

floorbball

DEFENCE

definition

- ❖ defence is when we don't have the ball
- ❖ remember... "offence sells tickets - defence wins games"....!!!

basic rules

- ❖ **defence is everybodys responsibility**
- ❖ **compact team play**
- ❖ players in dangerous positions are closely marked, otherwise we just keep an eye on them
- ❖ communication from behind (keeper ⇒ defence ⇒ offence), we talk to each other
- ❖ we need our forwards for defence (sometimes deep into our own half)
- ❖ in close vicinity of the ball we always try to be in numerical superiority (double)
- ❖ our opponents are never in numerical superiority in front of our goal
- ❖ our position is between our direct opponent and our own goal
- ❖ watch the ball, the stick and the player not only the player
- ❖ no space / no time for (ballkeeping) opponents
- ❖ **stick against stick, body against body**
- ❖ we show the reaching area of our sticks as late as possible

team tactics

- ❖ we play a flexible man orientated 2:1:2 zone defence (every player is responsible for a certain zone and the player within this zone); no close marking over the entire field, you can hand-over players, you can leave your zone
- ❖ **never let yourself outrun by the opponent with the ball (gain speed before your attack and "push" him to a safe zone (zones close to the rink, away from our slot)**
- ❖ **we ultimately defend the slot and allow no shots on goal from this area (blocking)**
- ❖ we try to force our opponents into a certain direction (from the middle to the outside) by attacking with the stick from the middle (not body - danger of outrun)
- ❖ uncontrolled balls in front of our goal are played out immediately (stick, foot, ...)

individual tactics

- ❖ I always know where the ball is and where my direct opponent is
- ❖ in a 1-1 situation **I use my body** to defend the ball (turn around and cover the ball)
- ❖ I defend according to the rules (I don't use my hands, I use my upper body)
- ❖ **my stick blade is always on the floor**

f l o o r b a l l

D E F E N C E

fore-checking

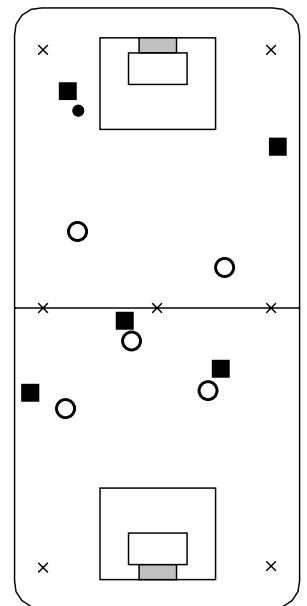
- what: ❖ defensive play that starts in our opponents' field area
 ❖ remember: fore-checking is teamwork (mostly the second or third player wins the ball)
- why: ❖ to stop our opponents' starting their offensive play
- how: ❖ prevent the first pass
 ❖ try to interfere as much as possible to force them to a bad pass - win the ball (turnover)
 ❖ persistent work with stick and body (within the rules)

(1) direct the opponents' offence (2:1:2, 2:2:1)

- when: ❖ against stronger or equal opponents
 where: ❖ starts 2-4 m into the other half

- ❖ strong-side forward - close long line pass
- ❖ weak-side forward - watch the other defender
- ❖ centre - middle zone coverage
- ❖ defenders - close gaps to own offence

- ❖ against stronger opponents fore checking starts at the middle line
- ❖ our goal is to steer our opponents (e.g. to outer (safe) position if opponent team has good center players, or to center if we have strong center players)
- ❖ after directing we start to double the opponent (centre/forward, forward/defender, centre/defender)

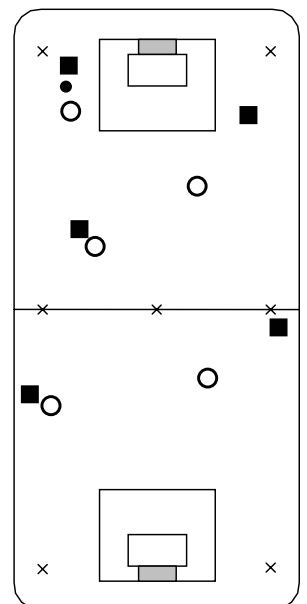


(2) aggressive fore checking (2:1:2)

- when: ❖ against equal or weaker opponents or, if we are down 1 or 2 goals in the last minutes
 where: ❖ starts deep into the other half
 how: ❖ pressure against ball possessor, 1 on 1 close marking

- ❖ strong side forward - pressing
- ❖ weak side forward - cover the middle / intercept passes
- ❖ centre - close marking
- ❖ strong side defender - close marking
- ❖ weak side defender - cover the middle

- ❖ mark more closely as the opponents approach our goal

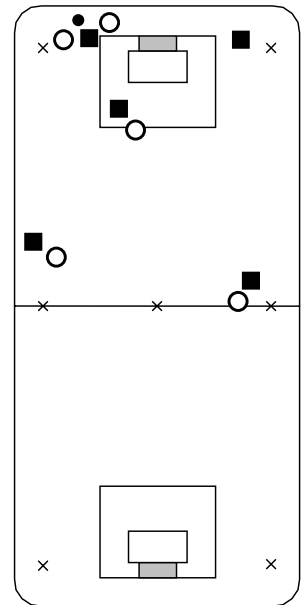


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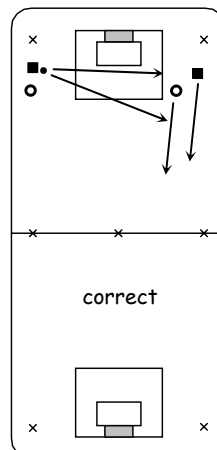
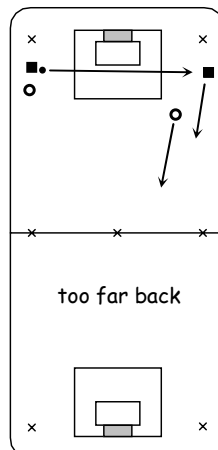
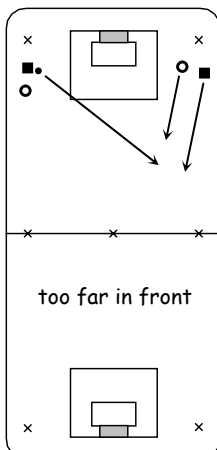
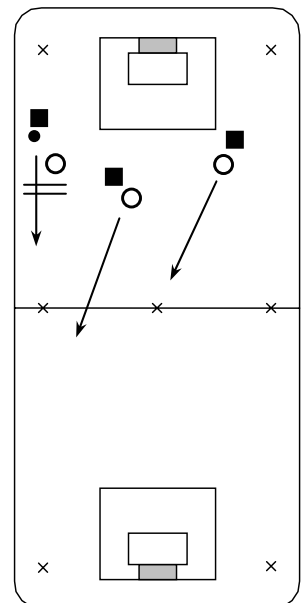
(3) pressing (2:1:2)

- when: ❖ against much weaker opponents or,
if we are down 1 or 2 goals in the last minutes
- where: ❖ to be played on the entire field
- how: ❖ massive fore checking, interfere all passes
❖ tackle every player and win the ball (within the rules)
- ❖ forwards - double the player with the ball
 - ❖ centre - close marking of opponents centre
- supports fore checking
 - ❖ defenders - close marking of the opponents forwards
- ❖ counter attack possible - prepare for back checking



back-checking

- ❖ every fore checking can be interfered by our opponent
- ❖ back-checking is the unplanned transition from offence to defence (intercepted passes, ...)
- ❖ prevention of direct danger for our goal (pass into our slot, power play situation against us, ...)
- ❖ **an overrun forward runs back until deep into our own half and puts pressure on his opponent**
- ❖ **always run the whole distance with your opponent push them into safe areas (out of the slot)**
- ❖ **all other players move quickly to their defensive positions (still trying to intercept passes)**
- ❖ the centre supports the strong side forward, the weak side forward then always runs through the middle (see right picture)

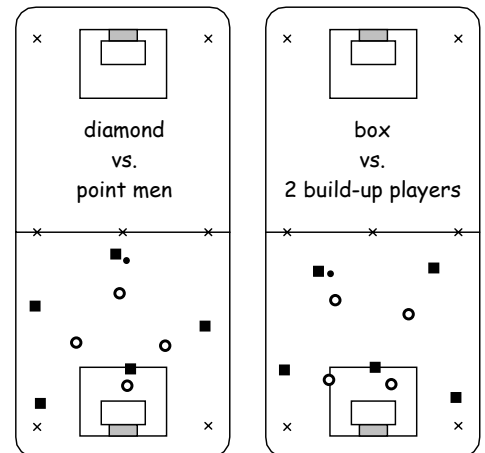


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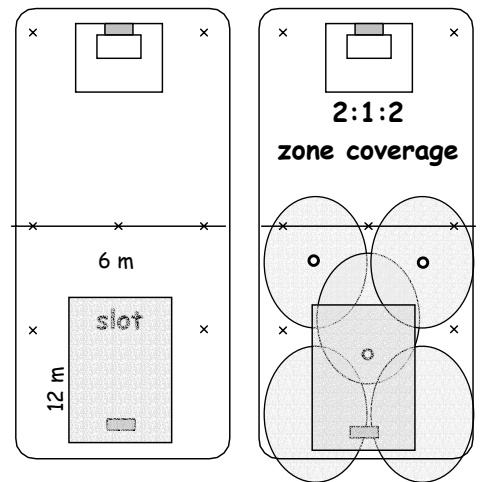
Short-handed defence

- ❖ there are two systems depending on the offensive play of the other team (see right pictures)
- ❖ the whole figure shifts towards the ball side / the side where the opponent has numerical superiority
- ❖ **always have your stick on the floor**
- ❖ we always cover the slot and allow no shots from this area
- ❖ **compact play is essential to survive**



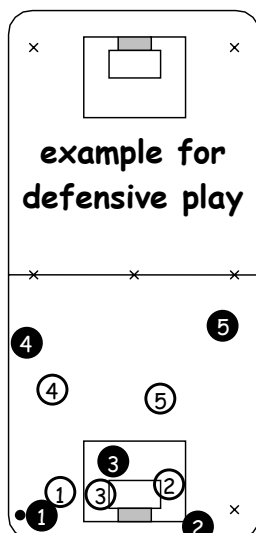
Some explanations

- ❖ slot: see right picture
- ❖ 2:1:2 system: see right picture
- ❖ strong side: the side where the ball is
- ❖ weak side: the other side



Free hits defence

- ❖ directly after the whistle (3m distance incl. stick)
- ❖ usually 2 players, if less than 6m up to 3-4 players (generally: same numbers of players in the wall as the opponent team has players at the ball to play free hit)
- ❖ a wall usually consists of the centre and the strong side forward (but depending on situation: directly after the whistle: the player standing in the direct defence line between ball and goal starts to form the wall)
- ❖ closer to our goal the centre, strong side forward and strong side defender (+ weak side defender)
- ❖ use your entire body area, upper body upright, one knee on the floor, stick parallel on the floor



- ❖ defender ① attacks forward ① (should even follow him behind the goal)
- ❖ centre ③ covers centre ⑤ and closes the first goal post if forward ① goes behind the goal to prevent the pass from there into the slot; he also tries to intercept a possible pass from forward ① to forward ②
- ❖ defender ② covers the zone in front of the goal and goes to the second post if forward ① goes behind the goal or passes to forward ②
- ❖ forward ④ returns deep into our own half to intercept the pass from forward ① to defender ④; he also helps if forward ① starts to run in a bow onto our own goal
- ❖ forward ⑤ covers the rear area in front of the goal and prevents the diagonal pass to defender ⑤; if forward ① passes to forward ② (and defender ② subsequently went to the second goal post) forward ⑤ moves into the central area in front of the goal and covers centre ⑤; forward ④ then prevents the diagonal pass to defender ④