

Skill A: Hitting the ball

There are two simple coaching points for handball:

CUP YOUR HAND: When hitting the ball, the hand should be cupped with the fingers together; make sure the wrist is relaxed.

FEET: The feet should be facing sideways/or to the sidewall, and the body should be balanced.

Line players up one behind another and get them to practice hitting the ball with a cupped hand with their feet facing sideways.

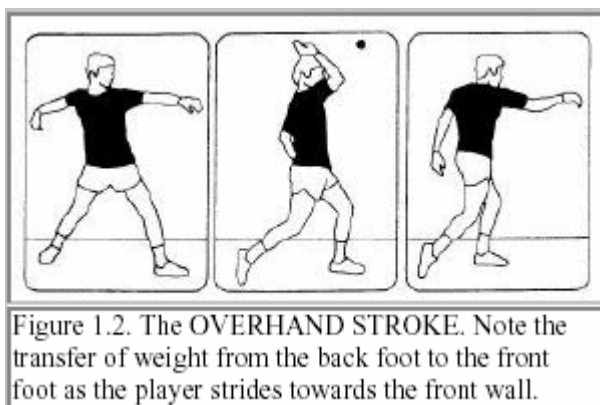
Following a number of goes, players should then carry out the drill with their weak hand.

Skill B: Strokes

There are three strokes in handball: overhand, underhand and sidearm. The two introductory strokes are underhand and overhand.

Line players up one behind another and get them to practice hitting underhand strokes, making sure the player is cupping his/her hand. After players have practiced the underhand stroke three times, move on to the overhand stroke.

The overhand stroke is similar to hitting a ball with a tennis racket, only with your hand, and this should be relayed to the participants. Line up players one behind the other and let players practice the stroke and go to the end of the line.

**Target Practice -**

Divide the group into two teams. Draw/stick markings on the wall, or line up targets for the teams to hit/or knock. The winning team is the one who hits, or knocks, all of the targets.

Game A: Round Robin/Lives

All players line up one behind the other (if there is a large group, you can have two lines).

The first player will hit the ball (cupped over-hand) to the wall and run to the back of the line.

The next player in line then hits the ball and the rally continues until someone misses. Players have three lives each and when a player loses all three lives, they step out of the line. The last person standing is 'King of the Wall'.

Game B: Winner Stays On/Shorts

Line up all of the children to the side of the court

The first two players will then take up their positions to serve and receive the ball.

Player A will serve the ball by hitting it against the wall and Player B will return

A rally ensues until one of the players miss the ball.

The winning player stays on to serve, while the other player goes to the back of the line and is replaced by the next player in line.

*Note that you can start with a double-bounce (two bounces) but as the players develop, move on to just one.

*Remember that the coach will outline the stages of the skill based on the IDEA principle.