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