



国际旱地冰球联合会
第一本官方认可的书籍

主 编◆陈 新 王 骏
副主编◆韩殿秀

北欧时尚运动

——旱地冰球

汉英双语版



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全国百佳图书出版单位



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Nordic Fashion Sport / Floorball

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内容提要

旱地冰球运动 20 世纪 70 年代中期在瑞典问世,世界上第一个国家旱地冰球联盟 (SIBF) 于 1981 年成立。目前,旱地冰球运动正在向欧洲以外的亚洲、澳洲以及美洲传播,至今已有 50 多个国家开展这个项目。国际旱地冰球联合会 (IFF) 总部在芬兰,每年组织各种不同的世界大赛,包括男子、女子世界杯,世界大学生比赛,等等。旱地冰球随处可开展、简单易学、老少皆宜,诸多魅力使得这个运动在世界各国飞速地发展起来。

2007 年,旱地冰球运动进入中国,深受大学生们的喜爱,为了使大家更好地了解并学习旱地冰球运动,本书对旱地冰球运动的历史、发展、技术、战术、赛事、规则进行了细致的分析与讲解。

本书可作为推广旱地冰球运动的教材使用。

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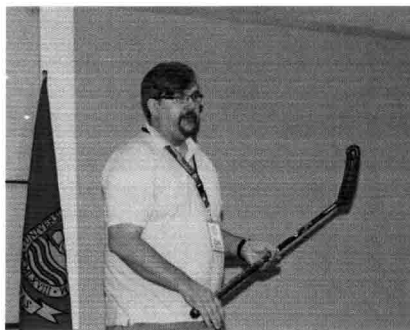
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IFF Vision (IFF寄语)



International Floorball Federation has for a number of years tried to find a good cooperative partner in China, in order to develop and promote the sport.

With the help of Mrs. Chen Xin, IFF has found a trustworthy partner in Shanghai International Studies University, and we believe that the activities made in China will help to spread the sport to more schools in the country, and will help to build a stronger presence for Floorball in China.

We have great hopes for the development of Floorball in China and I hope to see the development of a university series and in the long run also the presence of a national team in the IFF competitions.

IFF would like to congratulate Mrs. Chen Xin for the efforts made to put this book together and the work done to promote Floorball in China.

We are quite sure that the book will help promote and popularize the sport in China.

IFF Secretary General : John Liljelund



Preface

This book is a comprehensive manual designated for readers to start playing floorball in your school, your club, your city or your country. It demonstrates the technique and tactics on how to get started and guides readers, step by step, to establish a team or an organization, to get people involved as well as to win the challenges. It will hopefully be a handy guidance for creating the best environment for the sport.

前 言

本书旨在给读者们提供广泛综合的素材，指导大家在自己的学校、俱乐部、城市或国家开始旱地冰球运动。本书展示了启动本运动的技巧和方法，一步一步引领大家明晰如何吸引更多人广泛参与、如何建团设组、如何应对挑战并赢得胜利。本书有望帮助大家创建最好的运动氛围和环境。

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第一章 旱地冰球运动概述

Chapter One Overview of Floorball

Section One: The Origin and Development of Floorball

第一节 旱地冰球运动 起源与发展简介

Origin

Some roots of Floorball (Also Floorhockey) can be dated as early as 1958. The idea of plastic sticks (with both shaft and blade) was born in a plastic industry in Lakeville, Minneapolis, USA. They introduced sticks and other plastic material under the name Cosom. Cosom floorhockey has grown afterwards in both USA and Canada. Since then many game series have been played in North America and Canada, but mainly for children and youth. One of the biggest tournaments, Floorhockey Tournament, was

起源

旱地冰球 (Floorball音译“福乐球”,也称Floorhockey) 最早起源于1958年,美国明尼阿波利斯市的一家塑料厂生产出塑料球杆(包括杆和击球板)。他们用Cosom作为品牌名字推销其球杆和其他塑料产品。后来美国和加拿大开始了Cosom的地板曲棍球(Floorhockey)运动。虽然此后北美和加拿大举办了多年系列比赛,但主要是为儿童和青少年而设。作为最大的锦标赛之



北欧时尚运动——旱地冰球

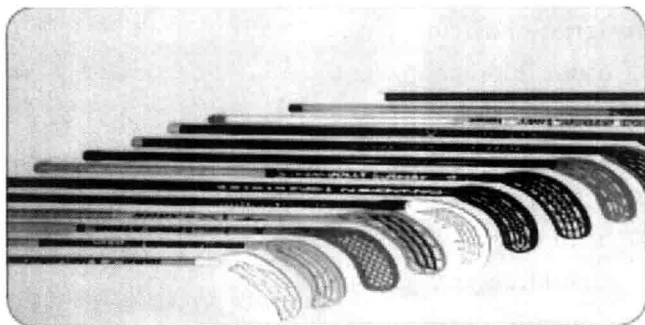
Nordic Fashion Sport FLOORBALL

arranged for the first time in the beginning of the 1960s in Battle Creek Michigan.

The first Cosom plastic stick was introduced to Sweden in 1968 and after that a lot of different versions of games with balls and pucks were played in Sweden. In the middle of the 1970s, the idea of trying to establish ONE sport was formed on the Cosom material and with influence from basketball and ice hockey. The first national floorball federation in the world, SIBF (Svenska Innebandy Forbundet—Swedish Floorball Federation) was founded in 1981 in Sweden. The first official rulebook was marketed in

一，地板曲棍球锦标赛首次于20世纪60年代初于密歇根州巴特尔克里克市举行。

Cosom塑料球杆于1968年传入瑞典，此后，形式多样的球类和冰球运动在瑞典开始流行。20世纪70年代中期，受篮球及冰球的影响，人们开始有了在Cosom的设备基础上创立一项专门运动的想法。世界上第一个国家旱地冰球联盟（SIBF）于1981年在瑞典成立。1983年，第一本官方规则手册问世。1985年，瑞典旱地冰球

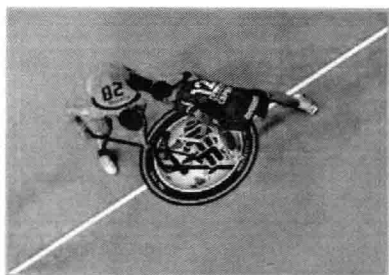


Floorball Sticks from the 80's picture from FFF

1983. The Swedish Floorball Federation (SFF) became a member of the National Sports Confederation in 1985.

International Development

To establish a federation with only Sweden and Finland did not seem appropriate, so a search for other countries with floorball begun, and a version of floorball in Switzerland



was found. Sweden, Finland and Switzerland established the International Floorball Federation (IFF) on the 12th of April 1986 in Huskvarna, Sweden. IFF is an ordinary member of General Association of International

联盟 (SFF) 成为瑞典国家体育联盟会员。

国际发展

联盟只有瑞典和芬兰两个国家不是很合适，所以人们开始争取其他国家加入旱地冰球运动，在瑞士也出现了旱地冰球的一种形式。



1986年4月12日，瑞典、芬兰和瑞士在瑞典的胡斯克瓦纳 (Huskvarna) 市成立了国际旱地冰球联盟 (IFF)，该联盟 (IFF) 是国际单项体育联合会总会 (GAISF)



北欧时尚运动——旱地冰球

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Sports Federations (GAISF), a full member of International Olympic Committee (IOC) and cooperates with both International University Sports Federation (FISU) and E-Sports Management Australia (EMSA).

IFF now stresses three different fields, namely, marketing, development and politics in the field of sports.

的普通会员，国际奥林匹克委员会（IOC）的正式会员，并与世界大学生运动联合会（FISU）及澳大利亚电子竞技运动管理局（EMSA）合作。

IFF目前致力于三个领域的运作：旱地冰球运动的市场营销、发展和策略。



Fast Growing

Floorball becomes the fastest growing sport in Czech Republic, Finland, Norway, Sweden and Switzerland.

Floorball is now globally spread to Europe, Asia, Australia and America.

It is to be established in several countries such as Germany and the USA.

Number of licensed players among sports gives top five ranking in Sweden, Finland, Czech Republic and Switzerland.

Floorball is moving more and more into central Europe, Asia and the Pacific.

发展迅猛

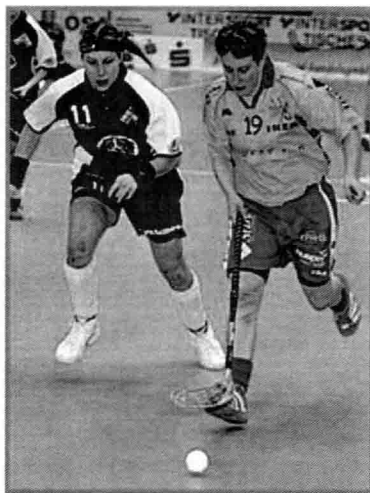
旱地冰球运动在捷克、芬兰、挪威、瑞典和瑞士发展十分迅猛。

目前，旱地冰球正在向欧洲、亚洲、澳洲以及美洲传播。

德国、美国等国也在积极开展此项运动。

在瑞典、芬兰、捷克以及瑞士，拥有旱地冰球IFF证书的运动员数量居所有运动项目前五位。

旱地冰球现在日益快速传向中欧、亚洲及环太平洋地区。





Floorball As A World-wide Sport

Floorball is now played in following countries:

作为国际运动的旱地冰球

开展旱地冰球运动的国家如下:



Argentina, Armenia, Australia, Austria, Belarus, Belgium, Brazil, Canada, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Great Britain, Hungary, Iceland, India, Indonesia, Iran, Ireland, Israel, Italy, Japan, Latvia, Liechtenstein, Lithuania, Malaysia, Moldova, Mongolia, Netherlands, New Zealand, Norway, Pakistan, Philippines, Poland, Portugal, Romania,

阿根廷、亚美尼亚、澳大利亚、奥地利、白俄罗斯、比利时、巴西、加拿大、捷克共和国、丹麦、爱沙尼亚、芬兰、法国、格鲁吉亚、德国、英国、匈牙利、冰岛、印度、印度尼西亚、伊朗、爱尔兰、以色列、意大利、日本、拉脱维亚、列支敦士登、立陶宛、马来西亚、摩尔多瓦、蒙古国、荷兰、新西兰、挪威、

Russia, Serbia, Sierra Leone, Singapore, Slovakia, Slovenia, South-Korea, Spain, Sweden, Switzerland, Thailand, Turkey, Ukraine, USA.

巴基斯坦、菲律宾、波兰、葡萄牙、罗马尼亚、俄罗斯、塞尔维亚、塞拉利昂、新加坡、斯洛伐克、斯洛文尼亚、韩国、西班牙、瑞典、瑞士、泰国、土耳其、乌克兰、美国。

IFF Member Associations IFF会员国

Argentina, Armenia, Australia, Austria, Belarus, Belgium, Brazil, Canada, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Great Britain, Hungary, Iceland, India, Indonesia, Iran, Ireland, Italy, Israel, Japan, Latvia, Liechtenstein, Lithuania, Malaysia, Moldova, Mongolia, Netherlands, New Zealand, Norway, Pakistan, Philippines, Poland, Portugal, Romania, Russia, Serbia, Singapore, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, Thailand, Turkey, Ukraine, USA.

阿根廷、亚美尼亚、澳大利亚、奥地利、白俄罗斯、比利时、巴西、加拿大、捷克共和国、丹麦、爱沙尼亚、芬兰、法国、格鲁吉亚、德国、英国、匈牙利、冰岛、印度、印度尼西亚、伊朗、爱尔兰、意大利、以色列、日本、拉脱维亚、列支敦士登、立陶宛、马来西亚、摩尔多瓦、蒙古国、荷兰、新西兰、挪威、巴基斯坦、菲律宾、波兰、葡萄牙、罗马尼亚、俄罗斯、塞尔维亚、新加坡、斯洛伐克、斯洛文尼亚、韩国、西班牙、瑞典、瑞士、泰国、土耳其、乌克兰、美国。



Section Two: The Characteristics of Floorball

第二节 旱地冰球的特点

Easy to learn, easy to start and inexpensive to run. A new generation among sporting youth.

易学，易上手，成本低。
新生代中兴起的运动。

- Very strong penetration among the 12-19 year olds.

- 12-19岁的年轻人参与度很高；

- Very strong participation of girls and women.

- 女性参与度很高；

- One of the few sports which is equal between genders.

- 少数几个提倡男女平等参与的运动项目之一。

Due to the rapid growth of the sport and the lower level of media exposure, floorball has built a very strong internal information structure.

鉴于旱地冰球运动发展迅猛而媒体曝光率低，旱地冰球建构了强劲的内部信息架构。

- Over 300 000 unique users per month.

- Over 600 000 sessions per month.

- Easy to enter a well-organized sports community.

- Very strong presence in the schools.

- Direct contact to nearly 300 000 players.

- Growing media exposure.

- 每月30万以上个体参与者；

- 每月60万人次的集会；

- 加入组织完善的运动共同体便捷；

- 形成校园亮点；

- 与近30万运动人士直接联系；

- 日益增多的媒体宣传。

