



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)

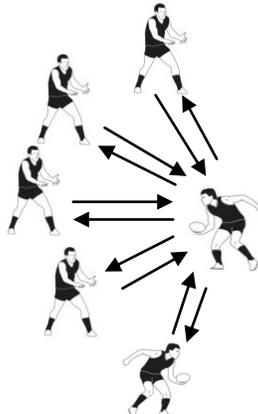
- Players gather in a semi circle around one player
- The player on the far left of the player in the middle handballs the ball to the player in the middle
- The player in the middle catches the ball and then handballs it on to the next player around
- Who then handballs it back to the middle player 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?

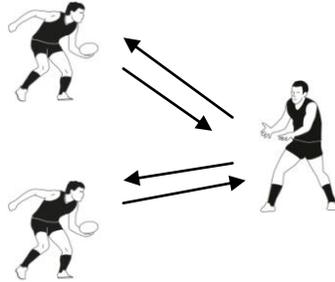
- So that you don't have to change side to dispose of the ball
- So you can dispose of the ball faster



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.