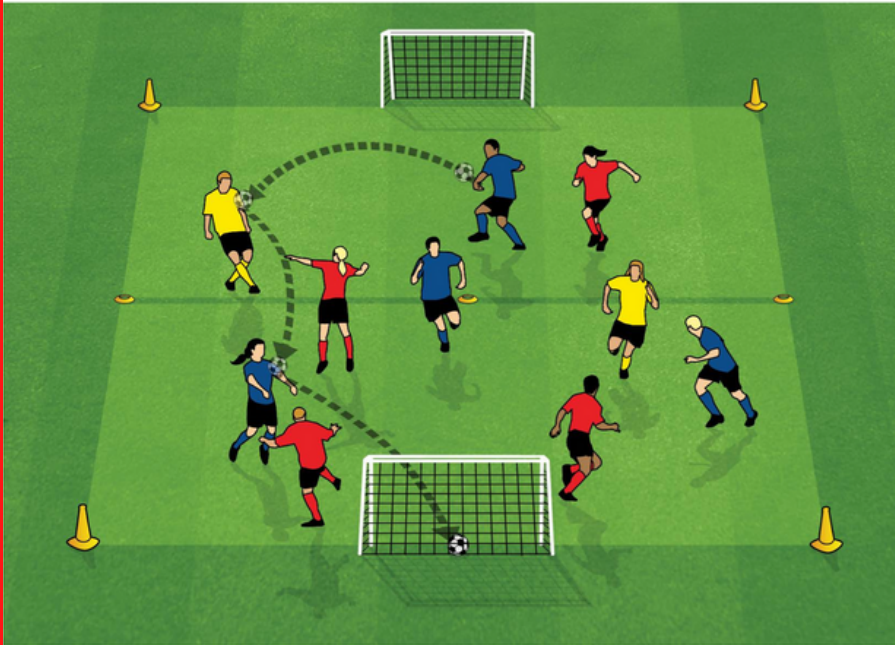


HANDBALL

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

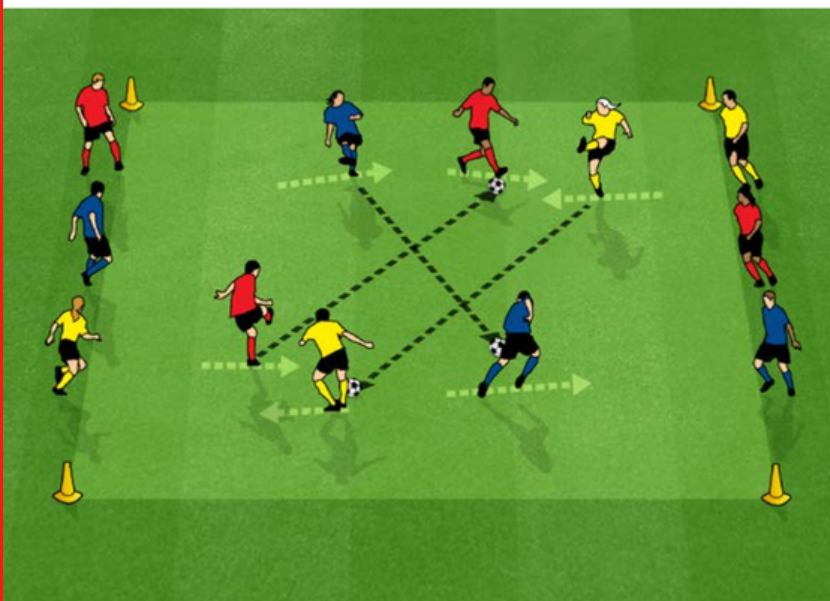
- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

OUTCOMES

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

FOCUS - ATTACKING - RECEIVING TO ATTACK

SKILL INTRODUCTION 10-15-MINS



SETUP

- **Set up an area of up to 30x20m.** Modify area depending on the number and ability of players involved
- Divide the group into three equal groups
- 2 players from each group begin inside the area, the other two begin outside of the area at opposite ends
- Each group has a ball

HOW TO PLAY

- Each team must move the ball from one end of the area to the other
- Once they reach an end, they carry out the same task in the opposite direction
- Outside players must move to receive in a different place next time
- All three teams play at the same time
- Encourage players to use minimal touches
- Players to swap from outside to inside the area whenever they are ready

POSSIBLE PROGRESSIONS

1. Inside players the area must combine before playing out
2. Inside players must combine with outside player before they can play back into the area

SKILL OUTCOMES

- 1st touch control to play forwards
- Movement to receive
- Awareness of surrounding before receiving

DRINKS BREAK DISCUSSION

- What helped you when trying to get the ball successfully from one side to the other?



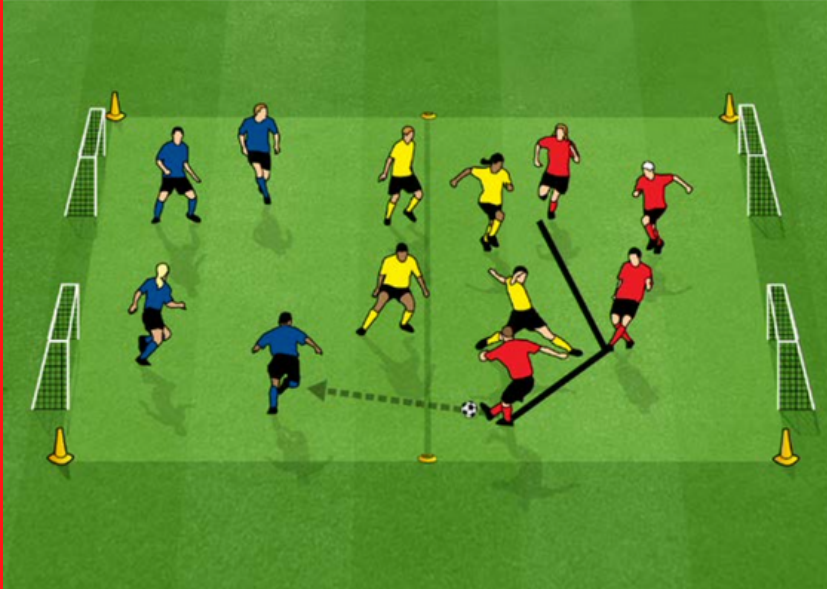
JUNIOR CURRICULUM

9TH - 12TH GRADE



FOCUS - ATTACKING - RECEIVING TO ATTACK

SKILL TRAINING 20-MINS



SETUP

- **Area of up to 30 x 20m.** Modify area depending on the number and ability of players
- 2 small goals placed at each end of the area
- Group divided into 3 teams – Red, Blue and Yellow
- All four Reds begin in one half of the area, Blues begin in the other
- Yellows begin as defenders, with 2 players in each half

HOW TO PLAY

- Reds attempt to keep possession and try to transfer the ball to the opposite half (to the Blues). If successful, Reds receive a point
- When the ball is transferred, Yellow defenders are allowed to press the ball once the Blues have taken their first touch
- Blues then attempt to repeat
- If Yellow defenders win the ball, they attempt to score in one of the smaller goals. If they are able to shoot, they change roles with the team who were dispossessed (regardless of scoring)

POSSIBLE PROGRESSIONS

1. If defending team win possession of the ball they can either attempt to score in a goal, or transfer ball to the other side of the area
2. If defending team win ball and score in the goal, 3 points are taken of the dispossessed team

EXERCISE TASK

- Can we transfer the ball to the attacking half as quickly as possible? If we can't, keep it until we can.

PLAYER TASK EXAMPLES

- Can the team mates provide a passing option to the right, left and far?
- Can you position yourself to receive the ball facing forwards to play forwards?
- Can the central players be in a position to receive the ball at all times?

FOCUS - ATTACKING - RECEIVING TO ATTACK

SKILL GAME 20-25-MINS



SETUP

- **Area of up to 30x20m.** Modify area depending on age and ability of players
- 5 x 3m gates placed around the pitch
- Split players into 3 equal teams and bib accordingly

HOW TO PLAY

- Teams play a regular game, scoring in the regular way
- Observing team is set an observation task whilst they are on the sidelines
- Change teams after a goal has been scored or after 2mins

POSSIBLE PROGRESSIONS

1. Teams score a goal each time they receive the ball through a gate
2. Teams score 3 goals if they receive a ball through the gate and then score in the goal

SKILL OUTCOMES

- Awareness of surroundings when receiving the ball
- 1st touch into space / away from defender
- Use of different parts of the foot to control ball