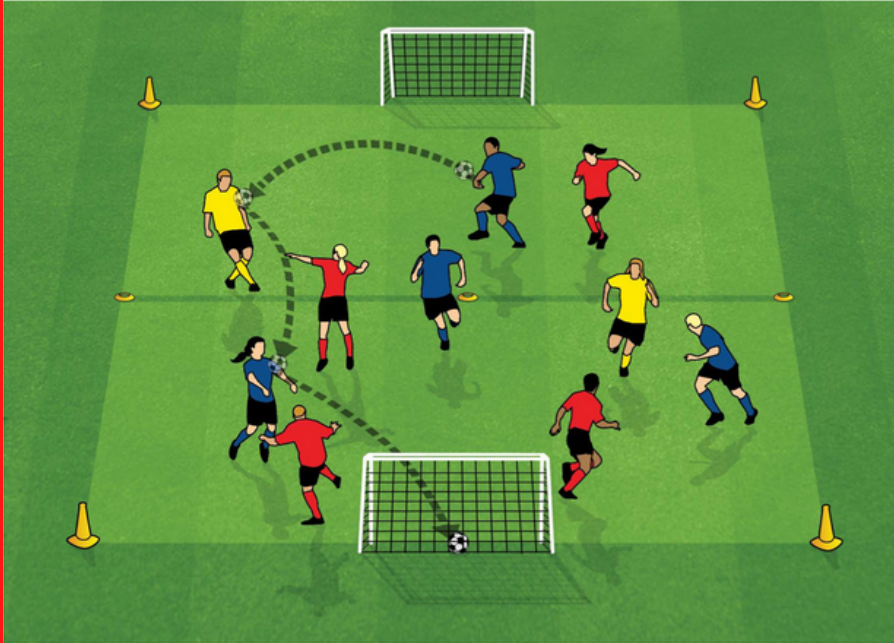


HANDBALL

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 20x20m
- Divide players into pairs and bib accordingly
- Each player has a football

HOW TO PLAY

- Player 1 dribbles around the area, with Player 2 following as closely as possible
- The player following tries to remain as close as possible whilst the leader attempts to create space between them and their partner
- Coach encourages players to accelerate, decelerate; stop, start; change direction, turn and feint
- After 30 seconds, coach calls "Stop", and players must stop and put foot on the ball
- Player 2 passes and attempts to hit Player 1's football. If they hit the football, they win 1 point. If they miss the football, Player 1 wins 1pt.
- Rotate roles for the next 30 seconds, with Player 2 leading this time
- After a few times together, rotate the partners so they experience playing against different players

POSSIBLE PROGRESSIONS

1. Two players are following the lead dribbler

SKILL OUTCOMES

- Dribbling
- Accelerating and decelerating with the ball
- Changing direction whilst moving with the ball

FOCUS - ATTACKING - DRIBBLING

SKILL TRAINING 20-MINS



SETUP

- Set up a circular area, 20m in diameter
- Using flat spots, mark out a 5m square in the centre of the area
- Divide the players into 3 groups of:
 - 6 Red Servers on the outside of the area
 - 4 Blue attackers inside the circle
 - 2 White defenders inside the square
- 4 servers start with footballs on the outside

HOW TO PLAY

- Red pass into the Blues
- Blues then dribble through the square before passing the football to a free Red on the outside of the area
- Whites attempt to tackle the Blues as they dribble through the square, but cannot come out of the square
- Each time a Blue dribbles through the square successfully, they win 1 point
- If Whites win the ball, and successfully pass it to a free Red, the Blue player's score is reset to 0 points

EXERCISE TASK

- Today is about trying to attacking quickly by dribbling, whilst also making sure that we keep possession of the ball.

PLAYER TASK

- Can we receive the ball in a way that allows us to dribble through the square?
- Once we see a space to dribble through, can we attack it quickly? How would we do this?
- Once dribbled through the area can we look to pass to a player on the outside quickly?

FOCUS - ATTACKING - DRIBBLING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 18x25m. Modify area depending on the number of players involved.
- Goals at each end. (Big goals with GKs or smaller goals without)
- 2 teams of 3 players, bibbed in different colours (Red & Blue in diagram).
- Spare footballs placed to the side of goals.
- Another replica pitch set up alongside for another group of players.

HOW TO PLAY

- Teams play 3v3 against each other.
- Teams score by shooting in opponents goals. Conceding team restarts play.
- No restarts from the side. Restart from GKs.
- 2 minute games before teams are rotated.

POSSIBLE PROGRESSIONS

1. Teams are awarded 2pts if they score in the opponents half.
2. Make the pitch width smaller

OUTCOMES

- Drawing / Engaging an opponent
- Decision Making - when to pass / when to travel
- Awareness of opportunities for attacking 1v1

DRINKS BREAK DISCUSSION

- What does the other team do successfully when attacking?