



ONE WORLD  
ONE BALL  
FLOORBALL

# PARENT'S GUIDE



## Practical tips for parents, to help enable girl's participation in floorball.

For kid's team activities to be successful there needs to not only be players, but adults to help. Read about how you can participate in your daughter's team - even just a small contribution can make a difference!

### WHY do I need to get involved?

- Your involvement shows your support of your child's participation
- Your encouragement helps give them self-confidence
- Your shared enthusiasm for their hobby will strengthen your child-parent relationship
- You can help develop their enjoyment of physical activity which will benefit them for the whole of their life

### HOW can I get involved?

- **Volunteer:** it would be great that as many parents as possible are involved in the team's organisational activities.
- **Go and watch training:** your child might not want you there all the time but they do like to know you are present sometimes.
- **Watch your daughter play:** share the experience with them
- **Go and watch a game with friends:** let them learn by watching others play and by talking about what they see with their friends or teammates.

#### Why is participation good for girls?

- It's fun
- Physical activity gives long-lasting health benefits
- Helps to improve self-confidence and self-image
- Teaches new skills—both physical and social
- Girls who participate in sports are more likely to achieve academic success
- Gives a sense of belonging

#### What stops girls from participating?

- Lack of access to activities and facilities
- Parent's lack of time or lack of support
- Not having anybody to do the activity with
- Cultural and social views
- Costs of participation
- Lack of confidence
- Negative peer pressure
- Conflict between wanting to participate in physical activity and wanting to appear feminine



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## Role of Parents for Girls

### Participation

- The level of participation should always be agreed upon jointly by the parent and child
- Parents should not always watch the children's training. This way the child does not feel that their parent is checking on them all the time and can concentrate better on their training. However, it is of course good to watch training sometimes, for example when your child has learnt a new skill and wants to show it off to you

### Transport

- Ideally, the training place should be close by to make it possible for the child to get there themselves
- Or try to arrange a carpool for several players living near to each other - this way one parent does not always have to take their child to every practice, and a child's participation is not limited by their parent's schedule or availability.

### Share the experience

- Spend time playing with them outside with a stick and ball, giving them lots of positive comments. Even just a short time spent with your child will encourage them to continue.
- Most children would like to see games with either older children or adults playing. Try to arrange to go and watch a game with other friends. Let them learn by watching others play

### Support

- It is good to acknowledge that disappointments will help your child to grow. There is no sense in trying to win games by any means possible.
- The game can be successful, even if the reward of winning is not always received. For this reason, the first question to a child after a game should not be "Did you win?", but rather, "Was it fun?" or "Did you play well?"



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## Be a good spectator

Watch your daughter play - but remember a few rules:

- Positive encouragement only
- No shouting advice while they are trying to play or practice - it will have a negative impact on their enjoyment and desire to participate. When your child is on the field they should be busy concentrating on playing not listening to the audience
- Let them learn to make the right decisions on the court themselves. During the games, they should be getting instructions only from mentors and coaches on the bench
- Show respect to the referees and coaches. Often the actions of a parent in the stands can be terribly embarrassing to a child, not to mention the poor example that it gives
- Instead of criticism, it is important to appreciate the organisers and volunteers because, without them, your child would not have the opportunity to play floorball

### BASIC RULES OF THE GAME

- Floorball is a team sport played with two teams of 3-5 court players and a goalkeeper (depending on the age of the players and the court size)
- A full floorball court size is 40m x 20m, but juniors often play on a smaller court with smaller goals
- The winning team is the one that scores the most goals during the match
- The ball is mainly played with a stick, but the ball can also be controlled with the body or foot
- In Floorball you are **not** allowed to:
  - hold, hit or lift the opponent's stick
  - play at the ball between an opponent's legs
  - deliberately touch the ball with your hand
  - play the ball with the stick or with the leg above the knee level
  - hold, push or block the opponent
  - play without a stick
  - play while lying on the floor
  - play the ball by jumping
  - pass the ball to a team mate by using the foot or leg
- Playing time is divided into periods. The number and duration depends on the players' age and the level of the game. In general, mini-floorball matches consist of 2 x 10-15 minute periods, junior floorball games are 3 x 15 minute periods and adult matches are 3 x 20 minute periods



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## Participation in the team

A big problem for girls' teams is often the lack of volunteers. Each team needs lots of people in the background so that things run smoothly and having many people do a little bit each is better than one person having to do everything.

### Even a small contribution can make a difference!

**COACH:** Someone with a small experience in coaching is useful, but of course not necessary. Information on coaching and learning about the game can be obtained from your local club, regional organisation, National Federation or from the IFF.

**TREASURER:** Manage a team account, receive and pay invoices, and collect fees for the team. The treasurer lightens the workload of the team manager, who would otherwise have to do this job.

**WARM-UP & COOL-DOWN:** Before and after each training and game there should be a short warm-up and cool-down, such as slow jogging and stretching. Offer to volunteer to do the first couple of exercises and then get someone else to do a few more. This helps to give the coach time to plan and organise the other parts of the training.

**ACTIVITY ORGANISER:** It is good to have a few team events a year that have nothing to do with playing (for example, a season opening party or Christmas party). This is a good way for all of the children and parents to interact and get to know each other better. It is also a good way to thank parents who have been helping throughout the season. These events could be combined with other teams in your club as well.

**MATERIAL KEEPER:** It is good to have someone at games, and often at training as well, to look after the equipment. They can make sure there are balls and markers ready, and that they are all collected at the end of training or after a game. Make sure there is a first aid kit and keep it full of the most necessary items. Children often need to be reminded of all the things they need – their stick, shoes, glasses, water bottle etc, and each team can have several parents who alternate in this job.

**TEAM MANAGER:** Looks after the main tasks of organisation and communication. Acts as a link, between the coaches and parents, making sure that everyone gets the important information. Manages the training bookings, tournament entries and other arrangements. Convene meetings of parents.

**MATCH OFFICIAL:** When there are organised matches, each team is often responsible for arranging at least one tournament per season. There needs to be people to time the games, keep score and make sure all the match protocol is followed. This requires officials.

**PUBLICITY / WEBSITE:** Team websites are an easy way to communicate when they are updated on a regular basis. Update your team's website with training times, match results and news from the team events. News can be written by more than one person and put on your website or simply link to news stories written on other sites that relate to your team.



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## Equipment

Floorball does not really require very much equipment but there are some basics that should still be considered. For young floorball players the most important equipment is indoor sport shoes, the stick and eye protection.



**SHOES** When choosing shoes for floorball pay attention to the support and flexibility the shoe gives for sudden stopping and direction changes.

**STICK: Length:** An appropriate length for the floorball stick is such that when the stick is held upright with the blade on the floor, the top of the stick should come to the navel. Too long a stick is difficult to handle, and it undermines the conditions for playing. Too short a stick is also not good to play with and is not good for your back.



**Flex:** In addition to the length of the stick, another important feature is the stiffness (or flex) of the shaft of the stick. The stiffness refers to how many millimeters the stick shaft bends. The larger the number, the more the shaft bends. Junior player's sticks must be flexible enough to allow the player the most power. A flexible shaft helps to make controlling the ball easier. Generally, junior sticks have a flex of 30mm or more.

**Blade:** The blade of the stick is the most personal part as it can be shaped or moulded, within the limits of the rules, to each player's preferences. Many blades are already pre-moulded. The hardness and shape of the blade also affects passing and shooting. Junior's blades should not be too hard – a softer blade helps to give some added power to shooting and also a better feel for the ball.



**SAFETY GLASSES:** It is good for all junior players to use safety glasses while playing to help prevent eye injuries. In choosing the safety glasses the most important features are the fitting and the quality of the safety glass (plastic)

**GOALIES:** The goalkeeper uses a helmet with face mask, a padded shirt and padded pants, kneepads, elbowpads, and sometimes gloves.



## Healthy Food



As young floorball players grow they build their strength and endurance, as well as learning the skills and tactics of the game. They must also learn to eat and drink properly, so that they become good athletes.

Healthy food helps the body become stronger, increases movement and power, as well as helping to reduce the build-up of acid in the muscles during exercise. Eating sensible snacks, having a balanced diet and doing physical activity every day helps to build a strong foundation for the body to grow.

Good food for young athletes includes a diet of carbohydrates - that provides a source of energy for the muscles and the brain; protein - for tissue regeneration and increasing muscle strength; a suitable amount of good fat; and plenty of vitamins and minerals.

Fluid that is lost by sweating needs to be replaced. Encourage them to drink water, rather than soft drinks or juice. It is better for their health and better for your wallet.

