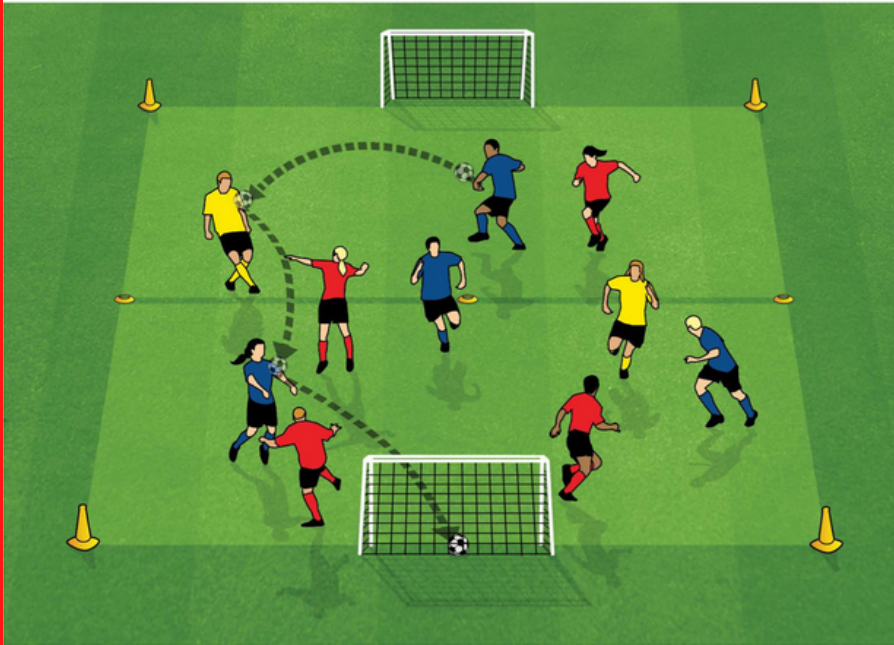


### HANDBALL

### 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

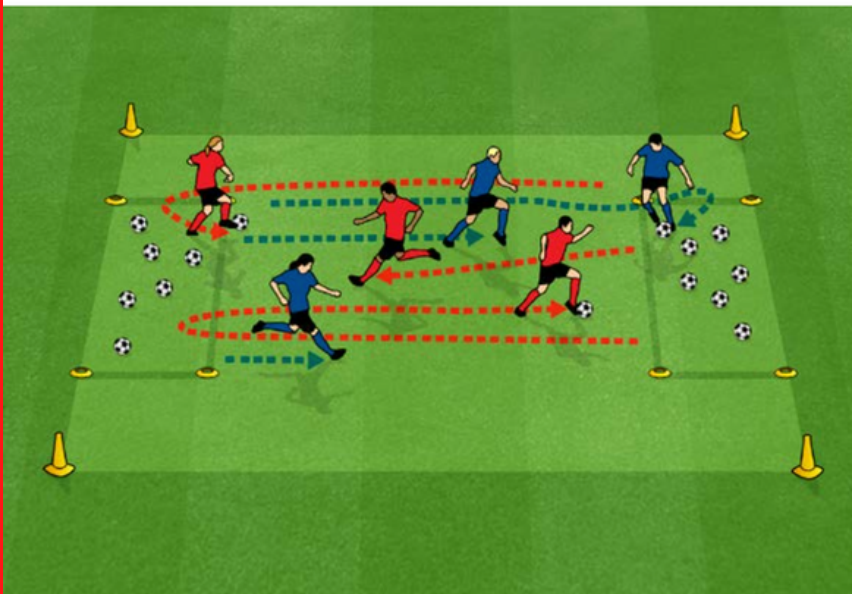
- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

#### OUTCOMES

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

### FOCUS - ATTACKING - RUNNING WITH THE BALL

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Area of up to 20x10m
- Divide players into 2 equal teams with each team placed on a corner
- 2 areas at each end with 8 balls in each

#### HOW TO PLAY

- Teams have to steal balls from the opponent area and take them back to their own area
- Play for 40 seconds to see who has the most balls

#### POSSIBLE PROGRESSIONS

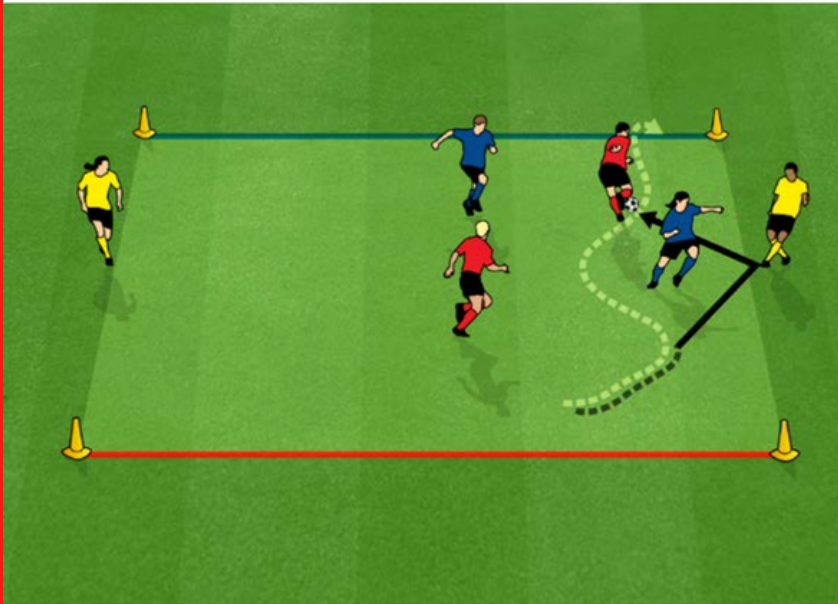
1. Players have to use their less dominant foot

#### SKILL OUTCOMES

- Travelling at speed with space in front
- Changing direction whilst running with the ball
- Ball control and manipulation

### FOCUS - ATTACKING - RUNNING WITH THE BALL

### SKILL TRAINING 20-MINS



#### SETUP

- Area of up to 18x12m
- 2 reds v 2 blues
- 2 neutral players on each side of the area

#### HOW TO PLAY

- Play starts with red dribbling from their line
- Attackers try to dribble onto the blue line in control of the ball
- If blues win the ball, they attempt to dribble onto the red teams line
- Yellow players play with the team in possession
- If a team successfully dribbles over the opponent line, they score 1 point then they concede possession and start defending
- Swap roles after a game of 2 minutes

#### POSSIBLE PROGRESSIONS

1. If a team scores, they keep the ball and attack the opposite line
2. Neutral yellow players are on 1 touch maximum

#### EXERCISE TASKS

- Can we recognise the time to run with the ball towards the end line?

#### PLAYER TASK EXAMPLE

- When you receive to run with the ball, can you make sure that your 1st touch takes you passed the defenders?
- Try to travel to the end line using as few touches of the ball as possible
- Try to take smaller touches as you get closer to the line

### FOCUS - ATTACKING - RUNNING WITH THE BALL

### SKILL GAME 20-25-MINS



#### SETUP

- Area of up to 60x40m. Modify area depending on age and number of players involved
- Goals at each end of the pitch
- Flat markers across the middle of the area, creating thirds
- Divide group into 2 teams of 5 (Reds and Blues)
- 2 common players in Yellow
- Additional Footballs around the outside of the area

#### HOW TO PLAY

- Players play a regular game, attempting to score in the opponents goal
- Play must be in 2/3s of the pitch, with the team in possession attempting to break into attacking third to score. Break out must take place by Running with the Ball
- If attacker breaks into attacking third and scores, team receives 3pts
- If defending team win possession and score immediately, they receive 1pt
- If defending team win possession and play backwards to their own 2/3s area, they can attempt to break out to score 3pts
- Only one attacker can break into attacking third, and can be followed by 1 defender
- Common players play for the team in possession and are allowed to break out into end third

#### POSSIBLE PROGRESSIONS

1. Allow teams to break into attacking third by passing
2. 2 attackers can break into attacking third, and can be followed by 2 defenders

#### SKILL OUTCOMES

- Recognising opportunities to attack
- 1st touch into space / away from defender
- Travelling with ball at speed