

PURPOSE OF THE COACH BOOKLET

The purpose of this Coach Booklet is to provide you with a hands-on tool which also includes the Score Cards, Tags and DVD to assist you, the new coach, with learning about the game of Broomball. You will find for your use background knowledge, skill information, drills you can use, and fun games to play. Enjoy your experience with the Lace to the Top program. Have Fun!

THE NATIONAL COACHING PHILOSOPHY

In the National Coaching Certification Program, coaching is about helping other people improve and achieve their goals in and through sport, and creating a safe environment in which this can take place.

The aim of the NCCP is to:

- Provide every participant in a sport program with a positive experience

Every individual who chooses to participate in a sport program must have the opportunity to have a positive experience. The benefits and satisfaction must be such that they will be motivated to continue participating.

- Provide an opportunity for participants to achieve their full potential through sport

Each individual has unique interests, abilities, and talents. All participants must be provided equal opportunity to explore their interests and develop their skills and abilities. Sport programs must aim to challenge participants relative to their goals and capabilities.

- Use sport as a personal development tool

Sport can provide a forum in which participants can challenge themselves and others.

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LEARN TO PLAY BROOMBALL

Broomball is much like hockey but without the skates. Although this sport started out as a hobby it is now a serious sport played by many Canadians and in 16 countries around the world!

HISTORY OF BROOMBALL

Broomball is not a new sport. It is believed to have originated in Canada in the early 1900's. It is however, been difficult to verify Broomball's original roots. Perhaps, as some historians recall, creative rail workers found Broomball as a sport discipline, a recreational past time in the early 1900's.

Around the same time, about 1909, in Saskatchewan, people started playing Broomball in the winter months outdoors on frozen ponds, lakes, and rivers. This was followed later in Newfoundland and Quebec in 1910. In Montreal, employees of the Streetcar system had friendly competitions. It was played using a Number 7 soccer ball and corn brooms whose real purpose was to clean the snow and mud from the streetcar rails.

Eventually, the employees used this activity as a means of relaxing at noon hours during the long winter days, playing in the public squares. Shortly after World War 1, the game became an ongoing pastime. The idea of broom and ball-even the size of the ball-was in keeping with the width of the streetcar rails and the goal post widths were measured accordingly.

In Barrie, Ontario, locals were reported to get together on Lake Simcoe between the years of 1903 to 1905 for a friendly men's competition. However, it is believed the sport of Broomball actually started between Native Bands who passed the game onto the settlers who inherited the sport through camaraderie and friendship.

In other parts of Canada, the sport started as a recreational activity, which was played at winter carnivals in various towns, cities, and on the Armed Forces Bases. Again, very little equipment was used: the players merely wore winter boots and used ordinary corn or household brooms cut off or frozen for a bit more stiffness. The ball was usually a soccer ball. Its popularity-because of the competitive aspect, as well as the recreational aspect- has made it into the sport it is today.

The type of broomball played continued in various parts of Canada until the early 1960's, when the competitiveness of the sport led

to the formation of leagues within the communities. The skill level of the game greatly improved and in the mid 60's the conventional broomball shoe was introduced, followed by the factory-made brooms and balls.

As broomball moved into the 70's the game began to move indoors, away from the cold and snowy conditions which often affected the playing of the game. Teams began to move to travel to other communities to participate in games and tournaments. Consistent rules were a problem. The Western Canadian Broomball Championships were introduced in the 1970-71 season. The Canadian Broomball Championships emerged in 1977. By the end of the 1970's, every Province had established a Provincial Association to help standardize rules and offer Provincial Championships.

In 1976, the first meeting of the CBF was held with representation from the Provincial Associations. Through this meeting, the first Canadian Championship for men was organized and held in Calgary in April of 1977. A women's category was introduced in 1978. In 1980, the National Championships welcomed its first team from the Northwest Territories, making a truly national event.

The rest is History.....

Whatever the beginnings, over 100 years later, men, women, and children still enjoy the excitement of this winter game. Broomball is a very family oriented game as kids play with their parents, husbands with wives. Broomball combines a social gathering with physical activity, team work, and sportsmanship.

Broomball has also spread to the International level with the IFBA. Teams from all over the world take place in a tournament every two years.

Broomball has come a long way from the streets and Winter Carnivals of small town Canada into a National Launch of the Lace to the Top Program in 2013. There is no stopping us now!

WHY PLAY BROOMBALL?

- Anyone can play- no skates required!
- Fun and exciting
- Fast paced
- Inexpensive sport with minimal start-up costs
- Make new friends
- Good exercise

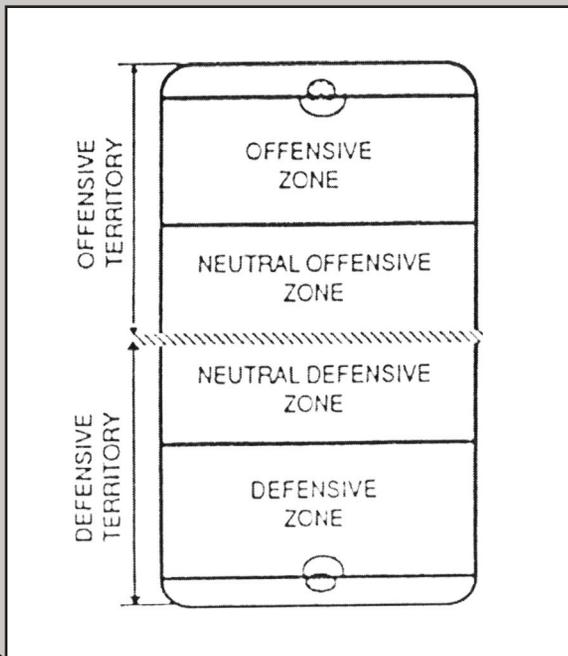
THE BROOMBALL GAME

There are six players on each team during a Broomball game, one goaltender and five players. A regulation game has two 18-minute halves and the objective is to score more goals than your opponent. Much like hockey there are penalties for breaking the rules such as high broom and roughing.

BROOMBALL EQUIPMENT

All you need to start playing Broomball is a broom, special rubber-soled shoes, and a CSA approved helmet with full face mask. Goaltenders need also body protection.

BROOMBALL SURFACE ZONES



EQUIPMENT NEEDED TO RUN THE LACE TO THE TOP PROGRAM

- Balls- enough for one per person if possible
- Brooms- each player should have their own broom of the correct length
- Goals- at least two nets
- Pylons- as many as possible
- Whistle- the Coach should have a whistle
- Tape- for marking targets on the boards
- Plastic milk cartons or some sort of bucket (4 or 5) would be good for targets

FUNDAMENTAL LEARNING FOR PLAYERS AGES 5 THROUGH 12

What is Lace to the Top?

The Lace to the Top program has been specifically designed for young Broomball players. Players participate in a combined practice/game structured activities, while progressing through five skill levels. At each level, they will earn a specific shoe lace tag colour. (white, light blue, green, dark blue and red). The Lace to the Top Program meets with requirements of the FUNdamental and Learn to Train stages in the Long Term Athlete Development plan (LTAD).

GOALS

- Create a fun broomball environment for both children and adults.
- Teach broomball skills, rules, and strategies to the players.
- Model and teach good sportsmanship.
- Promote and increase self-esteem among young athletes.

BENEFITS

- Increases one on one learning opportunities in small group sizes.
- Develops proper mechanics such as movement on ice and broom handling.
- Teaches game knowledge and strategies.
- Develops skills in a structured manner.
- Provides coaching material to assist coaches in efficiently and effectively, enhancing each young broomball player's learning of the game.

What is Lace to the Top?

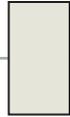
Why should young broomball players participate in this program?

- Fun Environment
- Learn Broomball skills, rules, and strategies
- Learn Sportsmanship
- Increase Self-esteem
- Achieve Personal Goals

It would be good to also register for BF2 which stands for Broomball for Fun. This can be done by going to www.broomball.ca and then go to the BF2 corner (left side). Open it and click on Register for BF2 (red printing). This is the link: <http://www.broomball.ca/modules.php?name=BF2>

Once registered you will receive other information.

**THE FOLLOWING PAGES EXPLAINS THE CONTENT
OF EACH OF THE 5 TAG COLORS**



Movement on Ice

SKILL

Basic stance demonstrated at all times.

GOAL OF SKILL

The basic broomball position is important for maintaining balance on ice.



KEY POINTS TO REMEMBER

- Knees are slightly bent
- Position feet shoulder width apart
- Weight is positioned evenly over the feet
- Trunk is leaning slightly forward
- Weight is on the entire surface of the sole of the shoe
- Head is held up and eyes are focused on the play
- Both hands are on the broom, held in front of the body and close to the surface of the ice

POSSIBLE DRILLS

1. Put the broom on the ice in front of you. When a verbal signal such as "Assume the Position" is given, pick up the broom, and assume the position (Basic Stance) Do this several times in a row. The young athlete will soon understand what a basic stance is by repetition.

Broom and Ball Handling

SKILL

Basic stance demonstrated at all times.

GOAL OF SKILL

To improve the handling of the broom.

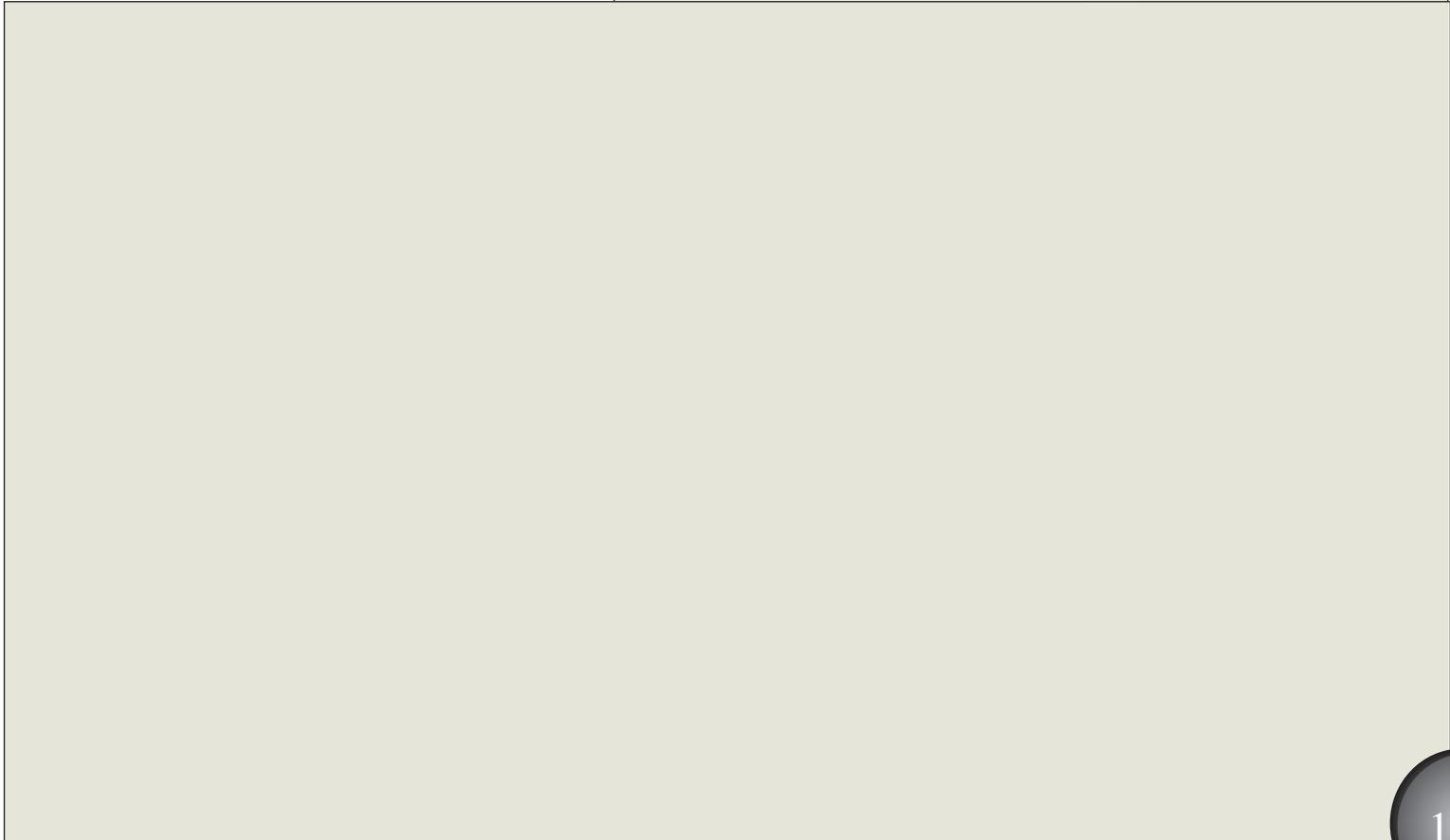


KEY POINTS TO REMEMBER

- Assume the basic stance
- Hold the broom with the top palm facing down and the bottom palm facing up
- The hands should be spaced 15-30 centimetres apart in a position that is comfortable, about shoulder width apart
- The broom rests on the ice on its narrow edge at about a 45 degree angle
- The elbows are held close to the body

POSSIBLE DRILLS

1. Put the broom on the ice in front of you. When a verbal signal such as `` Assume the Position`` is given, pick up the broom, and assume the position (Basic Stance) Do this several times in a row. The young athlete will soon understand what a basic stance is by repetition. Check carefully how they are holding the broom.
2. While holding the broom correctly, have the athlete walk forward, stopping on command, demonstrating the basic stance.
3. While holding the broom correctly, have the athlete run slowly forward, stopping on command, demonstrating the basic stance. Increase the speed gradually.



WHITE TAG LEVEL

Movement on Ice

SKILL

Walk forward and backward from boards to boards.

GOAL OF SKILL

Effective forward and backward movement on ice.



KEY POINTS TO REMEMBER

- Sole of broomball shoes must be flat on the ice
- Broom is held with both hands
- Head is up
- Knees are bent
- Toes are pointed forward

POSSIBLE DRILLS

1. Walking forwards and backwards from boards to boards.
2. Follow the Leader, forward or backward, following various lines and circles on the ice. Start by walking and then gradually introduce running.
3. What time is it Mr Wolf? One player is in front of the rest of the group. That person is facing away from the group so that he/she cannot see the other players. The whole group walks behind that person asking the ``wolf`` what time it is. The ``wolf`` will respond by saying a time ie. 2 o` clock. When the ``wolf`` says dinner time, he/she will turn and chase the team members, trying to catch as many as he/she can before they touch the boards (Safe zone). Those being chased can only walk to begin with and then gradually allow them to run. The ``wolf`` then returns to his/her spot out front and the game begins again. Those caught assist the ``wolf`` in catching others. The game ends when everyone has been caught. The ``Wolf`` can be changed at various times to allow others the opportunity to be a leader.

Movement on Ice

SKILL

Slowing down and stopping properly.

GOAL OF SKILL

Effective stopping while moving on the ice.



KEY POINTS TO REMEMBER

Forward Stop

- Lower centre of gravity
- Plant feet staggered
- Maximize the use of the entire sole of the shoe
- Knees and hips are flexed
- Head up, eyes focused on the play
- Keep both hands on the broom when possible, ready to receive a pass

Sideways Stop

- Lower the centre of gravity
- Turn the body sideways
- Plant feet slightly staggered
- Knees and hips are flexed
- Maximize the entire sole of the shoe
- The head is held up and eyes are focused on the play
- The head of the broom is held in front of the body, as close to the surface of the ice as possible, ready to receive a pass

POSSIBLE DRILLS

1. Stop and go on a given signal, starting with verbal instructions, then change to non verbal signals. Begin without a broom and ball, gradually add the broom, then the ball.

Broom and Ball Handling

SKILL

Dribbling the ball when walking.

GOAL OF SKILL

Keep control of the ball when moving.



KEY POINTS TO REMEMBER

- Assume basic stance
- Broom is held with both hands shoulders width apart
- Hand grip is firm, but the wrists and arms should be relaxed
- Tap lightly on either side of the ball without losing control of the ball
- Use peripheral vision to see the ball
- The head is up, keeping the eyes on the ball and the play at the same time

POSSIBLE DRILLS

1. Each player, if possible, has a ball. They dribble from one side of the ice or the gym to the other without passing the ball. If there are not enough balls then a player can work with a partner taking turns in dribbling the ball from one side to the other. The player can start at a walking pace and then the speed can be increased. Other lines in the gym or ice can be used to practise dribbling such as around circles etc.

Broom and Ball Handling

SKILL

Push pass from 2m from the boards.

GOAL OF SKILL

To be able to pass the ball a short distance accurately using a pushing motion.

To utilize the pushing movement of the forearms to pass the ball.



KEY POINTS TO REMEMBER

FOREHAND PASS

- Position of the hands same as dribbling
- Head of the broom is in contact with the ball
- Ball is behind the rear foot and body is turned sideways
- Majority of the body weight is on the rear leg
- Eyes locate the target, ball is in peripheral vision
- Hands are gripped firmly on the broom
- Arms push the ball in front of the planted foot.
- Weight is transferred from rear foot to front foot as the body rotates in the direction of the target

BACKHAND PASS

- Technique is the same as push pass forehand

POSSIBLE DRILLS

1. Push pass forehand to a wall or boards. Start about 1 metre away and gradually increase the distance away until about 2 metres away.
2. If the athlete is ready Push pass forehand to a partner. Increase the distance apart slightly.

Broom and Ball Handling

SKILL

Receive the ball properly 7x's out of 10.

GOAL OF SKILL

To be able to receive a pass using the broom and eventually various parts of the body.



KEY POINTS TO REMEMBER

- Be aware of the opponent's position
- Keep eyes on the ball until contact is made
- Cushion the ball on impact

POSSIBLE DRILLS

1. Receive passes below the knees with the hands, legs, or the broom with a partner. The one partner passes the ball to the second partner, who controls the ball using a proper technique before passing it back to the first player.

COACH AND TEAMMATE NAMES

It is important to establish what the young Broomball players are to call you. It might be very formal such as Mr/Mrs/Miss or it could be something like Coach Rob.

Games can be played in the dressing room to help the players learn the names of their teammates especially if they are players coming from a number of schools/communities. Nicknames can be used but be careful they are accepted by the player with the nickname. The players need to be respectful of one another and the coach. The game can be as simple as calling out the name of the person being pointed out by the coach.

GETTING UP AFTER A FALL

Getting up after a fall is a little tricky especially on the ice surface. When a player falls it is important for a player to re-establish their balance using their body and broom to get into an upright position. Get into a position where both knees are together on the ice and the broom is held in front of the body with both hands. Using one leg, bring the knee upwards until the complete sole of the shoe is flat on the ice. Push upwards with that foot and use the broom for balance. The broom should be held in a position similar to the basic stance, with the head of the broom on the ice surface.

To practise falling, the player can go down onto both knees, one at a time and then get back up. This can be done on the spot and the players should be reminded to be very careful not to drop down on both knees at once and they should also wear knee and shin pads for protection.

The Mandatory Equipment for Broomball players includes the following:

1. a CSA approved helmet (all screws and hardware must be in place and all straps secure) is to be worn with a full face mask (with no cracks or major scratches);
2. the Broomball broom consists of a wooden or aluminum handle and must be as commercially produced for broomball (can be cut to a shorter length but must meet the required length);
3. special broomball shoes that fit properly and with a tread in good condition, need to be worn when on the ice;
4. elbow pads that fit properly and do not slip around need to be worn;
5. knee pads should fit securely over the knee cap;
6. pants should not be of all weather material (slippery) for safety reasons;
7. and a team shirt completes the equipment for the broomball player.

Goal keepers need to wear a chest protector that fits snugly, covering between the neck and hips and is fastened securely. The goal keeper may also use a blocker that has no rips or tears in the palm and the tips of their fingers should not go completely to the end of

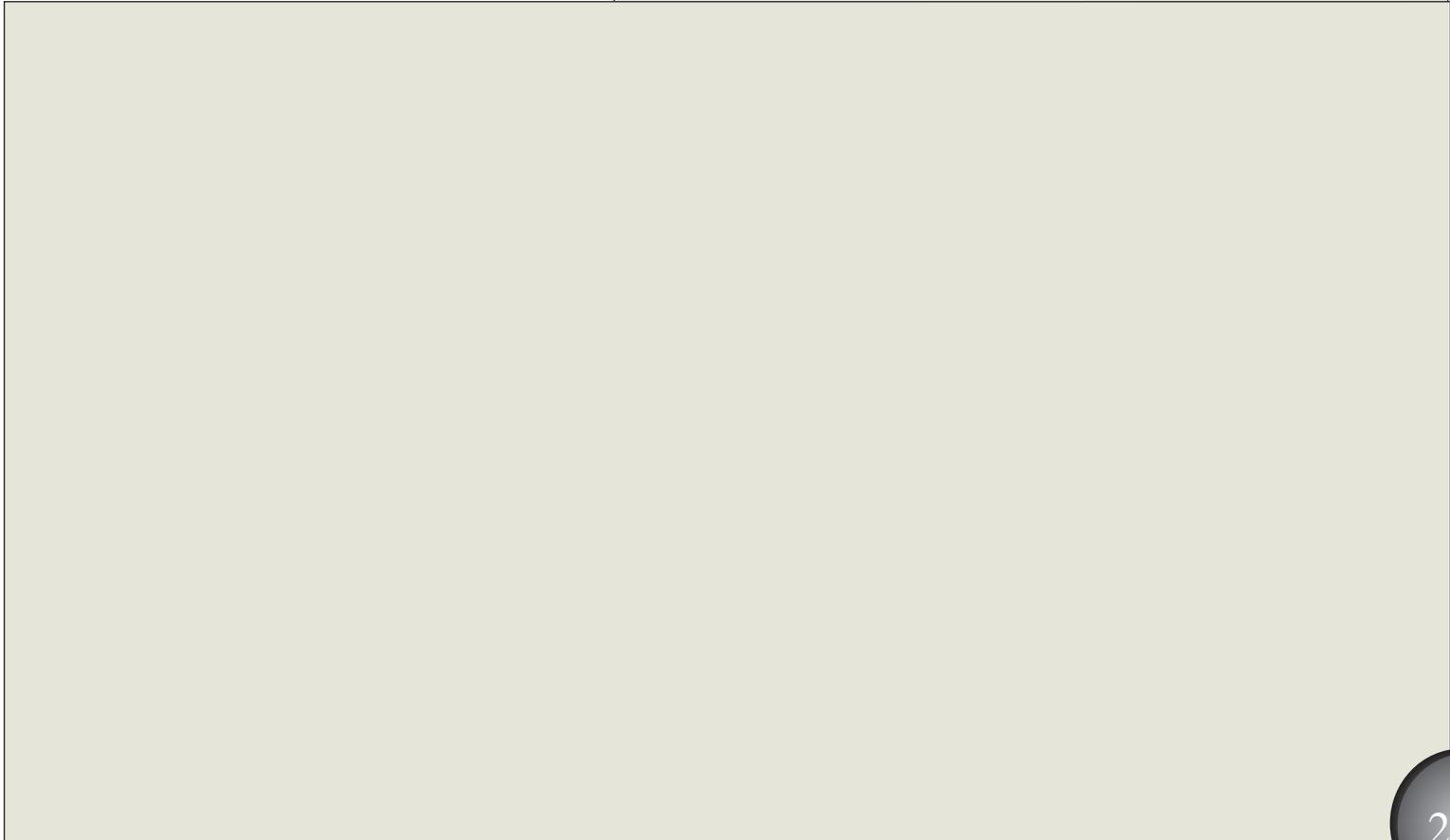
Other Equipment may include:

1. gloves that are small and light enough to have control and mobility are recommended but are not mandatory (could include hockey and ringette gloves);
2. athletic protection is recommended especially for the boys;
3. shin guards are also recommended but are not mandatory;
4. mouth guard can be worn as extra protection for the teeth.

RULE

If your broom breaks then it must be dropped on the ice immediately. To hold on to a part of the broken broom results in a two minute penalty. Referees will remove the broken parts of the broom, not the players.





WHITE TAG LEVEL

Movement on Ice

SKILL

Running slowly forward and backward and stopping properly.

GOAL OF SKILL

Effective forward and backward movement on ice while slowly running and using a proper stopping technique.



KEY POINTS TO REMEMBER

Running Forward and Backward

- Sole of broomball shoes must be flat on the ice
- Broom is held with both hands
- Head is up
- Knees are bent
- Toes are pointed forward

Forward Stop

- Lower centre of gravity
- Plant feet staggered
- Maximize the use of the entire sole of the shoe
- Knees and hips are flexed
- Head up, eyes focused on the play
- Keep both hands on the broom when possible, ready to receive a pass

Sideways Stop

- Lower the centre of gravity
- Turn the body sideways
- Plant feet slightly staggered
- Knees and hips are flexed
- Maximize the entire sole of the shoe
- The head is held up and eyes are focused on the play
- The head of the broom is held in front of the body, as close to the surface of the ice as possible, ready to receive a pass

POSSIBLE DRILLS

1. Players face the coach. On command, both with verbal instructions and with hand signals, the players run slowly forward or backward. When the signal is giving either verbally or with the signal for stop (both hands held up), the players are to stop using the proper technique. The players ``Assume the position`` when they stop so that they are always in control and ready to give or receive a pass or take a shot. Gradually the verbal instructions are removed and the players must keep their heads up and eyes forward so they can react to just the hand signals. This drill gets faster as the players improve.
2. Mirror Drill- Partners stand facing each other and one tries to imitate the other partner`s actions. To begin, one player must be the leader and the other the follower and then they switch roles. Start with some space between the two players and remind the players that when looking into a mirror everything is done in reverse. If the leader is going forwards then the follower is going backwards and vice versa.
3. Stop and go drills can be done with or without brooms and make sure both types forward and sideways methods are used. Good for a warm up drill. Speed can be increased with the mastery of the movements.

Movement on Ice

SKILL

Demonstrate the ability to pivot left and right using the basic stance.

GOAL OF SKILL

To turn smoothly to the right or left while running slowly.



KEY POINTS TO REMEMBER

- Slow down and lower the centre of gravity
- Turn foot 90 degrees in the direction of the turn
- Stride forward with the opposite leg in the new direction

POSSIBLE DRILLS

1. Follow the leader making frequent turns left or right
2. At the sound of the whistle turn left or right, keeping head up and taking note where the other players are located.
3. Combine turning left and right with running forwards and backwards and stopping. Use verbal instructions and hand signs at first and then eliminate verbal instructions. The players will learn to keep their heads up and eyes forward so they can observe what they are required to do. Increase the speed when the players are performing the task correctly. Make sure the players spread out so that they will not run into one another.

Broom and ball handling

SKILL

Demonstrate the ability to hold the broom properly while running slowly through a series of 6 pylons.

GOAL OF SKILL

To keep control of the broom at all times.



KEY POINTS TO REMEMBER

- Assume basic stance
- Hold broom with top palm down, bottom palm up, spaced shoulder width apart
- Broom rests on the ice on its narrow edge at 45 degrees
- Elbows are held relatively close to the body
- Keep head up and eyes forward
- Lift broom slightly off the ice surface while running (always in a position to give/take a pass or shot)

POSSIBLE DRILLS

1. Start with 3-4 pylons set an equal distance apart. It is best that several groups are running through pylons at once, depending on the number of players and the number of pylons. By doing this, players are not standing around too long. The first player in the group runs through the series of pylons, alternating sides in a zigzag fashion. The next player does the same thing and so on until the entire group has gone through. The group then takes a turn coming back in the same manner. They are encouraged to move slowly and carrying the broom correctly. (no balls yet)
2. Add pylons and increase speed as the players get better.
3. Running through the pylons can also be done as a shuttle run. If there is a group of 4 players, 2 players can be stationed at each end of the pylons. One player goes first and when he/she reaches the other end, one of those players runs through the pylons. When that player is finished the next player goes and so on. It is best to start this drill by walking and then running.

Broom and ball handling

SKILL

Demonstrate the push pass with a partner, giving and receiving 7 out of 10x's.

GOAL OF SKILL

To pass and receive a pass consistently with a partner.



KEY POINTS TO REMEMBER

Push Pass – Forehand and Backhand

- Position of the hands same as dribbling
- Head of the broom is in contact with the ball
- Ball is behind the rear foot and body is turned sideways
- Majority of the body weight is on the rear leg
- Eyes locate the target, ball is in peripheral vision
- Hands are gripped firmly on the broom
- Arms push the ball in front of the planted foot
- Weight is transferred from rear foot to front foot as the body rotates in the direction of the target
- Push pass backhand technique is the same as push pass forehand

Receiving a Pass

- Be aware of the opponent's position
- Keep eyes on the ball until contact is made
- Cushion the ball on impact
- Receive passes below the knees with the hands, legs or the broom

POSSIBLE DRILLS

1. After reviewing how to give and receive a Push Pass, have partners practise the pass back and forth, stopping the ball each time before passing the ball back to their partner. They should be about 2 m apart as this is to be a short, accurate pass.
2. Set up two pylons that are about 2 m apart. Have one player closer to the boards, Push Pass to the second partner who has run from a designated spot to between the two pylons and they ready themselves to receive the pass. You are beginning to teach the players to pass to where the player is going, not where they are, so they can learn to get into an open space. Do not try this drill until they have mastered passing back and forth standing still first.

Broom and ball handling

SKILL

Demonstrate the ability to wrist pass from 2m's from the boards and receive the ball back 7x's out of 10.

GOAL OF SKILL

To pass and receive a wrist pass consistently.



KEY POINTS TO REMEMBER

Wrist pass- Forehand and Backhand

- Position of the hands same as dribbling
- Pass done while stationary or in motion
- The ball is close to the player, either in front or beside
- Broom stays in contact with the ball
- The body weight can be on one or both legs
- The eyes locate the target, ball is in the peripheral vision
- Use the whipping action of the wrists to pass the ball
- Backhand wrist pass uses the same technique as forehand wrist pass

Receiving a pass

- The broom follows through in the direction of the target
- Be aware of the opponent's position
- Keep eyes on the ball until contact is made
- Cushion the ball on impact
- Receive passes below the knees with the hands, legs or the broom

POSSIBLE DRILLS

1. Using the boards, players use the Wrist Pass to pass back and forth. The players are to use a proper technique to stop and control the ball before passing the ball to the boards again. The players should be about 2 m from the boards, but can start closer if they do not have sufficient strength to get the ball to the boards. As the player gets better then the distance can be increased to 2 m. This is a short quick pass so the players should not get too far away from the boards.

BASIC POSITIONS IN BROOMBALL

Teams in Broomball generally have one goaltender and two or three lines of players. A line consists of three forwards (a center, a left winger, and a right winger) and two defense (a left defense and a right defense). A maximum of six players are permitted on the ice per team during play.

RESPONSIBILITY OF EACH POSITION

The goaltender does everything he/she can to prevent the ball from entering the goal net thus preventing a goal. The goaltender is also in a good position to see where all players are on the ice and therefore can help direct his/her players to defending positions.

The center of the forward line takes the face off which starts or resumes play during the game. They are to always try to get into a good position to give or receive passes from other forwards or defensive players. This player should attempt to score whenever the opportunity should arise.

Right and left wing players are to attempt to get into positions to pass or receive the ball especially in the offensive zone in order to create the potential to score a goal or shoot the ball on net when given the opportunity. They are also responsible to try to stop the defensive team from trying to move the ball to the opposite end of play.

There are two defensive players on the ice. Their job is to keep the offensive players from getting too close to the goal and thus prevent the ball from being put into the net. The defence must make sure that the two opposite team wingers do not move into a free space so that the ball can be passed to them and therefore a scoring opportunity is removed. The defence help the goaltender keep the ball from entering the crease area and they also assist in moving the ball from the defensive zone into the offensive zone and therefore creating a scoring opportunity for their own team.

BASIC RULES AND KNOWLEDGE

Body Checking/Body Contact

Body checking is permitted only in some categories. Checking occurs when a player on the one team hits an opponent with a shoulder or hip to make the opponent lose control of the ball. This could take place in a one on one situation when the opponent has their head is down and you are close or if the ball carrier is close to the boards, near the net, or near the centre line.

It is permitted for players converging on the ball to make contact when one of the players is in possession of the ball. In games/divisions where checking is not allowed, incidental contact is allowed.

SLASHING

Slashing is the act of hitting an opponent or his/her broom with one's own broom, held in one or both hands, and with the intent of hampering his/her progress. A player will receive a two minute penalty.

TRIPPING

Tripping occurs when any player who places his/her broom, knee, foot, arm, hand, or elbow in such a manner as to cause his/her opponent to fall. A player will receive a two minute penalty.

HIGH BROOM

High Broom is the act of checking an opponent above his/her normal shoulder with one's broom OR the act of contacting the ball with the broom above the normal shoulder height. A player will receive a two minute penalty.

OFFSIDE

Offside is the action of an attacking player preceding the ball into the offensive territory (determined by centre red line). The position of the shoes determines if a player precedes the ball into the offensive territory. A player is not off-side as long as one or the other of the shoes touches the outer edge of the centre line. The offside does not arise however until the ball has completely crossed the outer edge of the centre red line.

Movement on Ice

SKILL

Increase the running speed.

GOAL OF SKILL

Effective forward and backward movement on ice while increasing in speed and using a proper stopping technique.



KEY POINTS TO REMEMBER

Running Forward and Backward

- Sole of broomball shoes must be flat on the ice
- Broom is held with both hands
- Head is up
- Knees are bent
- Toes are pointed forward

Forward Stop

- Lower centre of gravity
- Plant feet staggered
- Maximize the use of the entire sole of the shoe
- Knees and hips are flexed
- Head up, eyes focused on the play
- Keep both hands on the broom when possible, ready to receive a pass

Sideways Stop

- Lower the centre of gravity
- Turn the body sideways
- Plant feet slightly staggered
- Knees and hips are flexed
- Maximize the entire sole of the shoe
- The head is held up and eyes are focused on the play
- The head of the broom is held in front of the body, as close to the surface of the ice as possible, ready to receive a pass

POSSIBLE DRILLS

1. Groups of three players line up behind the blue line. The first player in each line runs to the red line, stops, using the forward stop, runs to the next blue line, stops, using the forward stop again. The second person will begin when the first person has reached the red line. When each player reaches the blue line, they turn and repeat the drill, going back the other way. This drill can be done as a competition between teams. The sideways stop can be used instead of the forward stop.
2. Groups of two or three are located at a circle. The first person in each group begins at the bottom of the circle and runs backwards to the top of the circle. Once the first person stops at the top of the circle, the next person in the group goes and so on. When the group is finished, the drill is repeated running backwards from the top of the circle to the bottom. This drill too can be a competition between teams.
3. Later on when the players are more confident in their movement on ice, these drills can be done using a ball.

Movement on Ice

SKILL

Demonstrate the ability to pivot 180 degrees on the run forwards and backwards.

GOAL OF SKILL

To perform a quick 180 degree turn from forward to backward running and from backward to forward running.



KEY POINTS TO REMEMBER

- Slow down using a shorter stride
- The pivot foot is pointed slightly in the direction of the turn
- Weight is transferred on the pivot leg while lowering centre of gravity
- Rotation is then completed as the free leg and the body are placed 180 degrees in the opposite direction
- To increase the rotation speed, the player must keep their arms and broom next to the body

POSSIBLE DRILLS

1. Players can spread out along the blue line. They begin running forward towards the opposite end of the ice. When a whistle signal is given, the player will pivot and run backwards. When another whistle signal is given, the player again pivots and runs forward and so on. Once the players have reached the opposite blue line they begin the same pattern back to the first blue line.
2. Divide the players into groups of three or four, behind a blue line, facing the red line. The first player in each line starts by running forward, halfway between the blue line and the red line they pivot and run backwards, until the red line. At the red line, they pivot and run forward, halfway between red line and next blue line, they pivot and run backward, then stop backward at the blue line. The second player in each line begins as soon as the first player has executed the first pivot. The same pattern is completed by the remaining players. Once the whole group has finished, they will return, but they will begin by running backwards. The players always pivot facing the direction of the boards.

Variation : This drill can be done so that the players pivot in the direction of centre ice.

Broom and Ball Handling

SKILL

Demonstrate the ability to increase running speed and dribble, with control, through 12 pylons.

GOAL OF SKILL

To control the ball consistently while moving as quickly as possible.



KEY POINTS TO REMEMBER

- Assume basic stance
- Broom is held with both hands shoulders width apart
- Hand grip is firm, but the wrists and arms should be relaxed
- Tap lightly on either side of the ball without losing control of the ball
- Use peripheral vision to see the ball
- The head is up, keeping the eyes on the ball and the play at the same time

POSSIBLE DRILLS

1. Each player has a ball. They move while dribbling the ball, slowly at first, then gradually increasing the speed of the dribbling as well as how fast they move.
2. A series of 6-8 pylons are set up in a row and the players must dribble the ball in and out of the pylons in a zigzag pattern. This can be done in groups of three or four. One player will start and the second player will begin when the first player is half way through and so on. When all the players have reached the opposite end they return to the beginning in the same manner. Variation: Dribble completely around the pylon before moving on to the next pylon.
3. Each player has a ball in a limited area, for example a centre circle. The players all dribble their ball around in this area. They are to try to avoid their teammates, as well as protecting the ball. Variation: A minimum of four players in a circle, in a limited area, can do the same drill. The limited area can be gradually reduced.

Broom and Ball Handling

SKILL

Demonstrate the wrist pass with a partner, giving and receiving 7 out of 10x's.

GOAL OF SKILL

Pass and receive a wrist pass consistently with a partner.



KEY POINTS TO REMEMBER

Wrist pass

- Position of the hands same as dribbling
- Pass done while stationary or in motion
- The ball is close to the player, either in front or beside
- Broom stays in contact with the ball
- The body weight can be on one or both legs
- The eyes locate the target, ball is in the peripheral vision
- Use the whipping action of the wrists to pass the ball
- Backhand wrist pass technique is the same as the forehand wrist pass

Receiving a pass

- The broom follows through in the direction of the target
- Be aware of the opponent's position
- Keep eyes on the ball until contact is made
- Cushion the ball on impact
- Receive passes below the knees with the hands, legs or the broom

POSSIBLE DRILLS

1. Review the wrist pass with a partner by passing the ball to the boards or wall and the other partner receiving and gaining control of the ball when it bounces off the boards or wall.
2. Wrist pass back and forth between partners, making sure the ball is stopped before making the next pass. Increase the distance a little but the players need to be reminded that this pass is to be a quick pass.
3. Place a bench or similar obstacle, which is 20 to 30 centimetres in height, running lengthwise down the middle of the ice or gym. With a partner, one on each side of the bench, use a wrist pass. Players should be one to two metres away from the bench. As the drill becomes easier, have the players move further away from the bench.

Broom and Ball Handling

SKILL

Demonstrate the ability to flip pass with a partner, using a hand to receive the ball back 7 out of 10x's.

GOAL OF SKILL

Flipping or raising the ball in the air, to make a short pass.



KEY POINTS TO REMEMBER

- Position of the hands on the broom same as when dribbling
- Placed head of the broom behind and slightly under the ball
- Ball can be ahead of or to one side of the player
- Body weight is evenly balanced on both legs the majority of the time, but in some cases it may be more on the front leg
- Trunk is bent slightly forward and knees are flexed
- Eyes locate the target, but the ball remains in the field of peripheral vision
- Grip on the broom is tightened at the moment of passing
- Ball is raised off the ice by lifting the forearms and flexing at the elbows (like shovelling snow)
- At the same time there is a slight extension of the leg as the weight is transferred to the lead foot
- Broom follows through in the direction

POSSIBLE DRILLS

1. With a partner, one on each side of the blue line, facing each other (stationary), use a short flip pass to pass the ball over the line. The distance between the players can be varied, but should be approximately 2-3 metres.

Variation : Use forehand and backhand flips.

2. Use the same drill as number 1 but the drill can be done while the players are moving. Dribble the ball towards the blue line, flip, then move back (run backwards).
3. Use same drill but receive the ball with broom, foot, leg, or if the ball gets higher use the hand to direct the ball down towards the feet.
4. Position the players around a circle with a ball. A basket or carton is placed in the middle. Using a short flip, the players try to put the ball into the container. The players keep trying as long as the coach decides. Variation: Use several circles at once and use it as a competition between teams of players. The players keep count of how many balls are flipped into the containers.

DEMONSTRATING THE ABILITY TO WORK WITH A PARTNER AS A TEAM COOPERATION AND A POSITIVE ATTITUDE

As the saying goes ``There is no I in Team``.

A partner is someone that you do a particular activity with, while a team is organized to work together as a group of people with different skills and tasks. With cooperation or a coordinated effort of partners and of the team, common goals can be realized. A team player willingly works with others and values other team members` efforts. Working together can achieve much more than one player who is acting alone. Each player has a different role according to strengths and by encouraging one another along the way, good things can happen.

Cooperation ensures success as a team and by working together, results that will benefit them all will be achieved. This can impact every aspect of a person`s life such as developing optimism and confidence. Optimism and confidence means a player will always expect the best possible outcome and therefore they are motivated to work towards success. Individual players experience personal enjoyment to socialize, and keep fit and healthy.

Having a positive attitude will help a player get what they want out of an activity and out of life in general, while having fun and being able to laugh.



IMPORTANCE OF BODY AND BROOM CONTROL

Broomball is made up of many different skills beginning with simple skills and progressing to more complex skills.

For broomball, the principle of balance and stability is a major component in every skill. Balance and stability are dependent primarily on the position of the centre of gravity. In the human body the centre of gravity is usually located in the trunk, around the belly button. It is, however, is not a fixed point as the centre of gravity changes as the body changes position.

Keeping this in mind, each skill needs to be broken into component parts. Each part of the movement is important in order to maintain control over the body.

The positioning and use of the broom also ensures that balance and stability are maintained during each skill. Broom control is also necessary in making sure that passes and shots reach their destinations successfully.

Body control and broom control play an important role in making sure players do not receive penalties as well. Checking in inappropriate ways can result in a penalty, as well as tripping, elbowing etc. High broom and slashing are just two of the penalties involving the broom.

CLIPPING

Clipping, in most cases, is a minor penalty. It is the act of hitting an opposing player at or below the player's knees causing them to fall. (ie. Any player who puts his/her knee to the ice, or bends very low, in order to have an opponent trip over him/her (submarining))

If a player injures an opponent as a result of his/her obstructive fall a major penalty will result.

If there is an intentional attempt to injure an opponent, a match penalty is the result.

Movement on Ice

SKILL

Increase running and pivoting speed.

GOAL OF SKILL

Perform a quick 180 degree turn from forward to backward running and from backward to forward running.



KEY POINTS TO REMEMBER

- Slow down using a shorter stride
- The pivot foot is pointed slightly in the direction of the turn
- Weight is transferred on the pivot leg while lowering centre of gravity
- Rotation is then completed as the free leg and the body are placed 180 degrees in the opposite direction
- To increase the rotation speed, the player must keep their arms and broom next to the body

POSSIBLE DRILLS

These drills are the same as with the Green Tag but the players are performing the tasks with more speed but still with control.

1. Players can spread out along the blue line. They begin running forward towards the opposite end of the ice. When a whistle signal is given, the player will pivot and run backwards. When another whistle signal is given, the player again pivots and run forward and so on. Once the players have reached the opposite blue line they begin the same pattern back to the first blue line.
2. Divide the players into groups of three or four, behind a blue line, facing the red line. The first player in each line starts by running forward, halfway between the blue line and the red line they pivot and run backwards, until the red line. At the red line, they pivot and run forward, halfway between red line and next blue line, they pivot and run backward, then stop backward at the blue line. The second player in each line begins as soon as the first player has executed the first pivot. The same pattern is completed by the remaining players. Once the whole group has finished, they will return, but they will begin by running backwards. The players always pivot facing the direction of the boards.

Variation : This drill can be done so that the players pivot in the direction of centre ice.

Movement on Ice

SKILL

Demonstrate the increased ability to run forwards, stop, and run backwards

GOAL OF SKILL

Use effective forward and backward running to move with or without the ball. Use the forward or sideways stop methods to slow down and stop.



KEY POINTS TO REMEMBER

Running Forward and Backward

- Sole of broomball shoes must be flat on the ice
- Broom is held with both hands
- Head is up
- Knees are bent
- Toes are pointed forward

Forward Stop

- Lower centre of gravity
- Plant feet staggered
- Maximize the use of the entire sole of the shoe
- Knees and hips are flexed
- Head up, eyes focused on the play
- Keep both hands on the broom when possible, ready to receive a pass

Sideways Stop

- Lower the centre of gravity
- Turn the body sideways
- Plant feet slightly staggered
- Knees and hips are flexed
- Maximize the entire sole of the shoe
- The head is held up and eyes are focused on the play
- The head of the broom is held in front of the body, as close to the surface of the ice as possible, ready to receive a pass

POSSIBLE DRILLS

1. Players face the coach. On command, both with verbal instructions and with hand signals, the players run slowly forward or backward. When the signal is giving either verbally or with the signal for stop (both hands held up), the players are to stop using the proper technique. The players ``Assume the position`` when they stop so that they are always in control and ready to give or receive a pass or take a shot. Gradually the verbal instructions are removed and the players must keep their heads up and eyes forward so they can react to just the hand signals. This drill gets faster as the players improve. This drill can add dribbling of the ball as an added challenge.
2. Follow the leader making frequent stops and changing forwards and backwards frequently.
3. Follow the leader using the various circles. Run forward around the first circle and around the second circle backwards. Travel to another circle (centre circle) forwards and around the actual circle backwards. Travel next to the fourth circle by travelling forward and go around that circle backwards. The last circle will be done with forward running. The leader can stop the group whenever they desire by calling out ``stop`` and then ``go``. This drill can eventually be done with a ball.

Movement on Ice

SKILL

Demonstrate the ability to shuffle step to the right and left.

GOAL OF SKILL

Move quickly and safely to the right and left with or without the ball.



KEY POINTS TO REMEMBER

Sideways Moving to the Right and to the Left

- Bend knees
- Position feet shoulder width apart
- Keep your head up
- Weight positioned evenly over feet
- Take a long step sideways(left or right)
- Continue with shuffle steps
- Head up with eyes focused on the play
- Maximize entire sole of the shoe
- Knees should remain flexed.

Effective Stops

- Lower centre of gravity
- Plant feet shoulder width apart slightly staggered
- Knees and hips flexed
- Maximize use of the entire sole of the shoe
- Head held up and eyes focused on the play
- Keep both hands on the broom when possible, ready to receive or make a pass

POSSIBLE DRILLS

1. Players face the coach. On command, both with verbal instructions and with hand signals, the players run slowly forward or backward. When the signal is given either verbally or with the signal for stop (both hands held up), the players are to stop using the proper technique. The players ``Assume the position`` when they stop so that they are always in control and ready to give or receive a pass or take a shot. Add to this drill lateral movement to the right and left. Gradually the verbal instructions are removed and the players must keep their heads up and eyes forward so they can react to just the hand signals. This drill gets faster as the players improve.
2. Mirror Drill- Partners stand facing each other and one tries to imitate the other partner's actions. To begin, one player must be the leader and the other the follower and then they switch roles. Start with some space between the two players and remind the players that when looking into a mirror everything is done in reverse. If the leader is going forwards then the follower is going backwards and vice versa. When the lateral movements are added the mirror image goes in the same direction. The mirror must really concentrate on what they are doing. Start slowly and then increase in speed. Change leaders frequently.

Broom and ball handling

SKILL

Demonstrate the ability to increase running speed and receive a push or wrist pass while in motion.

GOAL OF SKILL

With a partner, pass and receive a pass consistently while increasing running speed.



KEY POINTS TO REMEMBER

Wrist Pass

- Position of the hands same as dribbling
- Pass done while stationary or in motion
- The ball is close to the player, either in front or beside
- Broom stays in contact with the ball
- The body weight can be on one or both legs
- The eyes locate the target, ball is in the peripheral vision
- Use the whipping action of the wrists to pass the ball
- The broom follows through in the direction of the target

Push Pass

- Position of the hands same as dribbling
- Head of the broom comes in contact with the ball
- Ball is behind rear foot and the body is turned sideways
- The majority of the body weight is on the rear leg
- The eyes locate the target, the ball is in the peripheral vision
- Arms push the ball in front of the planted foot
- Weight is transferred from the rear foot to the front foot as the body rotates in the direction of the target
- Broom follows through in the direction of the target

POSSIBLE DRILLS

1. Partners will line up using the blue and red lines. One partner is on the red line at the boards, facing the opposite boards, while the second partner is on the blue line at the boards facing the opposite boards. The partner without the ball takes a slight lead and the other partner passes the ball to him/her. They must remember to pass slightly in front of that player so they can receive the ball easily. The partner that passed the ball then runs along his/her line and receives the pass back, slightly in front of him/her. This continues to the opposite boards. Those two players return to the start by turning to the outside of the passing lane. Once back they start over and increase their speed. Two groups can be going at the same time as there are red and blue lines at the opposite end.
2. A shuttle relay can be used to practise passing on the move. Number players 1,2,3, and 4. Numbers 1 and 3 start at one side of the ice surface, standing one behind the other, while 2 and 4 are at the opposite side. 1 starts with the ball, dribbles it across the ice until they are at about 2 m from 2. 1 then either wrist passes or push passes the ball to 2 and follows the pass and ends up behind 4. 2 dribbles the ball across the ice and passes to 3 and follows the pass to be behind where 3 was standing. The pattern continues. The shuttle run should be started slowly and the speed can be increased as they become more comfortable.
3. Pylons are placed about 3 metres from the boards. Players run slowly around the outside of the rink in pairs, with one on each side of the pylon, passing the ball back and forth using a variety of passes. Players criss-cross channels at each end of the ice. (Outside player goes inside and vice versa)
4. Players, in groups of four, form a rectangle. A player starts with the ball at one corner. That player passes to the next corner and follows his/her pass. The player who received the pass then passes the ball to the next corner and follows their pass.

This carries on using the same pattern. The wrist pass and push pass should be used.

If the ball gets out of control, the players need to stop and start again at a slower speed.

Broom and ball handling

SKILL

Demonstrate the ability to perform a wrist shot/slap shot at a target (goal) 6 out of 10x's.

GOAL OF SKILL

Using an accurate wrist shot on the goal.



KEY POINTS TO REMEMBER

Wrist Shot

- Position of the hands same as dribbling
- Pass done while stationary or in motion
- The ball is close to the player, either in front or beside
- Broom stays in contact with the ball
- The body weight can be on one or both legs
- The eyes locate the target, ball is in the peripheral vision
- Use the whipping action of the wrists to pass the ball
- The broom follows through in the direction of the target

When Shooting

- Accuracy is the most important factor
- Best results are achieved with the wide surface of the broom and appropriate angle
- Speed of execution The faster a shot is done, the harder it will be for the goaltender to react
- Speed of the ball The power of a shot is determined by the force producing movements

The location of the ball in relationship to the net, the player and the opponents determines the choice of the shot to be used.

POSSIBLE DRILLS

1. Each player has a ball about 5 metres from the boards. Using the wrist shot, the player tries to hit a target on the boards that they have chosen. Targets can be taped on the boards to help the player.
2. Players each have a ball and form a semi-circle 2m from the net. Each player takes a turn shooting at the net. They then retrieve the ball and form a semi-circle again but choosing a different position to shoot from this time. A goalie may or may not be used for this drill.

COMMUNICATION WITH TEAMMATES

Teammates can use verbal communication to make other teammates aware of where they are or are going to be especially when passing or there is an opportunity to score.

Sometimes non-verbal signals can be used to communicate such as tapping the ice with a broom or making a motion with their broom in a certain direction.



BEING IN MOTION

When playing the game of broomball, whether in a scrimmage or an actual game, it is always important to be in the right position. Offensive players need to always be moving so the defence players can be distracted and follow them around. Hopefully this will create some space in front of the net so that a pass can be made, a shot taken, and maybe a goal scored. A player standing still is easy to defend against. Defence players need to keep on the move so as to close passing lanes and therefore prevent goals from being scored. In the offensive zone, defence players need to try to keep open for those longer shots but at the same time they must be aware of where the opposition is positioned to avoid breakaways.



IMPORTANCE OF SHOWING RESPECT FOR THE OFFICIALS

Officials are an important part of the game of Broomball. RESPECT must be shown towards them at all times.

It is the duty of the official to enforce all rules during a competition or competitive activity. They must make sure all facilities and equipment is safe at the start of the game. They are to penalize any player who follows an illegal action (drugs, alcohol). An official is to see that the game progresses as smoothly as possible, creating as little interference as possible.

Unsportsmanlike Conduct towards an Official includes : any player who by his/her words or gestures argues a decision or shows contempt towards an official.

Refusal to Comply includes : any player who, after being warned, refuses to follow the official's directives.

Threatening an Official includes : any player or person in charge, who during a game, tries to intimidate the officials through words or gestures.

Molesting an Official includes : any player or person in charge who during a game, spits on or at an official, molests him/her, jostles him/her, hits him/her, or interferes with his/her work.

Threatening Outside the Game includes any player or team official, who in words or gestures, attempts to intimidate the official or coach.

Coaches must be aware of all the above situations. They are to set the example for their players and they must therefore always conduct themselves in an appropriate manner. If the Coach shows respect for the Officials it is hoped that the Players will also show respect for the Officials. It is important to set ground rules at the beginning of the season and have consequences in place should an infraction should arise. This information should be passed on to the parents as well.



CHANGING ``ON THE GO``

Players, especially younger players, are encouraged to use the doors to trade positions with other players that are coming off the ice. Usually one door is used for forwards and one door for defence. This doesn't always happen when players start playing as some players play both offense and defence. It is important players know when to change and who they are changing with, as well as the position they are playing. This is where it is very important to have help on the bench. Players coming off the ice are to have one hand on the boards in front of their players' bench before the player replacing them gets on the ice.





DARK BLUE TAG LEVEL

Movement on Ice

SKILL

Run forwards, backwards, side stepping, pivoting while increasing speed and dribbling the ball.

GOAL OF SKILL

Effective movement on ice using a variety of methods, while dribbling a ball, increasing in speed and using a proper stopping technique.



KEY POINTS TO REMEMBER

Running Forward and Backward

- Sole of broomball shoes must be flat on the ice
- Broom is held with both hands
- Head is up
- Knees are bent
- Toes are pointed forward
- Sideways Moving to the Right and to the Left (Shuffling)

Bend knees

- Position feet shoulder width apart
- Keep your head up
- Weight positioned evenly over feet
- Take a long step sideways(left or right)
- Continue with shuffle steps
- Head up with eyes focused on the play
- Maximize entire sole of the shoe
- Knees should remain flexed.
- DO NOT CROSS FEET

KEY POINTS TO REMEMBER

Pivoting

- Slow down using a shorter stride
- The pivot foot is pointed slightly in the direction of the turn
- Weight is transferred on the pivot leg while lowering centre of gravity
- Rotation is then completed as the free leg and the body are placed 180 degrees in the opposite direction
- To increase the rotation speed, the player must keep their arms and broom next to the body

Dribbling

- Assume basic stance
- Broom is held with both hands shoulders width apart
- Hand grip is firm, but the wrists and arms should be relaxed
- Tap lightly on either side of the ball without losing control of the ball
- Use peripheral vision to see the ball
- The head is up, keeping the eyes on the ball and the play at the same time

POSSIBLE DRILLS

1. Follow the Leader, running forwards, backwards, side stepping, pivoting without the ball. Change the leader often. The leader goes to the back of the line and the next person takes over as leader when the Coach calls out ``Change``.
2. Follow the leader using the same methods of movement, but dribbling the ball. Starting slowly is the key and then gradually increase the speed. Continue to change the leader in the same manner.

Variation : Change directions using hand signals with the coach further away.

Broom and Ball Handling

SKILL

Demonstrate the ability to receive and control the flip pass with a partner 7 out of 10x's.

GOAL OF SKILL

Flipping or raising the ball in the air, to make a pass. This pass can be used to clear your zone or make a longer pass to teammates.



KEY POINTS TO REMEMBER

Position of the hands on the broom same as when dribbling

- Placed head of the broom behind and slightly under the ball
- Ball can be ahead of or to one side of the player
- Body weight is evenly balanced on both legs the majority of the time, but in some cases it may be more on the front leg
- Trunk is bent slightly forward and knees are flexed
- Eyes locate the target, but the ball remains in the field of peripheral vision
- Grip on the broom is tightened at the moment of passing
- Ball is raised off the ice by lifting the forearms and flexing at the elbows (like shovelling snow)
- At the same time there is a slight extension of the leg as the weight is transferred to the lead foot
- Broom follows through in the direction

Longer Flip Passes

- Same execution steps as the short flip pass forehand
- More force is applied to get the ball to travel farther

POSSIBLE DRILLS

1. Place a plastic milk carton or a pail in the centre of one of the circles on the ice or gym floor. The players attempt to flip the ball into the container. As the player improves their flip shot, they can increase their distance from the target.
2. Two players can flip the ball back and forth to each other. The distance should be from blue line to red line between partners. They can practise stopping the ball using the broom, their feet, their knees, or the hands to gain control before flipping the ball back to their partner. Remind the players that if the ball is at the waist level or higher, they need to use their hand to direct the ball downwards, not the broom.
3. Five or six players can place themselves around a circle on the ice or in the gym. They use a variety of passes to move the ball around the area, but they do not pass to the player directly beside them. The players are to be encouraged to use a variety of passes, as quickly as possible, but always with control.

Broom and Ball Handling

SKILL

Demonstrate the ability to wrist pass/push pass with a partner 8 out of 10x's.

GOAL OF SKILL

To pass the ball quickly and accurately to a partner.



KEY POINTS TO REMEMBER

Wrist Pass- Forehand and Backhand

- Position of the hands same as dribbling
- Pass done while stationary or in motion
- The ball is close to the player, either in front or beside
- Broom stays in contact with the ball
- The body weight can be on one or both legs
- The eyes locate the target, ball is in the peripheral vision
- Use the whipping action of the wrists to pass the ball
- The broom follows through in the direction of the target

Push Pass- Forehand and Backhand

- Position of the hands same as dribbling
- Head of the broom comes in contact with the ball
- Ball is behind rear foot and the body is turned sideways
- The majority of the body weight is on the rear leg
- The eyes locate the target, the ball is in the peripheral vision
- Arms push the ball in front of the planted foot
- Weight is transferred from the rear foot to the front foot as the body rotates in the direction of the target
- Broom follows through in the direction of the target

POSSIBLE DRILLS

1. Partners are standing opposite of each, one on the red line and one on the blue line. They wrist pass back and forth 10x's, then push pass 10x's back and forth. They are aiming at accuracy with the passes, aiming to be successful 8x's out of 10 x's.

Broom and Ball Handling

SKILL

Demonstrate the ability to perform a half and full drive shots while moving towards the target 6 out of 10x's.

GOAL OF SKILL

To shoot accurately on goal using a half and full drive shots while moving.



KEY POINTS TO REMEMBER

Half Drive Shot

- This pass is powerful and accurate
- At the beginning of the backswing, the lower hand slides up the broom to meet the other hand
- Feet are sideways to the direction of the pass
- Ball should be placed by the front foot for the best weight transfer
- During the backswing, the broom should not be lifted higher than the waist
- Locate the target
- Eyes should be locked on the ball until contact is made with the broom
- If the player is running and then stops, the forward leg will serve as a pivot after the weight is transferred
- Transfer of weight from the rear leg to the front leg is very quick
- Maximum force is produced as the hips, trunk and shoulder rotate towards the target
- Shoulders will end up facing in the direction of the pass
- The broom follows through in the direction of the target

Full Drive Shot

- This pass is the same as the half drive pass
- Backswing is full and goes up and over the head of the player

POSSIBLE DRILLS

1. Divide the players into 4 groups, with two groups on one blue line facing each other, and the other two groups on the other blue line, facing each other. Each player has a ball. The first player on group A runs with the ball along the blue line, then turns and runs between two pylons towards the goal and takes a shot. This player recovers the ball and runs to the back of group B. As soon as the first player in group A takes a shot, the first player in group B begins. After shooting, this player retrieves the ball and goes to the back of group A. When the shooter retrieves the ball, they must be sure to stay out of the slot area, so as not to interfere with the next shooter.

Variation : Same as above, except that each player runs along the blue line, without the ball, goes between the pylons and receives a pass from the coach or another player who is the corner.

STRATEGIES

It is a good idea to start developing tactical and decision-making skills early on. To do this, put athletes in sport-specific situations that require them to use observation skills, analyze the situation, and come up with possible solutions.



SPORTSMANSHIP- FAIR PLAY

There are four groups of people involved in sport competitions, the athletes, their parents, the coaches, and the officials. How these groups interact and treat each other before, during, and after each activity/competition will greatly influence whether the sport experience for the participant is a positive or a negative one.

Some examples of sportsmanship/fair play behaviours include:

- Following all the rules and never seeking to deliberately break a rule
- Refusing to win by cheating
- Respecting the officials (e.g. not yelling at them or harassing them in any way)
- Demonstrating self-control
- Recognizing good performances by the opponent; to get the best out of you, you need your opponents to play their best too
- Cheering your team without verbally abusing opponents
- Encouraging all fellow team members in a positive manner
- Always showing respect to all coaches and all other team officials



HAVING FUN

Avoid games and activities that eliminate people as the athletes who need the most practice will probably get bumped first.

When an activity involves opposition, pair up athletes with similar ability levels so they can challenge each other and each has a fair chance of success.

Always make sure that athletes have mastered the FUNdamentals of Broomball before more advanced techniques are attempted.

Plan for FUN- find a way to develop a skill or ability through a game or activity the athletes enjoy doing? Ask athletes which activities they like the most: use those ones often, or try variations of them to achieve specific goals.

Be creative when athletes have to do a lot of repetitions. The same fundamental movements may require many practices to correct motor patterns. You can avoid monotony by using different activities and games that require the movements and looking for new and fun ways of doing them.



MORE USEFUL INFORMATION...



TERMS AND ACRONYMS USED IN BROOMBALL

BF2 : Broomball For Fun Programs -Programs for entry level Participants, Coaches, Officials and Volunteers

CSA: Canadian Standards Association

NCCP: National Coaching Certification Program

LTAD: Long Term Athlete Development Model

Team- A team may have a maximum of 20 players and a minimum of 11 players.

- Each team is allowed a maximum of 6 players (5 plus a goalie) and a minimum of 4 players on the ice at any one time (overtime is different).

Duration- 2-18 minute (15 minutes for BF2) stop –time halves with a minimum of 2 minutes between periods.

- Teams change ends of the rink after each period.

Goals - The ball may be directed into the net with the broom of an attacking player, or may be deflected into the goal after hitting any part of the body or shoes of an attacking or defending player.

- The ball may not be deliberately directed into the goal by an attacking player by any means other than the broom.
- A goal will not be allowed if an attacking player hits the ball above shoulder height (penalty), if an attacking player scores with his foot, hand or any other part of his body, or if the ball bounces directly into the goal off an official.

Overtime- This is extra time played after the score remains tied after regulation time.

Pass- The pass may be made legally with the broom and foot. Players may use their hand to pass to their teammate in the defensive zone only.

Face-Offs- Face-offs occur after every goal, at the beginning of each period and after each stoppage of play.

- The ball must touch the ice before players may play the ball.

Offside- An attacking player may not precede the ball into the offensive zone (over the red line).

Icing- The action of sending the ball from one`s territory (your side of the red line) beyond the opponents` goal line without interference from the opponents.

BROOMBALL PENALTIES

Substitutions- May be made during any stoppage of play as long as they do not delay the resumption of play.

- May be made during play but players may not enter the playing surface until the player she/he is replacing has one hand on the boards in front of the player's bench.

High Broom- The broom shall not contact the ball higher than the shoulder height. This will result in a two minute penalty.

Penalties

- Players may not deliberately freeze, carry, lift, or close their hand over the ball.
- Goaltenders may not play beyond the centre red line.
- Delay of Game: 1. 2 consecutive icings by the same team without attempting to make a play; 2. Deliberately hitting or throwing the ball outside the ice surface; 3. Intentionally dislodging the net from its position.
- Player may not play with a broken broom.
- No Unsportsmanlike Conduct will be permitted.
- Interference: 1. The action of hindering the advance of an opponent who is not in possession of the ball; 2. Removing the broom from the hands of an opponent; 3. No player may contact the goaltender while he/she is in the crease.
- No holding an opponent with one's hand, broom etc.
- No player may trip an opponent using their hand, elbow, arm, foot, knee, or broom.
- No player may try to stop the advance of a player by hooking him/her with one's broom or body.
- No player may slash an opponent or his/her broom with his/her own broom.
- Players may not hit an opposing player with their knee or elbow.
- Players may not throw themselves at an opponent (charging)
- Players may not hit their opponent from behind using excessive force.
- Players may not check an opponent above shoulder level with one's broom.
- Players may not deliberately attempt to injure an opponent.
- Players may not cross-check an opponent.
- Roughing and fighting are not allowed.

HEALTH EDUCATION FOR BROOMBALL

TASK *PUT YOUR HAND ON YOUR FOREHEAD. WHAT DO YOU FEEL?*

Q. Why do we sweat?

A. When you exercise, your body temperature rises. Moisture comes through the skin surface to cool you down.

Q. How can you replace the liquid in your body that was lost due to sweating?

A. Drinking water will help replace the liquid.

TASK *THINK ABOUT HOW MUCH AIR YOU ARE BREATHING IN NOW. COMPARE IT TO BEFORE YOU STARTED WARMING UP.*

Q. Why do we breathe faster and more during and after exercise?

A. We are breathing in more oxygen from the air. This is then carried by the blood to feed our muscles as we work them harder.

Q. How can we increase the amount of oxygen that our body can take in?

A. By playing sport and exercising regularly, we can train our lungs to take in more oxygen.

TASK *RUN 20 METRES AS QUICKLY AS POSSIBLE.*

Q. At the beginning of your run which muscles worked the hardest?

A. Your leg muscles work hard.

Q. How can you improve your speed?

A. By exercising regularly you can strengthen your muscles.

TASK *AFTER A WARM UP FEEL THE WARMTH ON YOUR LEGS AND ARMS. THEY WILL BE WARMER DUE TO EXERCISE.*

Q. Why do athletes warm up?

A. To avoid injury.

To get their body ready for more exercise.

To feed their muscles with more blood, which in turn provides more oxygen.

To get themselves ready mentally as well as physically for exercise.

TASK *THINK ABOUT THE AMOUNT OF ENERGY THAT WAS USED WHILE WARMING UP.*

Q. How will you replace this used energy?

A. This energy will be replaced by eating and drinking at the next meal time.

Q. Are some foods better for you than others?

A. Yes, but it is important to have a balanced diet including fresh fruits and vegetables.

TASK *FEEL YOUR HEART.... IS IT BEATING FASTER THAT WHEN YOU STARTED?*

Q. What does your heart do?

A. When you are active, your muscles need more blood, so your heart has to work harder to pump it around your body.

TASK *CLENCH YOUR FIST AND BRING YOUR FIST TOWARDS YOUR SHOULDER.*

Q. Why are your muscles so important and what do they do?

A. They hold the bones together (stability) and they produce movement.

Q. When you bend your arm at the elbow, what happened to the muscle to make your arm bend?

A. The muscle shortened (contracted).

Key Parts of a Broomball Practice

Time	Practice Part	Key contents and tips
Variable	Introduction	<p>Before practice begins:</p> <ul style="list-style-type: none"> • Arrive early • Inspect facilities • Organize equipment • Greet each participant as they arrive, get a feel for their mood
2-3 min		<p>At the beginning of practice:</p> <ul style="list-style-type: none"> • Start on time • Ask participants to gather in front of you • Talk briefly about the goals of the practice • Give specific safety instructions • End with a team cheer
5-10 min	Warmup	<p>General warm-up:</p> <ul style="list-style-type: none"> • General exercises or games to raise body temperature • Progressive stretching
8-15 min		<p>Specific warmup:</p> <ul style="list-style-type: none"> • Short activities that participants already know and that mimic the movements of the main part • Intensity should gradually increase but not tire the participant <p><i>Never skip or rush a warmup, as this may lead to injury.</i></p>

Time	Practice Part	Key contents and tips
15-30 min	Main part	<ul style="list-style-type: none"> • Sequence three or more activities (depending on time and logistics) together in a progressive fashion • Use cooperative games whenever possible • Avoid elimination activities, because participants who need the most practice get eliminated first (e.g. if you loose the ball you are out) • If parent assistants are available, set up stations to minimize downtime and lineups • Aim to improve gross motor skills in children • Aim to improve appropriate basic sport skills • Play mini games; participants like to play the sport!
5-10 min	Cooldown	<ul style="list-style-type: none"> • Gradually decrease intensity • Follow with stretching
2-3 min	Conclusion	<ul style="list-style-type: none"> • <i>Give brief comments on what went well, what needs improving</i> • <i>End with a team cheer</i> • <i>Ensure that nobody is leaving feeling frustrated or in an aggressive mood</i>

FUN DRILLS AND GAMES

1. Target Passing Golf (Passing)

Set up a number of targets in sequence. The number depends on the available space. The players move from one target to another around the target passing ``golf course``. Each player keeps his/her own score to determine his total score in hitting all the targets.

2. Flip to the Basket (Passing)

Set up a basket 3-8 metres from the players and have them flip the ball for accuracy into the basket(s).

3. Leap Frog and Pass (Passing)

Organize teams of 4 or 5 players. Have each team form a line of players with the first player between 3 and 8 metres from a target which the players must hit with the ball. The target can be anything that is non-breakable and about the size of a Frisbee. The last player in the line must leap over the players in front of him/her and pass the ball until it hits the target. He/she replaces the ball in the original position and stays at the front of the line.

4. Checker in the Triangle (Passing)

Have three players place themselves in a triangle formation. Within the area of the triangle, place one player as the checker. Players on each corner of the triangle pass the ball anywhere in the triangle area while the checker tries to intercept the ball. The player whose pass is intercepted becomes the checker. Add competition by counting how many passes are intercepted in a time period such as one minute, two minutes etc.

5. Four Corners-Five Players (Passing)

Have five players stand on the corners of a 3-8 metre square. Two players will stand on one corner, one player on each of the other corners. Start the ball where the two players are standing. The first player passes the ball to another corner, but not across the square, and that player follows the pass to the corner. The receiver of the pass passes the ball to the next corner and follows the pass and so on. Add competition by keeping a count of the number of trips around the square in the allotted period of time.

6. Pass Through Enemy Land (Passing)

Have the players stand in a circle, a triangle, a square, or two lines facing one another. Place two or three other players inside the figure formed. Players try to pass the ball across the area (enemy land). If a player's pass is intercepted, he/she joins the enemy. Play continues until one player is left. To make this more difficult, add two or three balls.

7. ``Drive `` the Box (Shooting)

Create two teams consisting of 5 to 10 players. Half the members of each team are ``shooters`` and half are ``retrievers``. The object is to hit a box or board with a ball attempting to drive it back towards the opposition.

8. Three in One (Ball Handling)

This game can be played in an area as small as one of the three ice zones or as large as the entire ice surface. There needs to be two teams of 5 to 10 players. A mini goal or a cone can be used to hit.

Game 1. No brooms are used. Players must be standing to be eligible to play the ball. Everyone must push the ball in a legal manner. Anyone who falls must touch a penalty area before returning to play.

Game 2. Do not stop game 1, just carry on. The ball must be advanced by kicking only. The remainder of the rules are the same as game 1.

Game 3. Carried on the same as game 2.

9. Borden Ball (Movement on Ice/Passing)

An area as small as a zone or as large as the entire ice surface can be used. There are two teams of 5 to 10 players. The goal consists of a 3 metre square marked by cones, in which a player stands. He/she must catch a ball for a score to occur. A team retains possession of the ball if no player drops the ball, takes no more than three steps, or the opposition does not intercept the ball. A player has three seconds in which to pass the ball. Once a team has scored the opposition gets possession of the ball. There is no body contact allowed and a person cannot be any closer than three feet to the person with the ball. Modifications can be made. Use a broomball instead of a regular ball. The team without the ball may intercept by using the feet only. A completed pass means there is no rebound off the broom (some other modifications may have to be made at first). If an opponent deflects the pass the first team to touch the ball gets possession.

10. Soccer (Movement on Ice)

An area as small as a zone or as large as the entire ice surface can be used. There are two teams of 5 to 10 players. In order to score the ball must be kicked so as to hit a cone located in the centre of a 3 square metre crease area. This game is played the same as soccer except there are no off-side rules.

11. Diminishing Balls (Movement on Ice/Ball Handling)

This game is played in an area the size of one zone. 10 to 20 players can play at one time. Everyone has a ball except one person who is "It". "It" must get a ball away from someone else and carry it dribbling across the goal crease and into the net. The player who lost the ball may attempt to retrieve the ball before the ball crosses the goal crease line. Players who lost their ball join "It" and attempt to get the ball away from others. The last person retaining a ball is the winner.

12. Traffic Jam (Broom Handling)

This game is played in an area consisting of two face-off circles and the area between or instead of a face-off circle, an area marked by cones can be used. There are two teams of 5 to 10 players. Each player has a ball. Each team is located within one circle. Each round begins with all players moving within their own circle, broom handling the ball. On a signal the teams switch circles. The winner of a round is the team whose members get to the other circle first while retaining possession of the ball. The finished position for each player is a stationary broomball stance with the ball on the broom in front of each player. This can be a best 4 out of 7 series.

13. Squad Relays (Combination of Skills)

There should be no more than six players to a team. The travelling lane for each team can be from four metres to the entire length of the ice surface, depending on the age of the participants. Use activities from warm up exercises to skills taught to the players. The skills can be one single skill or a combination of skills, again depending on the age of the participants. The key to the use of relays is to begin with a simple relay and build up to a more complex relay. A relay should take no more than fifteen to twenty seconds to explain. Four teams is often desirable because it allows for pairing. If necessary, change players to make the teams more even.

14. Man in the Centre (Passing/Movement on Ice)

This game can be played in an area the size of one face-off circle or a larger area marked by cones. Four to six players on the outer rim of the area will pass the ball to one another but not to the player standing next to them on both sides. A player in the middle attempts to intercept the pass. When a pass is intercepted the passer then becomes the new person in the middle. Competitions can be set up to include who stays out of the centre the longest or who is in the centre for the fewest number of passes. Passes can be intercepted using a broom, by using feet or hands, or by sliding.

15. Pass and Follow (Passing)

This drill is played in an area marked by four cones approximately six to ten metres apart. A player is stationed at each cone. The ball is passed around a pre-determined direction with the passer following the ball. The time it takes to get back to the original position is noted. The team with the best time is the winner.

16. Flag Tag (Movement on Ice)

This game can be played in an area of any size, using definite line markings on the ice. Each player except the person who is ``it`` has a piece of cloth about half a metre long stuck into the back of their pants. ``It`` pulls the flag from anyone they can catch. This person then joins ``it`` in trying to get other flags. The winner is the last person to lose their flag.

17. Chain Tag (Movement on Ice)

The area for this game is the same as for Flag Tag. Two people are ``it``. Each ``it`` attempts to touch others who must then join hands (rope or broom) and then move as a chain to touch those players remaining. Only the end person of each chain may tag and the person being chased cannot break through the chain. The winners are: the team with the longest chain or the last person tagged.

18. Quickeners (Movement on Ice)

This activity can be performed in a variable sized area with a variable size group. It is good for a change of pace, as a motivator, or for a quick release of energy. How the challenges are issued is important: 1. Say how it is to be done; 2. Issue the challenge; 3. as soon as the last person gets back issue a new challenge. Examples of the challenges: 1. Touch and come back.....something red, GO; 2. Something round, GO; 3. Jump over something and come back.... something pink, GO (something pink has been dropped on the ice in an inconspicuous manner).

19. Dodge Ball (Movement on Ice)

This game can be played in an area the size of a face-off circle. Six or eight players are standing on the rim of the circle. They throw a ball at someone in the centre who attempts to dodge it. Each player stays in the middle for a minute during which the players on the rim gets 10 points for every ``hit`` and the player in the middle gets 5 points for every ball that goes outside the rim. Each player is ranked by the points remaining after the total of the hits is subtracted from the total of the balls that left the circle.

20. Challenge (Ball Control and Movement on Ice)

This activity is played in an area the size of an ice zone. There are two teams consisting of six to eight players. Each player on a team is identified by a number. Each team forms a line facing each other about ten metres apart. On a signal, a specified number of each team charges into the centre to retrieve a ball and that player must dribble it back to his/her home area. The winner is the team who retrieves the most balls after each member of the team has made one attempt.

21. Pushball (Shooting)

This game is played in an area as small as a zone or as large as the entire ice surface. There are two teams of ten to twenty players. A ball is hit towards an opponent`s goal which is 3-4 metres wide and as high as the boards; extend the goal another 3 metres for each additional goalie used. The ball must be hit using the hands only, and the player must be standing on their feet before and after the hit. For rule infractions, the ball changes side and the penalized player must run to a penalty mark before getting back into the game. The game should be spontaneous and non-stop, and everyone plays.

22. Partner Challenge (Multiple Skills)

Any of the warm-up exercises can be used as a competition i.e. a best of 3 or 5 series. The results of the challenge can be ranked from the best to least successful and recorded on a ladder type tournament grid. The position on the ladder changes if a challenge is successful.

(No one may challenge higher than two steps above their present level.)

23. Broomball Baseball (Ball Control and Movement on Ice)

This game can be played on one of the three ice zones. There are two teams of six to ten players. The batter has two balls at home plate. One is shot into the ``field`` and the other is dribbled around two markers and then back to home plate. The fielders must retrieve the ball and pass it between the legs of each team member using the broom before the batter arrives back home in order for there to be an ``out``. When there are three ``outs`` the players switch positions, each team`s bat cannot extend past once through the batting order.

24. Circle Keep-away (Passing and Faking)

Players form a circle and try to keep the ball away from ``it`` in the centre. If ``it`` legally touches the ball, the last person to touch the ball becomes ``it``. ``It`` may go after the ball whether the ball is inside or outside the circle. The game may be made more difficult by using the rule that the ball must be contacted only with the broom, no other parts of the body.

25. Broom Handling Relay (Broom Handling)

Half of each team lines up in front of half the other team. At the command of ``go``, the first player in each line dribbles the ball in and around all the defensive players, and returns the ball to the next player who then starts his/her dribbling. The defensive players may kick the ball as it passes in front of or in back of them provided they have one foot in place. The team finishing first is the winner and scores a point. For the second half of the race the dribblers and the defensive players change places. The game may be made more difficult for the dribblers by shortening the distances between the defensive players.

26. One-Two-Three (Ball Control)

This game can be played in the centre ice area between the blue lines.

1. Line up X players on one side and O players on the opposite side.
2. Peel three players off each line from opposite ends. Try to get homogeneous groups so that best is against the best.
3. Start with a face-off or simply throw in a loose ball. 4. The team that gets possession then starts a ball control sequence.

Points are received when: i) For a complete pass to the sideline or from the sideline a point is received; ii) For a complete pass to a player on the playing surface a team receives two points; iii) If the opposite team intercepts a pass they receive three points.

The players on the sideline must remain behind a restraining line (blue line). The players in the centre cannot cross over the restraining line (blue line). They can use all of the ice surface between the two restraining lines to run to get into the clear to pass the ball or to receive a pass.

The three players of the team without possession must check the three members of the team with possession of the ball to try to intercept a pass or cause a loose ball situation.

This game works the best when there are 18 players, 9 players per team. Players in the centre ice, play in two minute shifts. Keep tally of the points gained on a tally sheet. Points can add up very quickly.

27. Loose Ball Game (Movement on Ice, Dribbling, Flip Shot)

Arrange players in pairs. The Coach throws out as many balls as he can find onto the ice. At least one ball per player is ideal. On command the first player of the pair runs out and gets a loose ball. He dribbles the ball to a pail or box and flips the ball into it. When the ball is in the pail or box, the player runs to his partner and tags them. The second player then repeats what the first player did. As balls become scarce, the pails or boxes are dumped again.

See how many loose balls can be retrieved by each pair in two or three minutes or which team can complete twenty recoveries first.

In this drill watch carefully. Players will come up with many ways to improve their results and hinder their opponents.

28. Shuttle Relays (Combine Various Skills)

- There must be at least three players per team.
- The ball must start at the side that has two players.
- Players must follow a pass etc. to the opposite side of the ice.

Challenges may include how many passes etc. your team complete in 30 seconds or which team can complete 20 successful passes first.

29. Circle Sequence of Drills (Passing and Movement on Ice)

Form circles of not more than seven players.

1. Pass the ball across the circle to another player. The ball cannot be passed to the player beside you on either side.
2. Pass the ball across the circle to another player and then follow the pass to that position. The ball cannot be passed to the player standing on either side.
3. Pass the ball across the circle to another player, then run to the position the ball was passed to but on the outside of the circle. The ball cannot be passed to the player standing on either side.

These circles can be modified by the Coach's imagination.

30. 3 Step Game (Passing and Movement on Ice)

Once you have possession of the ball you may take three steps before you must pass the ball to a team mate. This game teaches team mates to get into the open to receive a pass and to come towards the ball if you get trapped. The defensive players cannot body check but they can intercept passes. This game should be played in a tight area such as a zone. A modified goal may be used and to score a goal the ball must pass over the goal line.

X passes to a team mate inside the goal line then X team is credited with a goal. If the X player in the goal area loses control of the ball then O team gets possession from where the X player passed it from. The ball cannot be carried across the goal line.

Play across the ice surface, for example five on five or six on six. Don't overcrowd the area. If players run too far with the ball, put in a 3-5 step rule.

BROOMBALL CANADA WEBSITE INFORMATION

If you need any more information about Broomball and our different programs, and if you want to register to become a part of the BF2 Group, get the BF2 Survival Kit and have a chance to win equipment go to our website and dig. You will be surprised in what you can find.



www.broomball.ca