

## HANDBALL GAMES

### 1. Handball

Equipment Needed: Cones, Net Goals, Handball

\*The handball must be a size which fits inside players' hands. Handball balls are usually made from leather or synthetic material, that can bounce off ground.

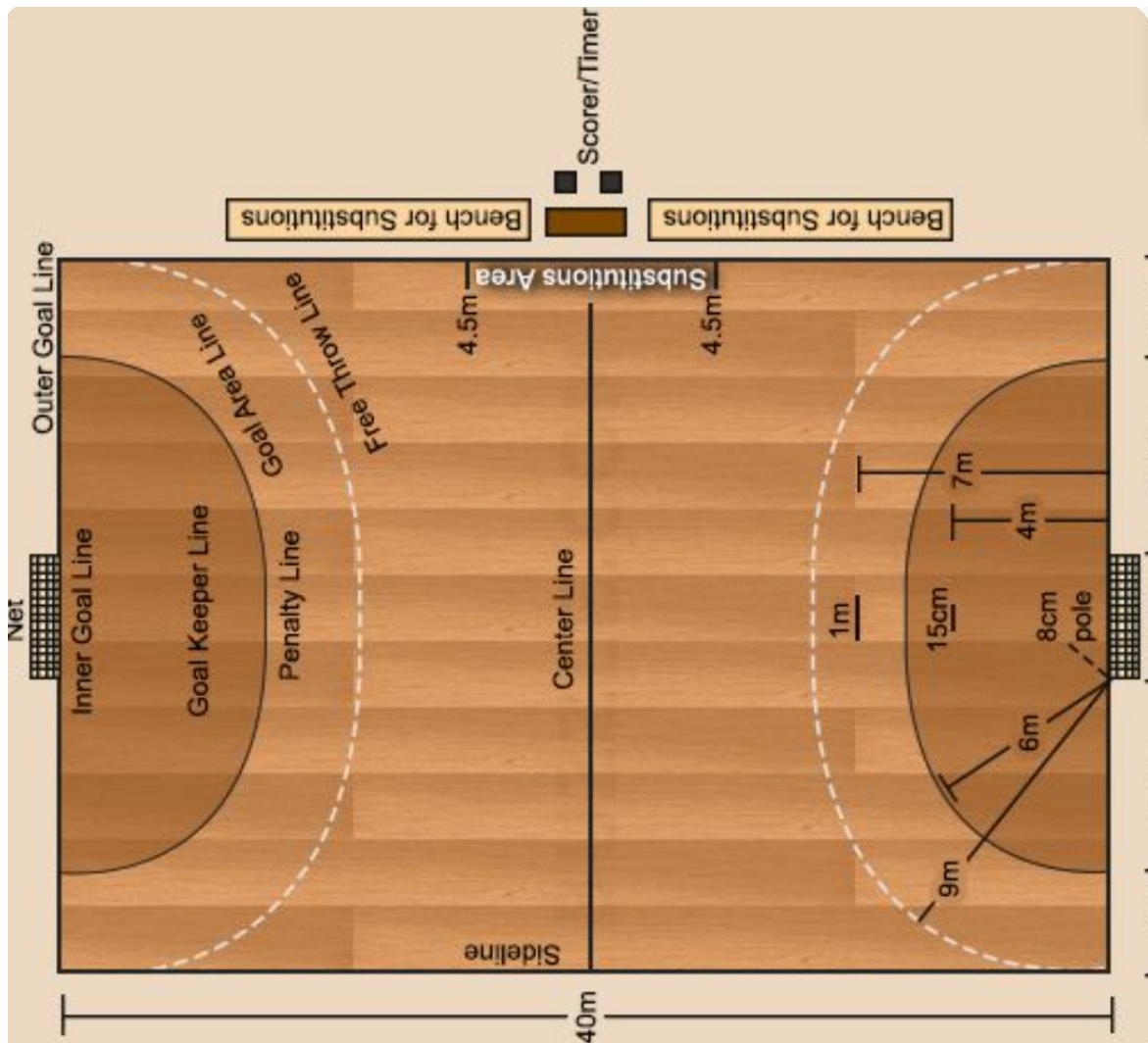
Set Up:

Use a soccer field or basketball court.

Create a rectangular boundary with cones.

Create two goals on opposite ends. These should be net goals.

Mark off from the center of the end boundary a 20-foot half circle- within this marked area will be known as the "Goalie Area".



### How to Play:

- A handball team has up to 7 players; 6 on the court and 1 goalie. Two teams against each other.
- The game can be 30 or 60 minutes. Two 15-30minute halves.
- The game is started when a player in the center throws the ball back to a teammate.
- Outfield players can touch the ball with any part of their body that is above the knee.
- Once a player receives possession, they can pass, hold possession or shoot.
- If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
- You cannot take more than 3 steps without bouncing the ball.
- You cannot hold the ball for 3 seconds without bouncing it.
- A player can run with the ball for three steps maximum.
- A player can hold a ball for up to three seconds maximum.
- A player can continuously dribble, providing they bounce the ball.
- A player can take three steps maximum before and after dribbling (no 'double dribble').
- No player besides the goalie is allowed near the goal. Shots can only be take outside the goal area.
- Players are not able to endanger an opponent with the ball.
- Players are not permitted to pull, hit or punch the ball out of the hands of an opponent.
- Players cannot make contact with the ball below the knee.
- Players cannot dive on the floor to regain a loose ball.
- A player is allowed to use the torso of the body to obstruct an opponent with or without the ball.
- A player cannot outstretch arms or legs to obstruct, push, hold, trip or hit.
- An attacking player is not allowed to charge into a defensive player.
- The goalie is the only player that is allowed to kick the ball.
- A throw-in happens when then ball goes out of play on either side of the court.
- A corner is when the ball goes out of play on a goal line and it was last touched by a defender.
- A goalie can throw the ball back into play when an attacher puts the ball out of play near the goal line.
- Object of the game is to score by getting the ball into the other teams goal.

## 2. Capture the Flag Handball

Equipment Needed: Flags, Handballs, Cones

Set Up: Create a rectangular boundary with cones.  
Place a ball at each end of each team's side of the playing field.

### How to Play:

1. Divide the class into 2 teams, 1 team is on one end of the court, the other team is on the other end.
2. Give each team matching flags that are used in flag football, make sure the two teams have different color flags.
3. The object is to run into the other teams end of the court, steal their handball and run or pass it back to your end of the court without getting your flag pulled.
4. If a player's flag is pulled, or a pass is attempted and dropped, the play resets with the ball placed back on each team's side.
5. If the player runs the ball past half-court to his/her end of the court, his/her team gets awarded 3 points.
6. If the player passes the ball from the other teams side of the court/field to a player on his/her team on their side of the field/court, that is considered a TOUCHDOWN and is worth 6 points.

### Tips:

- If you have circular cones, place the ball on top of the cone... it looks cool.
- Add a "No Man's Land" about 5 feet in diameter around the ball. This stops the defending team from standing over the ball to defend it.

## 3. Drop-Zone

Equipment Needed: Handballs, Balls and cones

Set Up: Create a rectangular boundary with cones.  
Create coned boxes or circles on each end of the field.

### How to Play:

1. Divide the class into 2 teams.
2. Designate some players to be "it". They will defend their side of the field by tagging approaching players before they can get their ball to the "Drop Zone".
3. Offensive players' should have a ball. They will line up. When the whistle blows they have to attempt to get to the "Drop Zone" without getting caught.
4. There should be several quick 30-second rounds. Add the score and then line up again. You can either make players sit out if they get tagged from round to round, or have the players all get back in at the end of the 30-second round.

Tips:

- You may use any type of ball.
- Players may only take one ball at a time.
- You must drop the ball into the “Drop Zone”; you may not throw it to the zone.
- You may not take balls out of the “Drop Zone”.
- It is best to play this game with as many balls as possible.

#### **4. Clean Up Your Backyard**

Equipment Needed: Handballs, Balls, Cones

Set Up: Create a rectangular boundary with cones.  
Create a “No Man’s Land” boundary in the middle of the gym/field- this area should extend all the way across the boundary.  
Spread balls all over the boundary.

How to Play:

1. Divide the class into 2 teams.
2. No players are allowed in the “No Man’s Land”.
3. Players begin by sitting on their “No Man’s Land” line.
4. When the whistle blows, players may get up and begin throwing all the balls on their side to the other teams’ side.
5. The object of the game is to have the least amount of balls on your team’s side.

Tips:

- Balls should not be kicked; unless you are only using soft dodgeballs.
- Incorporate ways players can get more points; i.e. - making a basket on the other teams side, hitting a cone on the other team’s side, etc.
- Designate a special ball that can only be held onto for 3 seconds but will make your team lose points if the ball is on your side when the whistle blows to end the game.
- Give penalty for throwing balls after the whistle.

## 5. Speed Ball

Equipment Needed: Handball, Ball

Set Up: No set up needed.

### How to Play

1. Players should form a small circle.
2. All players are on the same team working together.
3. Players are to pass the ball in a designated direction without skipping any players.
4. Type of pass should be decided by the Instructor; i.e. - chest, bounce, kick, roll.
5. Instructor should create time limits that players have to beat to get ball around the circle.
6. Circle should get bigger with each round.

## 6. Numbers Games

Equipment Needed: Handball, Balls, Cones, Goals

Set Up: Create a playing field with cones and goals if you will be incorporating shooting.

### How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1,2,3
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out 2 balls.
5. The players from the different teams with the same number must run out and get a ball, take it down to their team's basket/goal, and take a shot.
6. Each player gets 1 shot.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

### Tips:

- This game can be played with any sport.
- Award points for a player who runs back to his/her team faster than the other player or for cheering loud.

## 7. Harry Potter and the Sorcerer's Stone

Equipment Needed: Handball, Balls, Cones

Set Up: Create a rectangular boundary with cones.  
Place a ball on a cone at the end lines.  
Divide the court in half or in quarters.

How to Play:

1. Divide the class into 2 teams or 4 teams.
2. The object is for each team to protect their stone (a ball resting on top of a cone).
3. Each team tries to knock the ball off the other team's cone.
4. You can incorporate dodgeball rules. If the ball hits a child they must sit out.
5. If a player catches another player's ball, the other player must sit out.
6. Players may not stand directly in front of their stone, there should be a "crease".

## 8. Guard Dog

Equipment Needed: Handballs, Balls, Cones

Set Up: Create a rectangular boundary with the cones.  
Place all the balls in the center of the playing area.  
Set up a safe zone at the end of the playing area.

How to Play:

1. This game requires a lot of Instructor enthusiasm and acting, they are the "Guard Dog".
2. Instructor is to sit or lay down in the middle of the playing space.
3. He/she should be surrounded by balls.
4. As the "Guard Dog" he should keep an eye on all of the balls.
5. All players should try to steal balls and run to safe zone without being tagged by the "Guard Dog" or getting hit by a ball.
6. Instructor can pretend to sleep to try and lure players to try and steal the balls.
7. If all the balls get stolen game can be repeated over and over again.

## 9. Bump and Bite

Equipment Needed: Handballs, Balls, Cones

Set Up: Create a playing field with cones.  
Place balls on the sideline of the boundary.

### How to Play:

1. All players will line up on one end of the court/field/boundary.
2. Instructors are to be on the sidelines with balls.
3. When the Instructor blows the whistle, players are to run from one end to the other without getting hit by balls that Instructors are rolling into the playing field.
4. If a player gets hit, they become frozen.
5. If a player catches a ball or picks up ball when they are frozen, they are back in the game.

### Tips

- Instructors know your own strength when rolling or throwing balls.
- Change motions players have to use to get to the other side; i.e. - skipping, hopping, etc.
- Larger groups should be given a criterion before they are allowed to run across; i.e.- everyone with a red shirt, everyone with long sleeves
- Instructors can use their own discretion if they think kids should be able to help coaches throw/roll the balls.

### Variations

- Allow the kids to stand on the side while Instructors run through middle at the end of the game.

## 10. SPUD

Equipment Needed: Handballs, Dodgeballs

Set Up: No set up needed.

How to Play:

1. Designate a player to be "it".
2. The rest of students stand close to the "it" in a circle.
3. "It" then counts to a predetermined number, usually 10, out loud.
4. As he/she counts, the rest of the players scatter.
5. When he/she reaches 10, they all freeze in their spot.
6. Then "it" takes 4 giant steps towards the closest person (S-P-U-D) and throws the ball, trying to hit him/her.
7. If "it" hits a player, that player becomes the new "it".

## 11. Wall Ball

Equipment Needed: Handballs, Tennis Balls, Kickball

Set Up: No set up needed.

How to Play:

1. Players should be spread out in front of the long wall.
2. A ball is thrown against the wall and players are to field the ball with one hand.
3. If they field the ball with two hands, they must drop ball and run to the wall, touching it, before another player picks up the ball and throws it at the wall.
4. If players bobble the ball, they must also touch wall before another player throws it at the wall.
5. Players are out if the ball beats them to the wall.
6. You can incorporate more than one ball as the game goes on.



## 12. Atomic Bomb

Equipment Needed: Handballs, Balls, Cones

Set Up: Create two lines parallel to each other with cones.  
Place balls in the middle between the two teams.

How to Play:

1. Divide the class into 2 teams.
2. Players are to line up behind the cones facing each other.
3. No one is allowed in the middle.
4. Players are to take the dodgeballs and try and throw them at the balls to move it across the other teams' line.
5. If a ball is hit across the line the team that hit it across with a ball receives points.

## 13. Space Invaders

Equipment Needed: Handballs, Balls, Cones

Set Up: No set up needed.

How to Play:

1. Divide the class into 2 teams.
2. One team is deemed "The Defenders of the Earth."
3. The other team is deemed "The Space Invaders".
4. "The Space Invaders" players are given any kind of ball and they are to try and hit the Earth.
5. Earth is designated as a wall in a gym or a line of cones on a field.
6. "The Defenders of the Earth" to keep balls from hitting "Earth" (hitting wall or rolling past cones).
7. Once "The Defenders of the Earth" have secured all the balls without taking any hits, the next round or game begins.

Tips:

- Game can be played with each team defending a wall at once or with one team defending a wall, while the other team is throwing the balls and then switching.

#### 14. Pickle

Equipment Needed: Handball,, Dodgeball, Cones

Set Up: Create 2 bases about 20 feet apart

How to Play:

1. Two kids are selected to be it, one at each base.
2. The rest of the players choose a base to start from.
3. The game starts by the 2 “it” players tossing the ball back and forth.
4. When coach says “go” the players run back and forth from base to base.
5. The “it” players can throw the ball at players that are out of a base.
6. If hit with the ball, you take the place of the “it” person that hit you.

Tips:

- Coaches start out as “it” the first round. You might want to put a time limit that they are allowed to be on base (10 seconds).

#### 15. Mummy

Equipment Needed: Handball, Balls

Set Up: No set up needed.

How to Play:

1. Tell the kids they have 5 seconds to find a spot on the court/field.
2. Once in their spot, they must stay there.
3. One kid starts with the ball and throws it to another player.
4. If it is a good throw and the player drops the ball, they must sit down and are out.
5. If it is a bad throw, the player that threw must sit out.
6. Keep passing the ball all over the court (it doesn't have to be in any particular order).
7. When 2 players are left, they must throw with 1 hand behind their back until someone messes up.

## 16. Koosh Ball

Equipment Needed: Handballs, Koosh Balls, Tennis Balls

Set Up: No set up needed.

How to Play:

1. Place students in a circle (or several circles if it's a large class).
2. One player starts with the ball, they throw it to another student.
3. Then that student passes it to someone else.
4. Tell the class they must remember who threw them the ball, and who they throw it to.
5. They must repeat the pattern over and over again (so Bobby throws to Sue who throws to John, then throws to Bobby and it starts over)
6. Once the ball has gone around the circle several times and they know the pattern, introduce a second ball.