



ONE WORLD
ONE BALL
FLOORBALL

BUDDY TRAINING



A guide for teams

The idea behind buddy training

- Research shows that girls are much more interested to do activities if they have a friend, or 'buddy' to do the activity with
- Buddy Training is aimed at girl's teams that need new players and clubs who want more girls involved in their activities
- Each player in the team gets a 'buddy card' invitation which they give to one of their friends who is not already involved in any of the team's or club's activities
- The invited buddies come to training to try out floorball
- New players can be taken directly into a team or join other club activities depending on their skill level and situation.

Implementation

- The idea is discussed with the players
- The team decides the dates of the Buddy training
- The club produces the 'Buddy Card' invitation for the players
- The players decide themselves who to invite, and it is their responsibility to be at the Buddy trainings and provide player models and help out the new players
- Coaches plan the training to have a wide range of content - a lot of individual skills and working a lot with the ball in pairs, as well as games that mix up the old and new players
- Player's should be ready to offer an example of the training to your training buddy
- The team leader can add new players to the team and give the players a letter to take home to their parents which tells about being part of the team – the cost, when the training is, the expectations, team contacts etc.

Benefits

- Easy and free to implement
- A good way to get new players to your teams and club