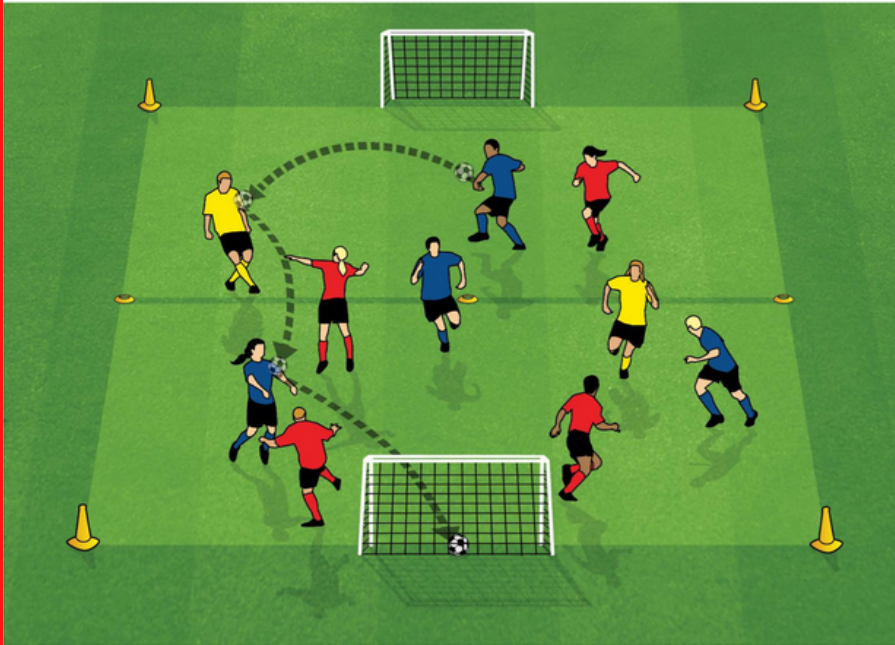


HANDBALL

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

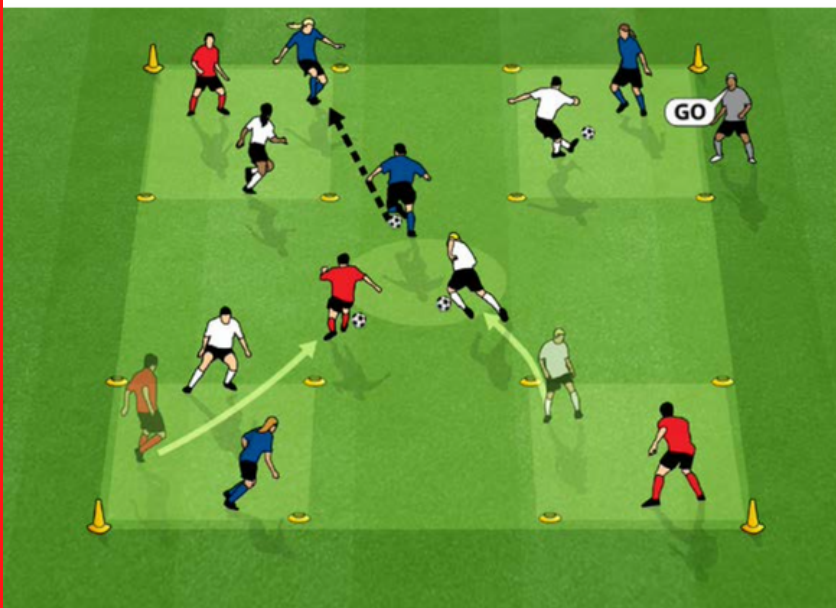
- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

OUTCOMES

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

FOCUS - ATTACKING - DRIBBLING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up an area of up to 20x20m. Modify size of area depending on the age and ability of players
- Mark out a circle in the middle of the square
- Mark out four 3x3m squares in the corner of the area
- Divide players into groups of 4 and bib accordingly
- One player from each team starts in each corner of the area
- Each group has a ball

HOW TO PLAY

- When the coach says "go", the starting player with the ball from each team has to dribble through the centre circle and then pass it onto the next player to their right (anti clockwise)
- The receiving player dribbles through the centre circle and passes it onto the player on the right
- Every player does the same until the a player ends where the starting player began

POSSIBLE PROGRESSIONS

1. Players run with the ball around the centre to their left (clock wise)
2. Players have to use their less dominant foot

SKILL OUTCOMES

- Awareness of surrounding when dribbling
- Accelerating and decelerating with the ball
- Changing direction whilst moving with the ball

FOCUS - ATTACKING - DRIBBLING

SKILL TRAINING 20-MINS



SETUP

- Two pitches of up to 25x15m, set up side by side. Modify pitches depending on the number and age of players involved
- Goals placed at the diagonally opposite sides of the pitches
- Flat cones placed for shooting zone in front of the goals
- Split into two groups. Players start at end of the area opposite a goal
- GK in each goal and 1 defender in each area (bib accordingly)
- Footballs placed in the start position

HOW TO PLAY

- Attackers begin by dribbling a ball into the area and playing 2v1 against the defender
- Attackers look to beat the defender 1v1 or combining to shoot at goal
- If attackers score from outside of the shooting zone, they receive 1 point. If they score from the inside, they receive 3 points
- Defending player is not allowed inside the shooting zone
- If defending player wins possession of the ball, they attempt to pass back to the players at the start. This takes two points off the individual attacker's score
- Individual attackers keep their points total
- Every 2 minutes the defending player is changed

POSSIBLE PROGRESSIONS

1. Defender is allowed to follow attacker into shooting zone.
2. When the defender win possession and passes to the start, the attacking players individual scores are reduced to zero
3. Add another defender to play 2v2

EXERCISE TASK

- Can you dribble passed the defender at the earliest possible opportunity?

PLAYER TASK EXAMPLES

- Can the take your first touch into space behind the defender?
- Can they move their body or the ball to get the defender off balance?
- Can they accelerate away from the defender once passed them?

FOCUS - ATTACKING - DRIBBLING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 40x25m. Modify area depending on number and age of players
- Flat cones to divide the pitch into 4 quarters
- 2 teams of equal numbers, binned accordingly. 2 "common" players play for both teams
- GK's in each goal
- Players set up in a 2:1:2:1 formation
- Neutral players play in the middle 2 quarters

HOW TO PLAY

- Players play a regular game
- If they dribble from one area to the next they are awarded 1 point to their team score
- Neutral players play with the team in possession and can dribble over the line too

POSSIBLE PROGRESSIONS

1. Turn the Neutral players into team players
2. A defender is allowed to follow opponent into the next area
3. No restrictions on areas that players have to play, but dribble to next area rule still applies

SKILL OUTCOMES

- Ball control while dribbling
- Passing so that your team mate can dribble
- Decision making- when to pass, when to dribble
- Protecting the ball