

Innebandy: What is it about?

Never ever heard of the sport called Innebandy? Come sure you have…..It is similar to hockey but much easier and a lot of fun. Almost everybody in Sweden has played it, it is a kind of national sport. In other parts of the world it is called floorball.

You play with normal gym shoes (You don’t need skates!!), a special ball and a plastic stick, shorter than the hockey one.

What is nice about Innebandy is that you don’t need to be a champion to play !! It is very easy to learn, there are almost no rules and after you have played it once you can’t stop anymore.

In Stockholm, we are a bunch of people playing once a week. Among us there both swedish people and exchange students. There are both boys and girls so don’t feel shy if you are a girl and think that this is a game for men… Usually girls are very good at this sport and learn very quickly.

We are going to play each Saturday at 5′o clock at Frescati Hallen . Frescati is the big gym hall between Lappis and the T-Universitet. Frescati Hallen

Please write me an email if you would like to join us or if you have any further questions.

You can rent a stick at Frescati Hallen for about 10 SEK if you don’t have one. The cost of the match, one hour, depends on how many we are, usually about 40 SEK each.