

HOCKEY -  +  =

FLOORBALL

*Non-contact indoor hockey.
FAST. FUN. FOR EVERYONE.*



-  All skill levels
Ages 16+
-  Cardio that
feels like play
-  A weekly
community
-  Gear provided
No season commitment

Play your first night free.
PORTLANDFLOORBALL.ORG

Plan your first Game Night.

Thursdays, 7-9 pm | PDX Fieldhouse, Beaverton

All skill levels | Ages 16+ | Loaner gear provided

\$20 per Game Night after your first.

Register before coming to play.

portlandfloorball.org

Scan the code in the ad for details and registration.



HOCKEY PLAYERS: THERE'S NO BETTER OFF-ICE TRAINING THAN FLOORBALL.

**THINK HOCKEY.
REPLACE THE PUCK WITH A BALL.
REMOVE THE ICE.**

INCREASE THE TOUCHES.



FLOORBALL = HOCKEY SKILLS. MORE REPS. ALL YEAR LONG.



HANDS

More touches
in 90 minutes
than most hockey
practices.



VISION

Develop passing
lanes and
spatial
awareness.



DECISION MAKING

Fast transitions.
Constant
pressure.



CONDITIONING

High-intensity
intervals
without
skating.



FUN

All the hockey
instincts.
Less gear.
More reps.



FIRST-TIMERS

FREE

**COME TRY IT OUT
ON US!**



COME TRY IT!
YOUR HOCKEY WILL THANK YOU.



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ALL GENDERS • AGES 16+ • ALL SKILL LEVELS WELCOME

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