

## HANDBALL

### Handball

Let's play ultimate handball! This program is designed for players who want a fast paced, energetic, non-stop action game that combines the techniques of soccer and basketball, with elements of Hockey and Lacrosse. Coaches will lead players in drills, games, and activities that prioritize throwing, catching, dribbling, and shooting. This game promotes teamwork, varying skills for different positions, and most importantly - HIGH SCORING! Come be a part of one of the Summer Olympics most popular sports!

**Skills to focus on:** Throwing, catching, dodging, accuracy, defense, dribbling, shooting, ball fakes

**Facilities:** Can be played outdoor or indoor, make sure if scrimmaging that the field is appropriate size for the age and number of children participating.

**Safety:** Be aware when scrimmaging of children getting hit in the face with the ball. If outdoors, make sure that children are not tempted to run out of playing area and into street/parking lot in order to retrieve a ball.

**Tips:** Emphasize scrimmaging. The Numbers Game and World Cup can be played in EVERY CLASS. Make sure if scrimmaging that you set up 'small fields'. This will promote more goal scoring. Use stops in the game (Turnovers, Out of Bounds, Restarts and Throw In's) to get different kids involved. Award points for consecutive passing rallies. Instructors may be a free pass in order to distribute ball to kids who are not getting any touches. Team names are very important.

#### Skills/Drills

1. Throwing
2. Catching
3. Dodging
4. Accuracy
5. Defense
6. Dribbling
7. Shooting
8. Ball Fakes

#### Games:

1. Handball
2. Capture the Flag (Handball)
3. Drop Zone
4. Clean Up Your Backyard
5. Speedball
6. Numbers Game
7. Harry Potter and the Sorcerer's Stone
8. Guard Dog
9. Bump and Bite
10. Spud
11. Wall Ball
12. Atomic Bomb
13. Space Invaders
14. Pickle
15. Mummy
16. Koosh Ball