

U-10

## 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: 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 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 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.

### **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.**

