

HANDBALL SKILLS & DRILLS

1. THROWING

SKILL –

- a. Handball should be held in their throwing hand.
- b. Circular motion with their throwing arm should begin by bringing that arm back.
- c. As this motion begins, players should be stepping with their opposite leg forward. Their non-throwing hand should be pointing towards their target.
- d. As arm reaches the top of the circular motion, they should have created an L shape with their throwing arm.
- e. As they release the ball their throwing arm should go down across their body, and their back leg should be brought forward.

DRILL – Partner Throwing

Equipment Needed: Handballs

Set Up: No set up needed.

How To:

1. Place the player into pairs.
2. Then split the pairs into 2 stacks.
3. Have them throw and catch back and forth.
4. If you have a wall, they can throw and catch to themselves.

2. CATCHING

SKILL –

- a. Players should be told to hold their hands out in front of them, chest high.
- b. As the handball approaches them they should keep their eye on the ball.
- c. When the ball hits their hands they should pull the ball into their chest
- d. Catch with two hands

DRILL – Bounce Pass

Equipment Needed: Handball

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split the pairs into 2 stacks.
3. Have them throw a bounce pass and catch back and forth.
4. Make sure they focus on keeping their eye on ball.

3. DODGING

SKILL –

- Emphasize changing directions.
- V Dodge: Player runs to the left then cuts back and goes right.
- Roll Dodge: Player comes close to the defender, plants right foot in front of defender then rolls around (roll to the outside).

DRILL – Dodging Stacks

Equipment Needed: Handball

Set Up: No set up needed.

How To:

1. Place players two lines. Offense and Defense.
2. The offensive player without the ball works on dodging to get open for the ball.
3. The defensive player tries to deny or block the offensive player from getting open.
4. Have players line up and instructor tries to throw the ball at player.

4. ACCURACY

SKILL –

- a. Pick out a target on the wall. As each player takes a turn trying to hit the target.
- b. Follow the skills of throwing.
- c. Remind players that their non-throwing hand should be point toward their target.

DRILL –

Equipment Needed: Dodgeballs, Cones

Set Up: Set up a cone with a ball on top.

How To

1. Place players into stacks.
2. Set up cone with ball on top out in front of each stack.
3. First person in line should try to knock the ball off the cone by throwing another ball at it.

5. DRIBBLING

SKILL –

- Use your fingertips.
- Look straight ahead.
- Keep the ball waist high.
- Push the ball ahead of you (not straight down)

DRILL – Dribble Stacks

Equipment Needed: Handball

Set Up: No set up needed.

How To:

1. Place players into stacks.
2. The first person of each stack dribbles to half court and come back.
3. Continue through the stack, similar to relay races.
4. Use variations in each round such as right hand, left hand, walk, jog, and sprint.
5. Add an obstacle (Instructor, another student, ect.) for them to go around.

6. SHOOTING

SKILL –

- Bring arm back in circular motion.
- Step with opposite leg forward.
- Non-Shooting hand points towards target.
- At top of circular motion, L shape is created with throwing/shooting arm.
- When releasing ball, throwing/shooting arm should go down across their body, and back
- leg brought forward.

DRILL – Shooting Stacks

Equipment Needed: Handballs, Cones, Goals

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split them into stacks.
3. Have the pairs work on shooting back and forth (like a pass but using shooting technique).
4. Then place cones at several spots around the goal.
5. Stack kids up at each cone.
6. First person in the stack takes one shot, gets their rebound and gives it to the next person.

7. DEFENSE

SKILL – Defensive stance routine:

- a. Must be lower than the person you are guarding.
- b. Feet should be more than shoulder width apart.
- c. Must have good balance (butt down, knees bent, arms out, and palms up).
- d. Explain how to slide: feet should never touch or cross, slide on balls of feet
- e. Players move their feet in place as fast as possible (Fire Feet).
- f. Incorporate: Sliding in all directions, clapping, fire feet, blocking shots, turning to rebound

DRILL – Simon Says Defense

Equipment Needed: Handballs

Set Up: Space players evenly apart facing the same direction on one side of the court. Instructor should be facing players in order to call out below defensive stances and movements.

How To:

- Defensive Slide Series
- Tell players to line up on the half court line facing the Instructor.
- Instructor calls out defensive skills for the players to practice (like Simon Says):
 - o Stance
 - o Sliding in all directions
 - o Slapping floor
 - o Clapping
 - o Fire Feet
 - o Blocking Shots
 - o Rebounding

8. Ball Fakes

SKILL –

- Use your fingertips.
- Look straight ahead.
- Fake high, go low. Fake low, go high
- Use head fakes

DRILL – Passing Stacks of 3

Equipment Needed: Handball

Set Up: No set up needed.

How To:

1. Place players into groups of 3 in a stack/row about 6ft in-between each other.
2. The first and last person in the stack are working to pass ball to each other.
3. Middle person is on defense. This is basically keep-away or “ monkey in the middle”
3. Rotate so each player plays defense at least once.
4. Use variations in each round such as throwing only right hand, left hand, bounce pass only
5. Emphasize using ball fakes before passing it. “Fake before you make”.