



Appendix 19

- Sports massage therapist (2001)
- Material keeper/masseuse for the women's national team (2002-)
- Involved with floorball since 1993, as a coach since 2001 (girls)
- Student at Vierumäki Sport Institute; Degree Programme in Sports and Leisure Management
- Work placement at IFF September 2006 – March 2007

Coaching Manual For IFF

- A coaching material for:
 - Coaches on different levels depending on the level of the sport in that specific country
 - Those who seek English material about coaching floorball
- Consists of three sections
 - I. Individual Skills
 - II. Team Tactics
 - III. Special Situations
- Drills combined with drawings and explanations
- Emphasis on explanations answering questions WHY to teach certain skills and especially HOW to teach
- Easily downloaded from IFF's web site
- Editable version with drill templates
- Can be used in addition to the material in the Coaching Seminars
- Open for all ideas and suggestions