



## Floorball

### Stick-Handling (Dribbling)

- Narrow (Short Dribble)
- Wide (Long Dribble)
- Forehand Spin
- Backhand Spin
- Toe Drag (Tipping)
- Mini-Lob

### Stick-Handling Drills

- Juggling
- Hands & Feet
- Straight Cones
  - Stick Slalom
  - Forehand
  - Backhand
  - Toe-drag to Wide
  - Dekes
- Staggered Cones
  - Slalom Handle Wide
  - Slalom Spins
  - Pivots
- Figure 8's
  - Wide
  - Narrow
- Mirroring

### Passing

- Sweep Pass (Across Body)
- Wrist Pass (Open Body)
- Receiving Passes
  - Cushion
  - Kill
- Drag-Lob Pass
- Wrist-Lop Pass

### Passing Drills

- Partner Passing
- Forehand & Backhand
- Two Touch & One Touch
- Follow The Pass
- Swedish Square
- Norwegian Square

### Shooting

- Sweeper Shot
- Snap (Wrist) Shot
- Slap Shot
- Backhand Shot

### Shooting Drills

- Straight Attack
- Side Attack
  - Forehand
  - Backhand

### Games

- Tunnel Ball
- Knockout
- Chase Tail
- Slalom Relay Races

