes. After that A1 moves to A2 position, A2 to A3...A4 to defending A5 position and A7 lines up in the corner to wait his next turn.</p>			
	20min	<p>Each player has only two touches on ball. After that he must shoot or pass otherwise team loses ball. Goal can be scored only by one time shot.</p>	<p>passing precision, moving of players without ball</p>		
	10min	<p>Players have max of three passes on their own half of the court. After that the ball must cross half line and can't be passed back to own half. Goal can be scored by one time shot only.</p>	<p>Quick transition, creating pressure on opposition goal and quick moving/passing in limited space</p>		



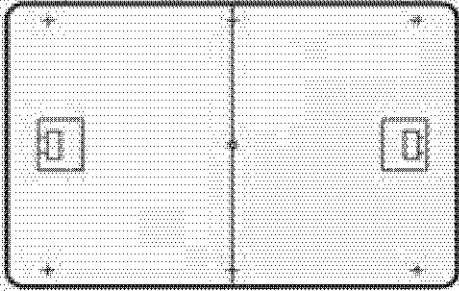
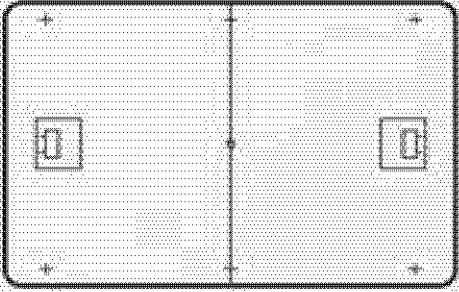
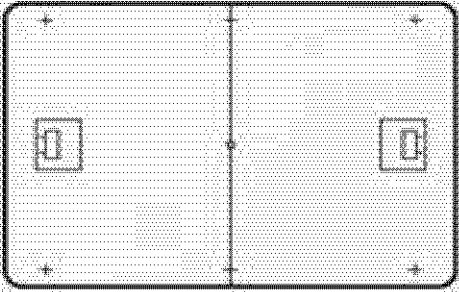
## Guidelines for Floorball Coaches & Development Officers [2012] - Attachment

<b>Cool-down &amp; Stretching</b>	10min	3 laps cool down run	decreasing HR to approx. 80-90 bpm, compensating exercises, regular calm deep breathing		
		stretching in pairs			
		individual stretching	players view about training, repeating of practiced situations		
		training wrap up - evaluation, feedback			

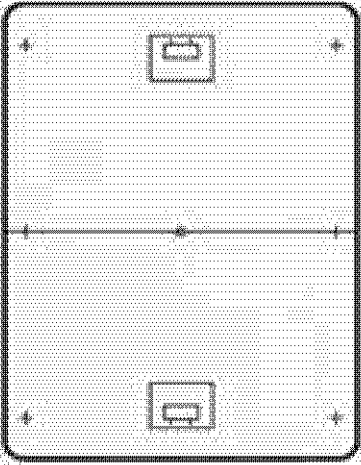
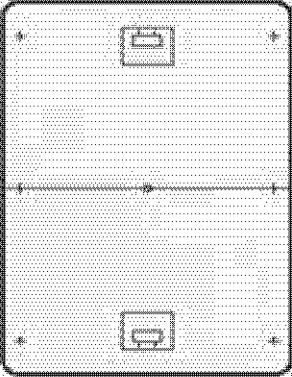
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Training Unit Preparation							
Club:		Date:					
Team:		Season Stage:					
Coach:		Session No.:					
Place:		Main Goal:					
Session Part	Time	Exercise Description	Focus on	Graphic Description	Coach	Evaluation	
Warm Up							
							
							

# Guidelines for Floorball Coaches & Development Officers [2012] - Attachment

Main Stage							
							
							

# Guidelines for Floorball Coaches & Development Officers [2012] - Attachment


Practice Game					
					



**Attachment – Long Term Plan**

**Guidelines for Floorball Coaches Development Officers [2012] - Attachment**

**Long Term Plan 2012/13**

	<b>Club</b>	Bondi Raptors	<b>Season</b>	2012/13
	<b>Team</b>	Men's Elite	<b>Number of training sessions</b>	206
	<b>Responsible Coach</b>	Petr Prazan	<b>Number of game days</b>	60
	<b>Other Coaching Staff</b>	Coaching Assistant, Physio, Team Captain, GK Coach		

Shorter Term Stage	Pre-season													Main Season												
Month	June				July				August					September				October				November				
Week	week 23	week 24	week 25	week 26	week 27	week 28	week 29	week 30	week 31	week 32	week 33	week 34	week 35	week 36	week 37	week 38	week 39	week 40	week 41	week 42	week 43	week 44	week 45	week 46	week 47	week 48
<b>Training Intensity (%)</b>	55	60	65	70	80	90	100	75	80	90	100	90	85	90	100	100	90	80	80	90	100	90	80	80	90	100
<b>No of Training Units</b>	4	5	4	5	5	5	3	5	5	5	3	4	3	5	5	5	4	4	4	4	4	4	4	4	4	5
<b>Floorball Aspects</b>	N/A	N/A	IPS	Tour	IPS	IPS	Tour	AC,DC	AC, DC	PS (A/D)	Tour	PS (A/D)	FG	AC/DC	PS (A/D)	PS (A/D)	AC/DC	IPS, PS	IPS, PS	AC/DC	PS (A/D)	PS (A/D)	AC/DC	IPS/AC/DC	PS (A/D)	PS (A/D)
<b>Fitness Aspect</b>	ITP	E, StE, Sp	E, StE, Sp	E, StE, Sp	E, StE, Sp	S, SpE, ES	S, SpE, ES	S, SpE, ES	S, SpE, ES	C, SpE, ES	C, SpE, ES	C, SpE, ES	C, SpE, ES	C, SpE, ES	C, SpE, ES	S, SpE, ES	S, SpE, ES	S, SpE, ES	S, SpE, ES	C, SpE, ES	C, SpE, ES	C, SpE, ES	C, SpE, ES	S, SpE, ES	S, SpE, ES	S, SpE, ES
<b>Other (Theory)</b>				GF			GF				GA	SA	SA	SA	SA	SA	GA	GA/GF	GA/GF	SA	GA	GA/SA	GA/GF	SA	GA	GA/GF

Shorter Term Stage	Main Season													Play-off							Off-season					
Month	December				January				February					March			April				May					
Week	week 49	week 50	week 51	week 52	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12	week 13	week 14	week 15	week 16	week 17	week 18	week 19	week 20	week 21	week 22
<b>Training Intensity (%)</b>	100	90	80			80	90	100	100	90	80	80	90	100	100	100	Time off	100	100	100	100	N/A	N/A	40	40	50
<b>No of Training Units</b>	5	4	3			3	4	4	4	4	4	5	5	5	5	5	2 (Easter)	4	4	4	4	0	0	1	1	2
<b>Floorball Aspects</b>	PS (A/D)	PS (A/D)	AC, DC			AC, DC	AC, DC	PS (A/D)	PS (A/D)	PS (A/D)	AC, DC	AC, DC	AC, DC	PS (A/D)	PS (A/D)	PS (A/D)	PS (A/D)	PS (A/D)	PS (A/D)	PS (A/D)	PS (A/D)	N/A	N/A	N/A	N/A	N/A
<b>Fitness Aspect</b>	S, SpE, ES	C, SpE, ES	C, SpE, ES			SpE, S, E	SpE, S, E	SpE, S, E	SpE, S, E	Sp, ES, C	Sp, ES, C	Sp, ES, C	Sp, ES, C	C, SpE, E	C, SpE, E	C, SpE, E	C, SpE, E	C, SpE, E	C, SpE, E	C, SpE, E	C, SpE, E	R/R	R/R	R/R	R/R	R/R
<b>Other (Theory)</b>	Tests	SA/GA	SA/GA			SA/GA	SA/GA	GF/GA	GF/GA	GF/GA	Tests	GF/SA	GF/SA	GA/SA/GF	GA/SA/GF	GA/SA/GF	GA/SA/GF	GA/SA/GF	GA/SA/GF	GA/SA/GF	GA/SA/GF					

<b>Codes:</b>	<b>General</b>	<b>Floorball</b>	<b>Fitness</b>	
	FG - Friendly Games	A - Attacking	C - Coordination (Balance)	Sp - Speed
	GA - Game Analysis	AC - Attacking Combinations	E - Endurance	SpE - Speed Endurance
	GF - Game Feedback	D - Defensive	ES - Explosive Strength	StE - Strenth Endurance
	N/A - Not Applicable	DC - Defensive Combinations	ITP - Individual Training Plan	Tests - Physical Tests
	SA - System Analysis	IPS - Individual Playing Skills	R/R - Recovery/Regeneration	
Tour - Tournament	PS - Playing Systems	S - Strength		