

INTRODUCING HANDBALL



Week 2 Passing and Moving

EQUIPMENT

Balls
Cones
Bibs

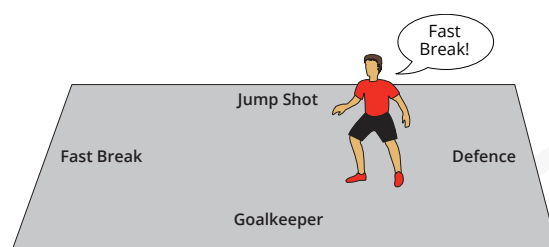
Warm Up: Reactions

Allocate each side of the hall a handball action/name (for example Jump Shot / Fast Break / Goalkeeper / Defence).

Players move around the hall; a side of the hall is called out and all players run to that side of the hall.

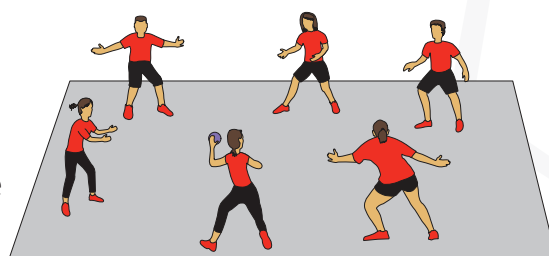
Next Step: The last 3 or 4 players to reach the side of the hall do 5 star jumps.

Next Step: If there are enough handballs do the same but dribbling the ball.



Skill Session 1: Passing

Split the group into 2, with each of the players with a number. All the players stand in a circle in any order (however not directly next to someone with a number before or after theirs). The Players now pass the ball around the circle, following the number order 1-2-3 and so on.

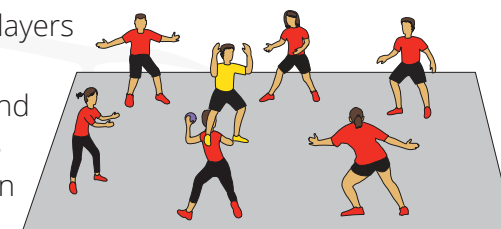


Next Step: Add in additional Handballs so they are passing 2 or 3 Handballs at the same time in each group.

Next Step: Change the type of pass each time you pass the ball (e.g. Overhead pass, Bounce pass).

Skill Session 2: Passing and Moving

Continuing from Skill Session 1, the players are now allowed to pass to anyone within their group (using just 1 ball) and move around within a set area. 2 or 3 numbers are called out (depending on the size of the group) those players switch groups and try to win the ball, the first one to get the ball gets a point for their team.



Skill Session 3: 10 Passes Game

Playing games across court, 5 v 5 (smaller teams are ok, max of 5 v 5 to ensure maximum participation in the games) ideally with 2 or 3 games happening at the same time for larger classes.

Game(s): Touchdown Game As the 10 passes game in skill session 3 Players are to pass and move about the hall, in order to score you need to put the ball down within a set area, either by catching it inside the area or moving into the area using your 3 steps.

Next Step: Set a number of passes required before you are allowed to score to encourage more passing.

