

U-8

## CARD 2

# CÚL HANDBALL

### **Skill A: Throwing and catching**

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

Player A will then throw to Player B (strong hand first)

The Coach will allow a 60 second period to see how many times the players throw and catch the ball with letting it fall

The players will then go again, but this time using their weak hand

As a follow on from throwing and catching, target practice will then be set up whereby targets, such as a tin/box/bottle is laid on the floor and players take it in turns to hit the object by throwing the ball. Targets can also be marked on the wall, such as a circle with masking tape.

### **Skill B: 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.

### **Game A: 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 keep the rally going the longest.

### **Game B: 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 under-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'.

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

