



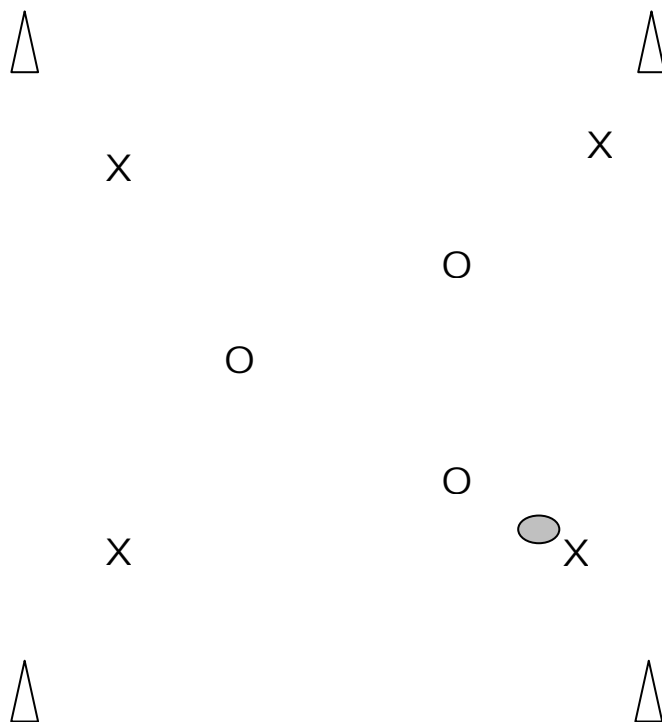


DRILL – GRID HANDBALL GAME

Ball Movement	
Running Pattern	
Cone	
Ball	
Player	X
Defender	O



What It Is

This simple drill is one of the most effective game-based and fitness drills you can use. It teaches players how to create space, decision making, speed of handball (loop vs bullet), drawing opponents and the art of quick hands/release.

How It Works

1. 3 players work ball by handball around area of square whilst 2 defenders attempt to defend and win possession of the ball.
2. Run the exercise for 30 to 60 seconds. The drill stops at the coach's whistle or when the defenders win the ball.
3. Rotate groups and monitor work-to-rest ratios. It's physically demanding if done with full intensity.

Variations

1. The drill can start with a player already in possession of the ball. Alternatively, the drill can also be started by the coach kicking ball into the square to a leading player.
2. The number of players and size of the square can vary. Less space tends to teach skills under physical pressure, while more space teaches a running game.
3. The drill is generally done full contact (eg. tackling), however the defenders can also be given bump bags to bump instead of tackle when the players have only limited space to work in.

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