

# HANDBALL

Superstars

## CHAPTER 2

# Ball handling



Rolling the ball through the legs forming an eight



Fast ball handling through the spread legs, moving the hands accordingly



Tossing a ball with the feet while sitting and catching it while standing up

## CHAPTER 2

# Ball handling



Bounce passes through a hoop to the partner



Throwing the ball at the wall and catching it



A passes to B; B throws the ball into the air; A and B change positions, and A catches the ball



Group of 3: The student in the middle alternately carries out passes with the outer players

These exercises improve throwing and catching while standing and moving as well as the ball-hand-eye coordination.



Passing and catching in a circle: First, one ball is passed, and then two balls are passed at the same time



Bounce passes of two balls at the same time      Direct passes of two balls at the same time



Group of 3: Two attackers are passing a ball to each other. The student in the middle must try to intercept it

These small competitions and exercises improve the throwing power in a playful way.



Moving a carton for example into the goal/ into a target.



Variation: The carton is placed on a wheel board and contains a medicine ball.

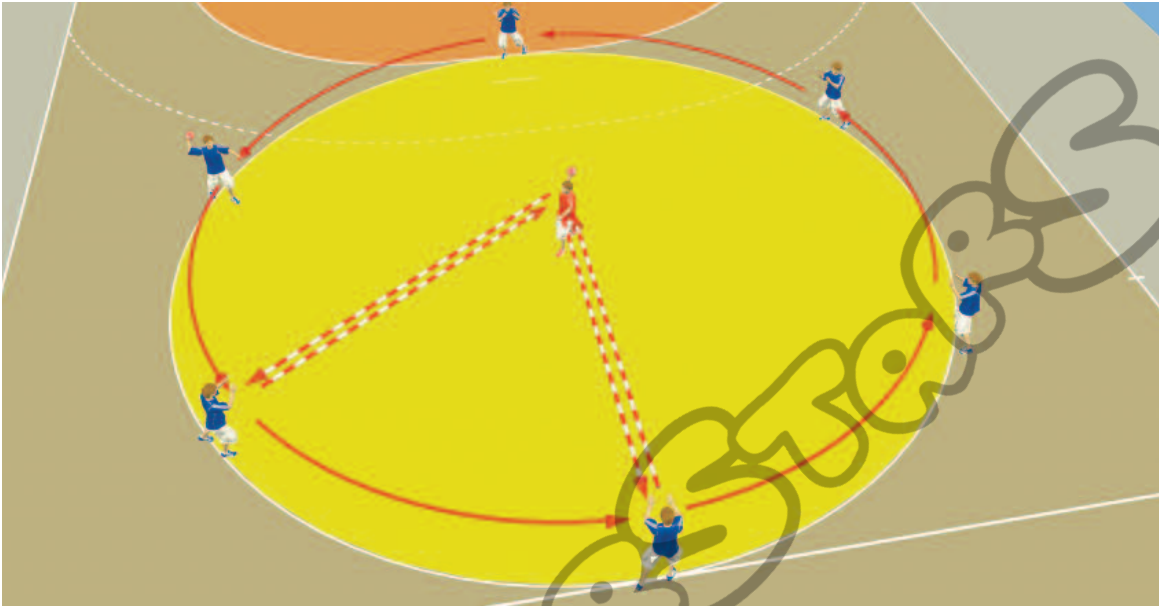


Throwing competition between teams throwing at different objects



Variation: each team is trying to push a ball towards another team (larger throw distance)

14



### Star ball passing

Place the students (6-8) according to the figure. Use 2 balls. The student in the middle receives the first ball from one of the outside students and passes it back to the next student in the circle and then turns to receive the second ball in the same way, before turning again to the first ball and so on (Fig. 14).

Possibilities:

- Both balls are played in the same direction
- The balls go in opposite directions
- The student in the middle can choose which way he wants to pass the 2nd ball
- Make sure that all students have a turn in the middle

## CHAPTER 2



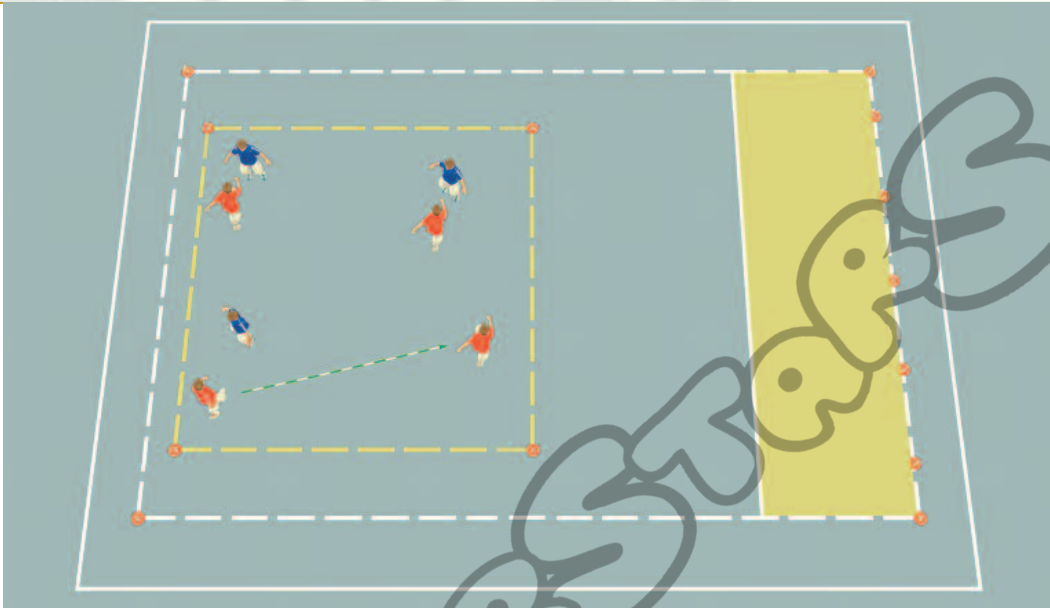
### 10 Passes

Divide the students into two groups and put them into a restricted area. The teacher throws the ball in the air to start the game. It is then up to the two groups to try to pass the ball between themselves 10 times. The students and the teacher count the passes out loud. When one group loses the ball or takes it out of the restricted area then the counting starts for the other group. Every time a group

gets to 10 passes, they score one point. Try to use the handball rules as much as possible.

Variations:

- 5 against 4
- 5 against 5 with a neutral player (see picture)



#### 4 against 3 with throwing target

Organization: 1 field of 12 x 17-20 m (according to the hall). 1 throwing line 4-6 m in front of the targets (for example cones). Within this field, another field of approx. 9 x 9 m is marked.

Task: The attacking team in numerical superiority tries to remain in possession of the ball for 1 min. In case of a turnover, they immediately get a new ball out of the ball box and continue to play. If the defending team captures the ball, they may try to hit a cone from

the throwing line (=1 point) without interference of the opponent. Afterwards the defending players run back and try to capture the next ball. Change of tasks after for example 1 minute.

Advice: Interchanging the teams according to the number of players in a tournament (round robin). If it is not possible to play on two fields at the same time (e.g. in small halls), the players not involved perform for example coordination tasks.



## CHAPTER 4

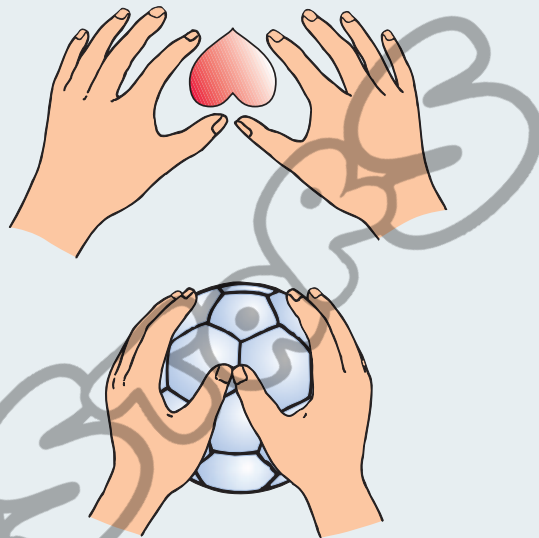
### Passing, shooting

It is very important to teach your students the basic skills of passing/shooting from the beginning. Otherwise they will find it difficult when it comes to more complicated shooting forms.

The normal handball throw used for both passing and shooting:

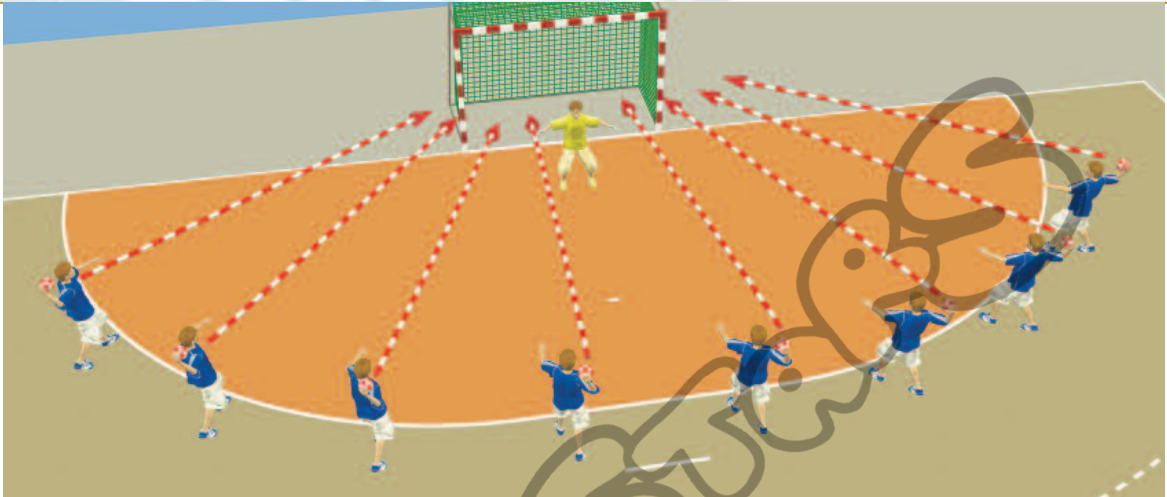
- Hold the ball high with the over arm at shoulder height and the elbow at 90 degrees angle.
- Draw the throwing arm backwards.
- Have left foot in front if you are passing/shooting with the right arm. Right foot forward if you are passing/shooting with the left arm.
- Move the passing/shooting arm forward and finish the movement with a stretched arm.
- A final movement in the wrist/fingers gives the ball extra speed and the chosen direction.
- You can obtain extra power in the pass/shot by rotating in the body and following through.

### Correct catching

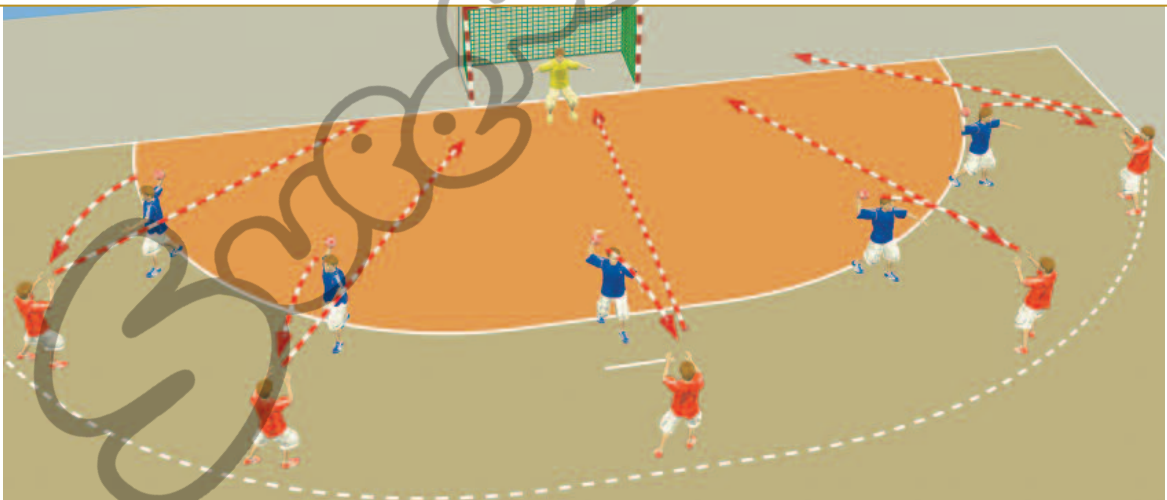


### Catching high balls (between breast and head)

- The arms are slightly bent and move towards the ball.
- Hands and fingers form a tunnel, a heart standing on its head.
- The fingers and the thumbs are spread.
- The thumbs are directed towards each other.
- Catching the ball elastically in front of the body and “absorbing” it by moving the hands to the body.
- The thumbs are behind the ball and prevent it from passing to the breast.



Each player shoots from the 6 m line. The players take the ball and make a jump shot from the same position.



The players work in pairs. One player is trying to shoot and the other player is trying to block the shot. Do not let more than one pair shoot at the same time.