

# The Floorball Book

## Glossary and Links

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### Glossary

Like every sport, floorball comes with a number of specialist terms. The following list explains the most common of the specialist words associated with floorball.

**10 minutes** ▪ *See:* personal penalty

**2 minutes** ▪ This is shorthand for a two minute bench penalty. A player is sent off for two minutes when committing an offence leading to such a penalty. 2 minute bench penalties affect the size of the team. Expires immediately if the affected team lose a goal.

**5 minutes** ▪ This is shorthand for: - five minutes bench penalty. A player is sent off for five minutes when committing an offence leading to such a penalty. 5 minutes bench penalties affect the size of the team, and do not expire if the affected team lose a goal.

**Active** ▪ *See:* deliberate

**Advantage** ▪ In floorball there is an advantage rule to keep play fast. The advantage rule is applied when an offence takes place, and the attacking team remain in possession of the ball (and are in a position which is to their greater advantage than a free-hit). The advantage rule is used to let the attacker play on.

**Airhook** ▪ (Sometimes referred to as a Zorro move)The air-hook is a trick played with a floorball stick and ball, where the player moves the ball in the air and prevents it from falling onto the floor. Whilst a display of great skill, the air-hook trick is of little use in most floorball games. Specially bent blades make the trick a bit easier. More commonly an airhook is used to refer to the trick that can be used in game play, carrying the ball around the goal or a defensive wall. Zorro moves refer more towards freestyle moves, where the ball is also played above knee-level.

**Armlet** ▪ The captain of each team wears an armlet on her or his left arm.

**Assist** ▪ The player who passed the ball to the player who scores a goal is awarded an assisting scoring point.

**Attacker** ▪ Attackers are field players trying to score goals. They hit passes and shoot at the goal cage.

**Backhand** ▪ The backhand is the side of the blade where the ball is not usually played. The backhand is usually flatter and less formed. In floorball the backhand can be used to play the ball.

**Ball** ▪ Floorball is played with a light-weight plastic ball. It weighs 23 grams, and has a diameter of 72 mm. There are 26 holes in the ball, giving the floorball ball its distinctive look.

**Bench** ▪ Benches for the players are placed alongside the rink. Each team has a separate bench. *See:* penalty bench

**Bench penalty** ▪ Players committing certain offences are sent off, and spend a certain time (2 or 5 minutes) on the bench. The size of the team is affected. *See:* penalty bench

**Blade** ▪ The blade is attached to the shaft, and can be made of different kinds of plastic. The blade is the part of the stick used to play the ball. In floorball, both sides of the blade are used to play the ball.

**Blocking** ▪ Players are not allowed to use their own sticks to block the sticks of opponents. Blocking occurs where a player moves his or her own stick on top of the opponent's and presses the stick downward thereby preventing the opponent from playing normally.

**Board** ▪ The floorball rink is enclosed by a 50 cm high board.. Players are allowed to play the ball such that they bounce off the board. The board is usually made of light-weight fibreglass and moves if a player falls into/onto the board. Pushing another player against or over the board is severely penalized.

**Box play** ▪ *See:* short-handed

**Captain** ▪ The captain is a player who leads the team and is the only player who is allowed to talk to the referees. The captain is required to support the referees.

**Catching net** ▪ A catching net is placed inside the goal cage just a little behind the crossbar. The catching net is only fixed at the top, and slows down the ball. The catching net usually prevents the ball from bouncing out of the goal cage.

**Cavity** ▪ Cavity describes the shape of the blade. The floorball blade is often shaped in a way so that the centre of the blade is thinner than the top and bottom of it. This increases the contact between blade and ball, improving handling.

**Centre** ▪ The centre is a common position of a field player. The centre supports both the attack and defence.

**Certified** ▪ Floorball equipment (sticks, goals, rinks, face masks) are independently tested for safety and certified by the IFF. Only certified products are allowed.

**Coach** ▪ A coach is a designated person of the team staff. A coach is responsible for the general tactics of the game, but does not necessarily participate in the game itself. Coaching can only take place within the substitution zone.

**Defender** ▪ Defenders are field players trying to prevent the opposing team from scoring goals. Defenders usually play in their own half, and position themselves in a way that the attacking players have no possibility to shoot. Defenders also try to intercept passes and generally break up the opponent's play.

**Delayed penalty** ▪ Similar to the advantage rule, any offence leading to a penalty can be delayed. This gives the attacking team the possibility to keep attacking without being interrupted.

**Deliberate** ▪ Floorball rules often make a distinction between actions that are deliberate, and things that just happen. For example, playing with the head is penalized when deliberate. However, when a player is hit on the head by the ball accidentally, play is not affected.

**Draw** ▪ When both teams at the end of the game have scored the same number of goals, the game ends in a draw.

**Drugs** ▪ The use of drugs, performance enhancing or otherwise, is not permitted in floorball.

**Equipment** ▪ Floorball equipment needs to be certified by the international federation, the IFF. Only certified material is allowed. Certified material is rigorously tested by the Swedish National Testing and Research Institute. Sticks, goals, face masks, and rinks are certified.

**Face mask** ▪ To protect goalkeepers, they are required to wear a special face mask. The face mask ensures that goalkeepers are not hurt by balls or sticks.

**Face-off** ▪ A face-off is a set situation where one player from each team try to play the ball after the signal from the referee. The ball is placed in the middle, and the players place their sticks close to the ball. All other players must be at least 3 m away from the face-off.

**Field player** ▪ A field player describes any player except for the goalkeeper.

**Flex** ▪ Flex is the stiffness of a floorball shaft. It is a measure of how much a stick bends when a 30 kg weight is applied. The flex of a stick is written on the shaft. The higher the number, the softer the shaft; the lower the number, the stiffer the shaft.

**Floorball** ▪ A fast and exciting non-contact sport played indoors. There are 5 active field players and 1 goalkeeper in each team.

**Foot pass** ▪ A foot pass in floorball is an offence. It occurs when a player deliberately kicks the ball to another player of the same team. A player is allowed to kick the ball no more than once when he or she plays the ball, the ball must then be played with the stick or touched by an opponent afterwards.

**Forehand** ▪ The forehand is the side of the blade where the ball is usually played. The shape of the floorball blade determines which side is used as the forehand.

**Free-hit** ▪ If a team commits an offence, the other team is rewarded with a free-hit. The defending team must not have any players closer than 3 m to the free-hit. The free-hit is usually carried out at the place of the offence.

**Goal** ▪ The player who scores a goal is awarded a scoring point.

**Goal cage** ▪ The aim of floorball is to hit the ball into the goal cage. The goal is 115 cm high and 160 cm wide. All bars are rounded to reduce risk of injury. The goal cages are placed an equal distance from the centre line, and it is also possible to play behind the goal.

**Goalkeeper** ▪ In floorball, there is a designated goalkeeper. The goalkeeper wears protective clothing to prevent injury. The goalkeeper plays without a stick. Within the goal crease, the goalkeeper is allowed to handle the ball.

**Goalkeeper area** ▪ The goalkeeper area is a small area of 1 m by 2.5 m in front of each goal. Only the goalkeeper is allowed in the goalkeeper area. Defending inside the goalkeeper area leads to a penalty shot.

**Goal crease** ▪ The goal crease is an area marked on the floor, within which the goalkeeper is allowed to handle the ball.

**Golden goal** ▪ *See:* sudden death

**Grip** ▪ The upper half of the shaft is usually covered in a grip. The grip makes handling floorball sticks easier.

**Half-time** ▪ There is no half-time in floorball. The game is played over three 20 minute periods, and the game-free period in between (10 minutes long) is called an intermission.

**Hand ball** ▪ A hand ball (hands) in floorball is an offence. It occurs when a player deliberately uses his or her hand to catch or play a ball.

**Head** ▪ The head is the end of the shaft to which no blade is attached. Floorball sticks have rounded heads to reduce risk of injury.

**Head ball** ▪ A head ball in floorball is an offence. It occurs when a player deliberately uses her or his head to stop or redirect a ball.

**High stick** ▪ The floorball stick can only be used to play up to the height of one's knees. Players are allowed to hold the blade up to waist-level. A high stick is an offence, and occurs where the stick is used to play above knee level, or the stick is swung too high. During a forward-swing, this is only an offence where other players are nearby.

**Hit-in** ▪ If the ball leaves the rink, a hit-in is played. The team who have not played the ball before it left the rink introduce the ball back into play by hitting it close to the board.

**Hitting with stick** ▪ Players are not allowed to use their sticks to hit the sticks or legs of others even accidentally. It is not an offence to accidentally hit the stick of an opponent after playing the ball.

**Hook** ▪ The hook describes the shape of the blade. Floorball players often shape the blade in a particular way, so as to facilitate play. The rules allow bending of the blade – or hooking – only within given parameters.

**IFF** ▪ The IFF (International Floorball Association) is the international governing body for floorball.

**Intentional** ▪ *See:* deliberate.

**Intermission** ▪ An intermission is the break between periods of play. An intermission lasts for up to 10 minutes.

**Jumping** ▪ Floorball players are not allowed to jump to stop a ball.

**Kickpoint** ▪ Some floorball shafts are designed with two materials. The kickpoint is the point at which the second material reacts. Sticks with a kickpoint are soft when little pressure is applied, but become very hard when more pressure is applied.

**Knee socks** ▪ *See:* socks

**Left** ▪ *See:* play left

**Left-wing** ▪ *See:* wing

**Lifting** ▪ Players are not allowed to use their own stick to lift the sticks of opponents. Lifting occurs where a player moves his or her own stick underneath the opponent's and moves the stick upward preventing the opponent from playing normally.

**Match penalty** ▪ For very serious or repeated offences, a player can receive a match penalty. A player receiving a match penalty can no longer participate in the game and must leave the sports hall.

**Mouth** ▪ *See:* slot

**Net** ▪ The side and back of a goal cage are covered in a net. The net prevents the ball from passing through the goal.

**Open face** ▪ The face describes the shape of a blade. A blade is said to have an open face when the bottom of the blade is bent so that it is further forward than the top of the blade. This makes it easier to lift the ball, but more difficult to hit precise passes.

**Oval** ▪ Floorball sticks can be oval in shape. Some players find this more comfortable.

**Overtime** ▪ If a floorball game needs to be decided, and the score is drawn after regular time, overtime is played. Usually the sudden death rule applies. If after a limited overtime the game is still drawn, a penalty shoot-out takes place.

**Pass** ▪ A pass is when the ball is moved from one player to another player of the same team. Passes can be fast.

**Penalty bench** ▪ Penalty benches are usually two chairs placed on either side of the secretariat. The penalty benches are thus placed away from the player benches. A player has to spend any penalty seated on the penalty bench (with the exception of match penalties).

**Penalty shoot-out** ▪ If a floorball game needs to be decided, and the score after overtime is still a draw, a penalty shoot-out takes place. Each team designates 5 players to shoot penalty shots in turn. The winner of the penalty shoot-out is awarded an extra goal.

**Penalty shot** ▪ An offence preventing a goal leads to a penalty shot. The penalty shot is carried out by one player from the centre spot. The ball must be in constant forward movement, and the player is allowed one shot only.

**Personal penalty** ▪ Unsportsmanlike behaviour is penalized by a personal penalty. A personal penalty lasts 10 minutes, for the period of which the player cannot participate in the game. Personal penalties do not affect the team size.

**Play left** ▪ Floorball players differ in their preference of how to hold the floorball stick. Whether a player plays left or right has nothing to do with whether he or she is left- or right-handed. Playing left means that a player more naturally plays the ball on the left side of the body. The right hand is placed on the top of the stick, with the left hand further down. Playing left is less common for British players.

**Play right** ▪ Floorball players differ in their preference of how to hold the floorball stick. Whether a player plays left or right has nothing to do with whether he or she is left- or right-handed. Playing right means that a player more naturally plays the ball on the right side of the body. The left hand is placed on the top of the stick, with the right hand further down. Playing right is more common for British players (field hockey?).

**Player bench** ▪ *See:* bench

**Playing on the floor** ▪ Floorball is generally played when standing upright; only limited contact with the floor is allowed. A player lying on the floor is not allowed to hit the ball.

**Power play** ▪ *See:* superior number

**Pushing** ▪ In most cases, players are not allowed to push opponents. Pushing is only allowed when it is not sudden and shoulder to shoulder.

**Red card** ▪ A red card is shown to a player receiving a match penalty. *See:* match penalty

**Referee** ▪ A floorball game is lead by two referees of equal status.

**Regular time** ▪ *See:* time

**Right** ▪ *See:* play right

**Right-wing** ▪ *See:* wing

**Rink** ▪ Floorball is played indoors and is played in a rink 20 m wide by 40 m long which is enclosed by a 50 cm high board.

**Roughing** ▪ Roughing is hard and unfair play using the stick or body. Roughing is not allowed in floorball and is penalized.

**Round** ▪ Floorball sticks can be round in shape. Some players find this more comfortable.

**Safety goggles** ▪ The international federation, the IFF, encourage players to wear safety goggles. These goggles are designed to look like modern sunglasses, and are thought to prevent injury to the eye. Such injuries are very rare, though.

**Score** ▪ The score is the record of the current number of goals scored by each team.

**Scribes** ▪ The scribes are the people who keep the score and record all events of a game. The scribes are seated on their own table on the opposite side from the player benches.

**Secretariat** ▪ *See:* scribes

**Semi-oval** ▪ sticks can be semi-oval in shape. This means that the shaft is oval at the top and round towards the bottom. Some players find this more comfortable.

**Send off** ▪ A player committing an offence leading to a bench penalty is sent off. This means that the player needs to walk to the penalty bench and sit there for the duration of the penalty.

**Shaft** ▪ The shaft is the long, usually round, plastic stick to which the blade is attached to.

**Shirt** ▪ In official games, the players of a team wear identical shirts, only distinguishable by the number. The shirts of the opposing teams must differ in colour. The shirts of goalkeepers may differ in colour.

**Shoot left** ▪ *See:* play left

**Shoot right** ▪ *See:* play right

**Short-handed** ▪ If one or two players of a team sit on the penalty bench, the team is said to play short-handed. This means that the team is numerically outnumbered on the rink. If a team receives a goal when outnumbered, one of the penalized players can usually return to the game. If both teams have one player on the penalty bench, a goal does not affect team sizes.

**Shot** ▪ A shot occurs when a player moves the ball in a way attempting to score a goal. There is a vast variety of ways to shoot.

**Skills** ▪ Floorball skills are abilities acquired by training. They include the ability to hit certain kinds of shots, or pass the ball with precision. For goalkeepers, skills include the ability to place themselves in a way to prevent opponents from scoring.

**Slap-shot** ▪ This is a kind of shot where the ball is hit. The blade touches the floor before hitting the ball towards the goal. Slap-shots tend to be fast.

**Slashing** ▪ Slashing is the uncontrolled hitting towards the stick of an opponent with the ball. Slashing is not directed at the ball, but at the area where the ball is in. Such uncontrolled hitting is not allowed in floorball.

**Slot** ▪ The slot is the area in front of a goal cage from where it is relatively easy to score goals.

**Socks** ▪ In official games, players are required to wear knee socks.

**Spectator** ▪ The people who watch a floorball game are called spectators. This is the case because they can watch a spectacular sport, excitingly fast and yet fair.

**Staff** ▪ These are the players who support a floorball team in a game but who do not actively play in the game itself. Staff can include the coach, medical assistants, or other assistants deemed necessary.

**Stick** ▪ Floorball is played with special floorball sticks. The sticks are made of plastic, carbon, fibreglass, or compound materials. Sticks are regulated in size and weight. All sticks need to be approved by the international federation to ensure compliance and safety. The sticks are light-weight, usually 250 to 300 grams.

**Stiffness** ▪ *See:* flex

**Substitute** ▪ Because of the speed and intensity of the game, floorball players need to substitute frequently. Substitution can take place at any time, and for an unlimited number of times.

**Substitution zone** ▪ The substitution zone is the place where the player bench is placed. Coaching can only take place within the substitution zone.

**Sudden death** ▪ If a team scores in extra time, the team are declared the winners, and the game is ended.

**Superior number** ▪ If one or two players of the opposing team sit on the penalty bench, a team numerically outnumbers the other.

**Tactics** ▪ Tactics describe the plans of a team of how to score goals.

**Team staff** ▪ *See:* staff

**Time** ▪ A full floorball game is played over three 20 minute periods, with an intermission in between each period. In tournaments, often two 20 minute periods are played.

**Time-out** ▪ Each team is allowed one time-out per game. A time-out is a short break of 30 seconds where the captain or coach can talk to the whole team at once. Time-outs are usually taken to talk tactics or motivate a team.

**Wing** ▪ A wing describes the position of an attacker who plays close to the side. Where the position of a wing is played, the team usually plays with both a left-wing and a right-wing.

**Wrist-shot** ▪ A wrist-shot is a shot that is played similar to a pass. The ball is kept close to the blade, and the wrist is used to direct the ball. Wrist-shots tend to be controlled.

**Yellow card** ▪ There are no yellow cards in floorball.

**Zorro** ▪ *See:* airhook

## Useful Internet Links

In this section you can find a selection of internet addresses that you might find useful. It lies in the nature of the internet that links change, but all addresses were tested at the time of publication. The national federation of your country should be able to provide you with further guidance, specific to where you live.

## Important Links

SF Database of IFF certified products ▪ [http://www-v2.sp.se/km/en/tech\\_ser/kmp/floorball/info.asp](http://www-v2.sp.se/km/en/tech_ser/kmp/floorball/info.asp)

International Floorball Federation (IFF), the governing body ▪ <http://www.floorball.org>

## National Federations

Armenia ▪ [armfloorball@yahoo.com](mailto:armfloorball@yahoo.com)

Australia ▪ <http://www.floorball.org.au/>

Austria ▪ <http://www.floorball.at/>

Belgium ▪ <http://www.floorball.be/>

Brazil ▪ <http://www.geocities.com/abffloorball/>

Britain ▪ <http://www.gbff.co.uk/>

Canada ▪ <http://www.canadafloorball.ca/>

Czech Republic ▪ [http://www.cfbu.cz/redakcni\\_system/](http://www.cfbu.cz/redakcni_system/) (Czech)

Denmark ▪ <http://www.floorball.dk/> (Danish)

Estonia ▪ <http://www.saalihoki.ee/uus/> (Estonian)

Finland ▪ <http://www.salibandy.net/> (Finnish)

France ▪ [http://www.francefloorball.com/sommaire\\_en.php3](http://www.francefloorball.com/sommaire_en.php3)

Georgia ▪ [roland1981@mail.ru](mailto:roland1981@mail.ru)

Germany ▪ <http://www.unihockey.de/> (German)

Hungary ▪ <http://gportal.hu/portal/mfsz/> (Hungarian)

Iceland ▪ [isisport@isisport.is](mailto:isisport@isisport.is)

India ▪ <http://www.floorballindia.org/>

Italy ▪ <http://www.fiuf.it/> (Italian)

Japan ▪ [tyoshino@surugadai.ac.jp](mailto:tyoshino@surugadai.ac.jp); <http://www.chofufc.com/> (Japanese)

Korea, South ▪ <http://www.floorball.or.kr/>

Latvia ▪ <http://www.floorball.lv/> (Latvian)

Liechtenstein ▪ <http://www.unihockey.li/> (German)

Malaysia ▪ [Floorball\\_mas@hotmail.com](mailto:Floorball_mas@hotmail.com)

Moldova ▪ (no internet contact)

Mongolia ▪ [bsndava\\_its@mongol.net](mailto:bsndava_its@mongol.net)

Netherlands ▪ <http://www.nefub.nl/>

New Zealand ▪ [floorballnz@hotmail.com](mailto:floorballnz@hotmail.com); <http://www.otagofloorball.org/>

Norway ▪ <http://www.innebandy.no/> (Norwegian)

Pakistan ▪ [pakfloorball@yahoo.com](mailto:pakfloorball@yahoo.com)

Poland ▪ <http://www.floorball.org.pl/> (Polish)

Russia ▪ <http://www.ffrus.ru/> (Russian)

Singapore ▪ <http://www.sfa.sg/>

Slovakia ▪ <http://www.floorball.sk/> (Slovak)

Slovenia ▪ <http://www.floorball-zveza.si/> (Slovenian)

Spain ▪ <http://www.unihockey-esp.com/> (Spanish)

Sweden ▪ <http://www.innebandy.se/> (Swedish)

Switzerland ▪ <http://www.swissunihockey.ch/> (German, French, Italian)  
Ukraine ▪ [ukrfloorball@mail.ru](mailto:ukrfloorball@mail.ru)  
USA ▪ <http://www.usafloorball.org/>

#### Other Countries

Croatia ▪ [roko\\_nr1@hotmail.com](mailto:roko_nr1@hotmail.com)  
Ireland ▪ [a\\_sully85@hotmail.com](mailto:a_sully85@hotmail.com)  
Lithuania ▪ [floorball@one.lt](mailto:floorball@one.lt)  
Nigeria ▪ [fofnigeria@yahoo.com](mailto:fofnigeria@yahoo.com)  
Portugal ▪ [fpfloorball@gmail.com](mailto:fpfloorball@gmail.com)  
Serbia ▪ [MMilan@zavod.co.yu](mailto:MMilan@zavod.co.yu)  
Sierra Leone ▪ [joseph\\_oreillycampbell@hotmail.com](mailto:joseph_oreillycampbell@hotmail.com)  
Turkey ▪ <http://www.florbol.com/>

## Manufacturers

The following list of internet links is to floorball manufacturers. Not all manufacturers have a web site in English. Some manufacturers produce a whole range of floorball products, such as sticks, goals, goalkeeper protection; others specialize on just one floorball product, such as making balls.

Blast ▪ <http://www.blastfloorball.com/>  
Canadien ▪ <http://www.canadien.se/>  
Cobra ▪ <http://www.cobra-sport.com/>  
Cynyc ▪ <http://www.cynyc.ch/> (German)  
Daco ▪ <http://www.daco.se/> (Swedish)  
Dor-Sport ▪ <http://www.dorsport.cz/> (Czech)  
Exel ▪ <http://www.exelfloorball.net/portal/english/>  
Fatpipe ▪ <http://www.fatpipe.fi/>  
Jolly ▪ <http://www.jolly.se/>  
Karhu ▪ <http://www.karhufloorball.net/>  
Kerko ▪ <http://www.kerkosport.com>  
Knöpfel Kunststoffe ▪ <http://www.knoepfel-kunststoffe.ch/> (German)  
Kosofinn ▪ <http://www.kosofinn.fi/index.php?page=4&lang=2>  
Kronstrand ▪ <http://www.kronstrand.com/>  
OktagO ▪ <http://www.oktago.com/>  
Precision ▪ <http://www.precisionfloorball.com/>  
Promask ▪ <http://www.promask.com/>  
Rosco ▪ <http://www.rosco.cz/> (Czech)  
Salming ▪ <http://www.salmingssports.com/>  
Speedhoc ▪ <http://www.speedhoc.com/>  
Swerink ▪ <http://www.swerink.se/en/>  
Trix ▪ <http://www.trixfloorball.com/>  
Uher ▪ <http://www.uhercompany.cz/> (Czech)  
Unihoc ▪ <http://www.unihoc.se/> (Swedish)  
X3M ▪ <http://www.reichen.se/> (Swedish)  
Zone ▪ <http://www.zone.se/>

## News and Links

Planet of Floorball, a site dedicated to bring you the latest news and results of everything related to floorball ▪ <http://www.planetfloorball.org>

There is a very extensive collection of over 1500 floorball links available ▪ <http://floorball-linkpage.com/>



## Visuals and Videos

### Pictures

Floorball Canada have a nice gallery ▪ [http://www.floorball-canada.ca/gallery\\_e.php](http://www.floorball-canada.ca/gallery_e.php)

Flickr's floorball tag identifies floorball images ▪ <http://flickr.com/photos/tags/floorball/>

You can use the Yahoo picture search and look for floorball, but you could also try the alternative names unihockey, innebandy, and salibandy ▪ <http://images.search.yahoo.com/>

The Google picture search can be used in the same way ▪ <http://images.google.com/>

### Videos

tRixxers: some of the most skilled airhook and zorro moves ▪ <http://www.trixxers.se/> (Swedish)

Videos from the floorball world championship 2006 and other world-class games ▪ <http://www.xfloor.tv>

Search for floorball on YouTube, but you could also try the alternative names unihockey, innebandy, and salibandy ▪ <http://youtube.com/>

Yahoo video search can be used in the same way ▪ <http://video.yahoo.com/>

Google video search is yet another place to find floorball videos ▪ <http://video.google.com/>


Official IFF video, Floorball Highlights ▪ [http://windows3.salibandy.net/Materiaalit/floorball1\\_300k.wmv](http://windows3.salibandy.net/Materiaalit/floorball1_300k.wmv)

### Instructions

38 ways to shoot, video manuals ▪ <http://www.skottskolan.se/>

Instructional videos ▪ <http://www.gbff.co.uk/coaching/videos.htm>

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