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Floorball

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Innebandy, in Swedish, or Floorball in English, is a sport similar to field hockey in which players use a stick to push a ball into the opponent's goal.

This sport, traditionally very popular in Sweden, is particularly easy to get into thanks to its simple rules and low equipment requirements.

The exact origins of floorball are not well known; it is thought to have originated in North America in the late 1950s, but was popularized in Northern Europe, notably Sweden, where it is the national sport.



Did you know?

A great advantage of this sport is that the player's physical qualities do not determine his or her level. The athlete's speed is not a determining factor, as the ball is always moving faster, leaving space for analytical players.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



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