

U-8

CARD 1

CÚL
HANDBALL

Skill A: Bouncing the ball

Divide players into pairs and put them facing each other in two lines

Get Player A to bounce the ball

Get Player B to count the number of times they bounce it

The Coach will shout GO and STOP at the start and finish of a 60 second period.

Players will then switch and Player B will count how many bounces Player A does in a minute.

Player A will then go again, but this time, with their weak hand.

Following this Player B will go again with their weak hand.

Skill B: Throwing and catching

Similar to Skill A, with Player B counting, get Player A to stand close to the wall

Player A will then throw and catch the ball as Player B counts

The Coach will again allow a 60 second period and the players will switch positions

Player A will then go again, but this time, with their weak hand.

Following this Player B will go again with their weak hand.

Game A: The Name Game

Have children form a circle

One of the players begins with possession of the ball

Before the player throws the ball for the first time, he/she must say: "My name is..."

Then that player throws the ball to the next player in line and so on until everyone has introduced themselves

When everyone has introduced themselves, the player with the ball must now throw the ball to another player and name the player to whom he/she is throwing the ball.

Game B: Keep Rally Going

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 as the group try to increase the number of consecutive shots.

In two groups, they can then compete in teams against each other, with the winner being the team that the keep the rally going the longest.

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

