

Floorball

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, were 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.

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