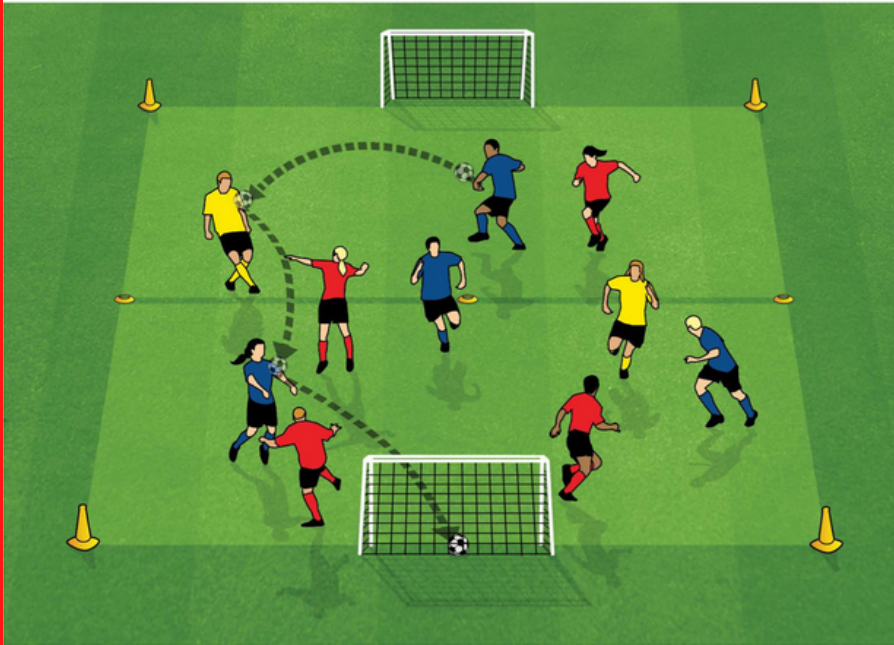


HANDBALL

ARRIVAL 5-10-MINS



SETUP

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Divide the players into 2 teams with 2 neutral players (Yellows). Bib accordingly.
3. Have footballs around the area to restart match.
4. Reds defend one goal, blues the other. Neutral players play for team in possession.

HOW TO PLAY

1. Teams attempt to throw the ball into the opposition goal.
2. Players can't move when they have possession of the ball.
3. Defending players can only intercept the ball and can't steal it from players hands.
4. Once a goal is scored, that team needs to retreat to halfway until the first throw is made.

PROGRESSION

- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

OUTCOMES

- Awareness and vision of the players around
- Supporting movement
- Decision making
- Verbal and non-verbal communication

FOCUS - ATTACKING - 1 V 1'S

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up 2 squares
- **1 x 15x15m square in the middle**
- **1 x 30x30m square around the smaller square**
- Set up 4 gates, using cones, in each corner of the larger square
- Create 4 equal teams with 1 ball per team

HOW TO PLAY

- Each team passes to each other in the small square
- Encourage players to take minimum touches before passing
- Encourage players to receive the ball in different parts of the square
- When the coach shouts go, the player with the ball must exit the middle square and dribble through a gate with the ball under control

POSSIBLE PROGRESSIONS

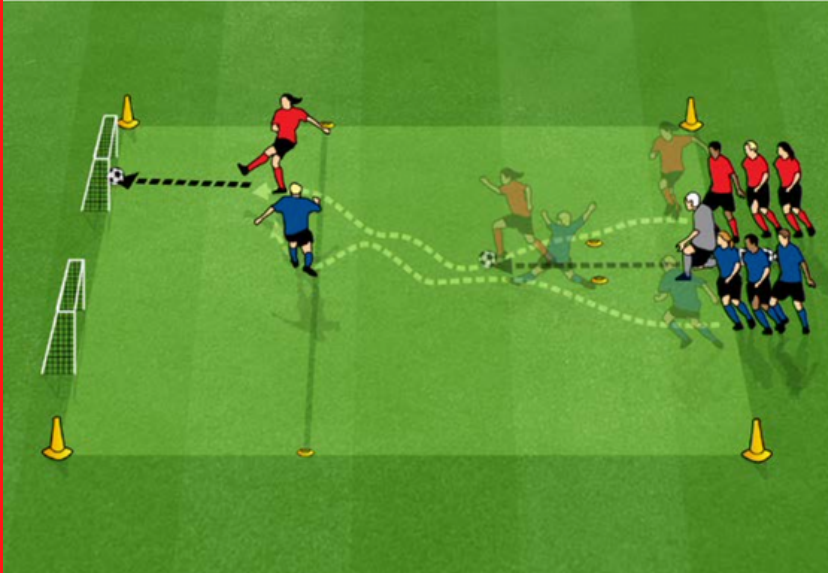
1. Provide players with a time limit to break through the gate
2. Make it a race where the first player through a gate (with ball under control) gets a point for their team
3. On the "Go", players that aren't in possession can chase and try to tag a player before they reach the gate
4. On the "Go", players that aren't in possession can chase and try to tackle a player before they reach the gate

SKILL OUTCOMES

- Dribbling
- Change of direction with ball
- Change of pace with ball
- Use of body when being chased by a defender

FOCUS - ATTACKING - 1 V 1'S

SKILL TRAINING 20-MINS



SETUP

- **Area of up to 30 x 20m.** Modify depending on the amount and ability of players involved
- 2 teams of equal numbers, bibbed accordingly
- 2 small goals placed at the end of the area
- Line of cones 10m away from the goals, creating a scoring zone
- 2 starting cones placed 3m away from each other, 25m away from the goals

HOW TO PLAY

- First two players stand at the starting cones, facing the goal
- Coach stands 2m behind the players with a ball in hand
- Coach rolls the ball towards the goal through the middle of the first two players
- Players attempt to reach the ball first and then try to score a goal
- Player who reaches the ball second, must attempt to win ball back and score
- Play until completion and then next two players play

POSSIBLE PROGRESSIONS

1. Keep individual scores against each other
2. Keep overall team scores
3. If players dispossesses first player to the ball, they pass the ball back to the coach

EXERCISE TASK

- Can you keep the defender away from the ball at all times?

PLAYER TASK EXAMPLES

- Can you change your direction to get away from the defender?
- Can you change your speed to get close to the goal?
- Can you get your body until between the defender and the ball?

FOCUS - ATTACKING - 1 V 1'S

SKILL GAME 20-25-MINS



SETUP

- **Area of up to 40x20m.** Modify depending on the age and ability of players involved
- Cones used to mark out the half way line of the pitch
- Three teams of equal numbers, bibbed accordingly
- Two teams begin on the pitch, one team observing
- GKs for each team.
- Footballs beside each goal and around the playing area
- Rotate playing teams every 2 minutes

HOW TO PLAY

- Teams play a regular game of football but are only allowed to play in the half of the team with the ball
- Team in possession can dribble or pass to break into the opponents half
- Only one attacker and 1 defender are allowed inside the attacking half
- If attacker scores, play restarts from the scoring team's GK. If defender wins play remains in that half

POSSIBLE PROGRESSIONS

1. 2 attackers and 2 defenders allowed into the final third
2. Attacking team get 3 points if they dribble over the half way line before scoring

SKILL OUTCOMES

- Dribbling
- Change of direction with ball
- Change of pace with ball
- Use of body when being chased by a defender