CARD 2

CÚL HANDBALL

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: 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: Round Robin/Killer
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 re-placed 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.