



## Coaching Handball Session 1

### **Handball Situation:**

- Catching and handballing the ball in a tight situation.

### **Coaching Session Focus:**

- Catching and handballing the ball quickly to a teammate by using both sides of the body.

### **Objectives:**

- Get the ball off quickly
- Be clean with the ball

### **Activity – Hot Potato**

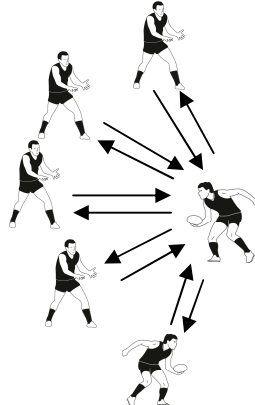
#### **Aim –**

To move the ball from player to player as fast as possible.

#### **Method –**

(6 players, 2 balls)

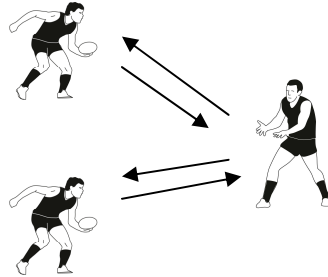
- Players gather in a semi circle around one player
- The player on the far left of the player in the middle handballs the ball to the player in the middle
- The player in the middle catches the ball and then handballs it on to the next player around
- Who then handballs it back to the middle player who handballs on to the next player and so on
- As soon as he has handballed the first ball, the player on the far left handballs the second ball to the player in the middle and he handballs that ball around the circle at the same time as the first one
- When a ball reaches the last person in the circle it starts again at the other side
- Each ball travels 5 times around the circle and then the person in the middle is swapped
- Continue until everyone has had a turn in the middle
- At the completion of the task the coach calls in all players and the following questions are considered:
  - Q: Why would it be important to catch the ball then handball it off quickly?
    - To avoid getting tackled
    - To get the ball to a free player
  - Q: Why is it important to be able to use both sides of the body?
    - So that you don't have to change side to dispose of the ball
    - So you can dispose of the ball faster



## Practice Task – Quick Fire Handball

(3 players, 2 ball)

- The players form a triangle with 5 metres between each player
- Two players take turns handballing to the other player
- Each time they alternate hands



### Teaching Points –

- Watch the ball closely in to your hands
- Handball the ball quickly getting the ball to spin backward
- Aim to handball at the chest of the player you are handballing to

### Variations –

- Apply pressure to the handballer
- Use alternate hands

### Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their Handballing improved.
- Re-visit the major teaching points.



## Coaching Handball Session 2

### Handball Situation:

- Picking up the football on the half volley and then handballing while on the rise

### Coaching Session Focus:

- Catching and handballing the ball quickly to a teammate using both sides of the body.

### Objectives:

- Clean pick ups
- Handballing on the rise

### Activity –Half Volley Pick up

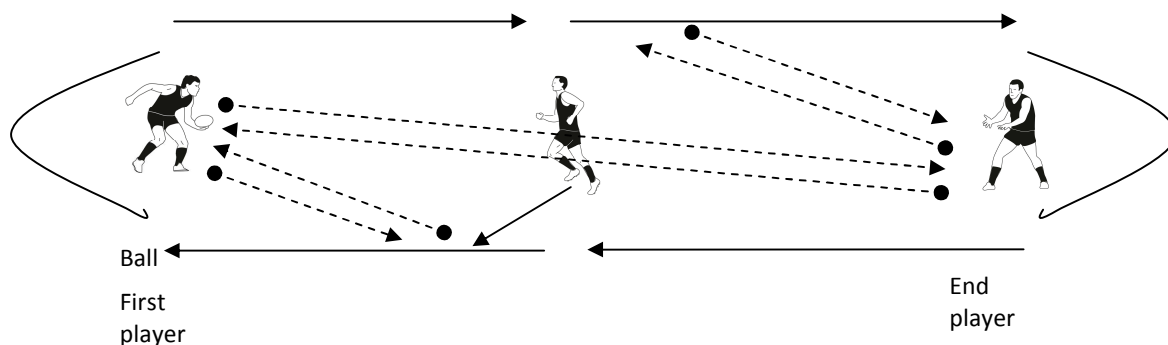
#### Aim –

To pick up the ball cleanly and handball it to a teammate while still on the rise.

#### Method –

(3 players, 1 ball)

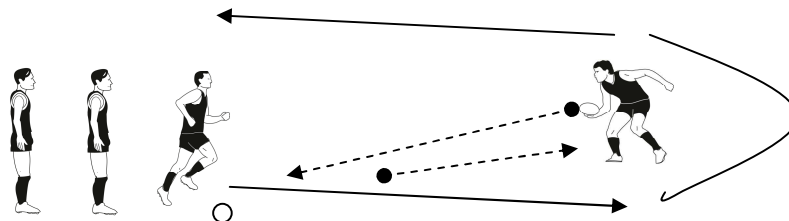
- Players form a line with roughly five metres between each player
- The first player handballs to the middle player who picks up the ball on the half volley and handballs back to the first player
- The middle player then runs around the first player
- The first player then handballs the ball to the end player
- The end player then handballs the ball to the middle player who picks up the ball on the half volley and hand balls back to the end player
- The middle player then runs around the end player
- The end player handballs to the first player and the drill starts over
- Change the middle player after a certain amount of time
- At the completion of the task the coach calls in the players and the following questions are considered
  - Q. Why is it important to be able to pick up the ball on the volley?
    - To avoid tackles
    - To give yourself time to dispose of the ball effectively
  - Q. When would you need to handball on the up?
    - When you have just picked up the ball and want to dispose of it quickly
    - When picking the ball up under pressure



## Practice Task – Quick Fire Handball

(4 players, 1 cone, 1 ball)

- Players form a line at a cone ten metres from another player with a ball
- Players take it in turns to run forward, and pick up a ball on the volley (from the front players handball)
- The receiving player handballs the ball back to the front player and runs around the front player and joins the end of the queue



## Teaching Points –

- Watch the ball closely in to your hands
- Handball the ball quickly getting the ball to spin backward
- Aim to handball at the chest of the player you are handballing to (unless deliberately handballing on the half volley)

## Variations –

- Apply pressure
- Try using non preferred hand to increase difficulty

## Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their handballing improved.
- Re-visit the major teaching points.