

HANDBALL

WHAT IS HANDBALL?

Of European origin, handball was officially born in 1919 in Leipzig, Germany. Created by a physical education teacher, its name comes from the German words: “hand” and “ball.” Handball is a simple game that requires players to throw a **ball** into a **goal** with their **hands** to score more points than their opponents. **Handball with 7 players** was introduced to the Olympic Games for men in 1972 and women in 1976. **Mini-handball** was invented by the Sport Federation to meet the constraints of small gymnasiums in Quebec schools. It does not require a specific field size, but simply a **playing surface**, **goals** (hockey goals or others) and the size of the **zones** (the smaller the goal, the more the goalkeeper’s zone must be reduced). Both sports are fast-paced and involve **running**, **jumping**, and **throwing**.

▶ Video created by **Mr.Animate** on their YouTube channel: <https://www.youtube.com/watch?v=PcBwK9NTqNw>

EQUIPMENT

-   1 handball per player (PVC or leather)
-   Numbered jerseys (or t-shirts in the same colours)
-  4 handball goals
-  Low hurdles
-   Cones
-  Hula hoops

HOW TO MAKE THIS ACTIVITY A SUCCESS

4

Choose a game with **3 players and 1 goalkeeper** (the smaller the court, the fewer the number of players).



Provide plenty of time for **throwing drills**.



Use “**man-to-man**” defence (**1 on 1**) throughout the court to develop both offensive and defensive skills.



Make **dribbling** more natural for all players (take their eyes off the ball and make them comfortable playing with both hands).

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo



These activities should be played **indoors** to protect the ball (fragile) and keep the spirit of handball, a sport essentially played in a gym. You can also focus on individual skills (throwing and dribbling) and even practice passing against a wall if you want.

WARM-UP

BULLDOG MINI-HANDBALL

E

EQUIPMENT: 1  per player and some 

OBJECTIVES: Moving and taking your eyes off the ball while dribbling.

Place **2 players (bulldogs)** without a ball in the middle of the court and place all the others at the back of the court with 1 ball each. At the signal, dribble across the court. If a player **loses control** of the ball or has it **stolen by a bulldog**, he/she replaces the player in the center.



VARIATION:

- When players lose the ball, they **join** the players in the middle of the court (increasing the number of bulldogs).

 Tips for preventing fouls: ON DEFENSE, only touch the ball. ON OFFENSE, **dribble with only 1 hand** and **do not re-dribble** (when you stop dribbling and start over again). Dribble low to the floor to get around a defender.

WARM-UP

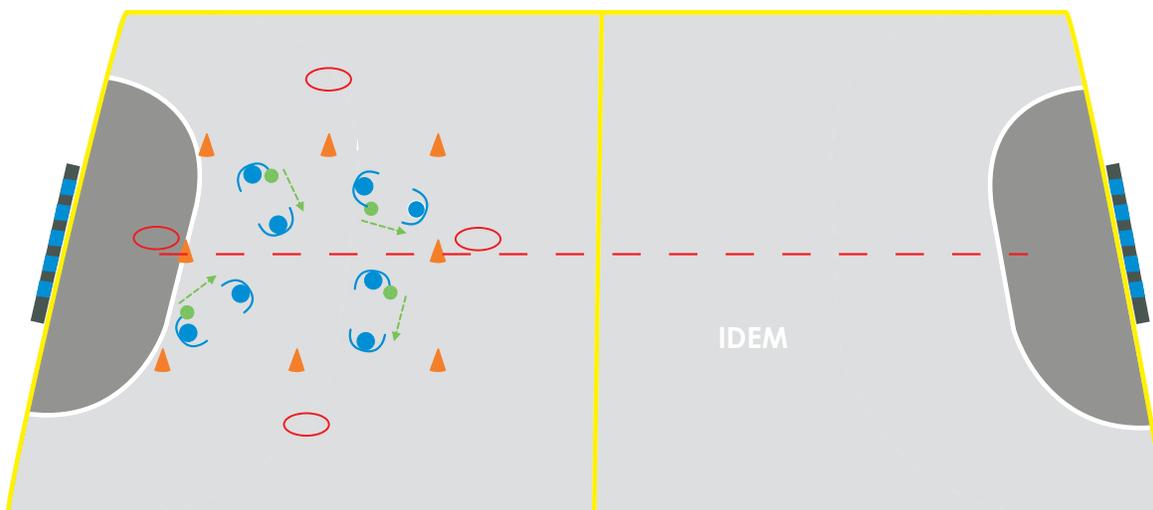
PASSING DRILL

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EQUIPMENT: 1  , 1  per pair and some 

OBJECTIVES: Practicing passing with 1 partner and changing roles quickly (dribbler, passer, receiver).

Mark off a **half-court** area with cones and place the hoops outside the court. **In pairs**, pass the ball to each other inside the court. At the signal, players with the ball in their hands try to **dribble** to a hoop (any hoop). The other players without the ball must **retrieve** it before they reach their target.



VARIATION:

- Vary the **type of passes** (rolled, bounced, lobbed, or alternating).

 **Look up** when dribbling to get a better view of the game and avoid collisions.

TECHNICAL ACTIVITY

PASSING



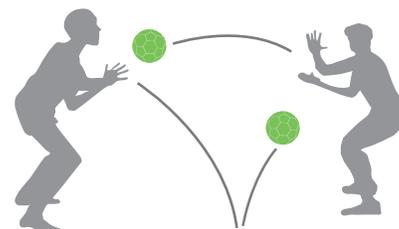
EQUIPMENT: 1  and 4  per team

OBJECTIVES: Passing the ball quickly to a partner and catching his pass.

Form **teams of 6 players**, divided into **2 lines facing each other 6 to 8 m apart**. Pass the ball to each other, catch passes and move to the end of the opposite line. Make **roll passes (on the floor), bounce passes, lobbed passes** or **any other pass**. Throw with 1 hand and catch with 1 or 2 hands.

VARIATIONS:

- Pass slightly to the right or left (**make** the pass catcher **move**).
- Pass **2 balls** at the same time: bounce pass and straight pass (synchronization).



TECHNICAL ACTIVITY

10 PASSES



EQUIPMENT: 1  per court, 1   per player and some 

OBJECTIVE: Practicing passing (throwing and catching).

Form **4 teams**. Make **2 teams** play against each other on a **half-court**. The goal: completing **10 consecutive passes** to score **1 point** (despite the opposing team's attempts to prevent them). Give the ball to the other team if the ball is **intercepted** or **goes out of bounds**. Be the first team to score **3 points** to win.

VARIATIONS:

- Make **bounce passes** only (more difficult to intercept).
- Do not pass the ball to the player who passed the ball to you.



 Maintain **eye contact** with the receiver before passing the ball. Form a **target** for the passer with 1 or 2 hands to show that you are ready to catch the ball.

TECHNICAL ACTIVITY

FOOTING DRILLS

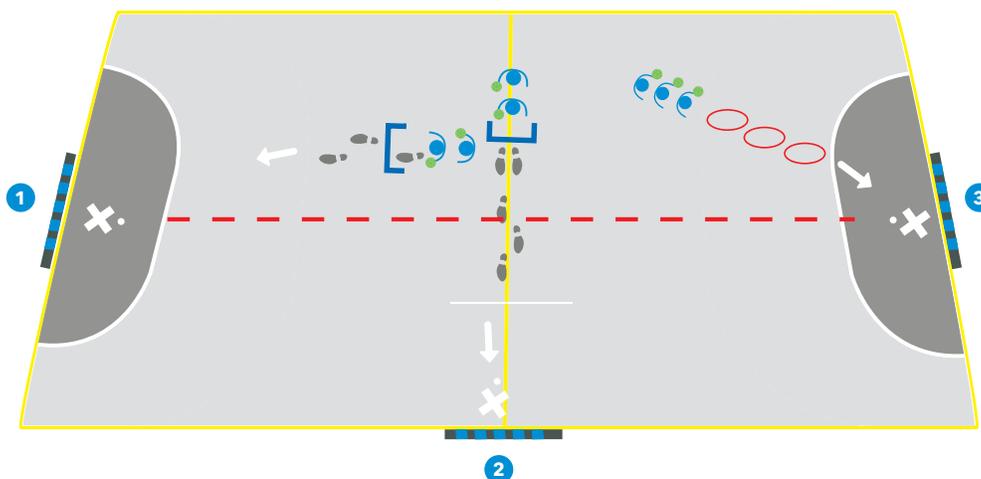


EQUIPMENT: 1   per player, 3 , 2  and 3 

OBJECTIVE: Working on footing to make "standing" and "jump" shots.

Conduct **3 drills** without goalkeepers and allow **4 minutes** per drill.

- 1 Jump over a **low hurdle** with your left foot. Land on your right foot and place your left foot towards the goal to make a standing shot (opposite for left-handed people).
- 2 Jump over a **low hurdle**. Land on **both feet at the same time** and follow up with a **three-step** jump shot: RIGHT (left, right, left) or LEFT (right, left, right).
- 3 Dribble to **3 hoops** and speed up the 3 steps to make a jump shot.



VARIATIONS:

- Vary the **ways to approach** (with a slalom or a pass)
- Introduce **1 defender** who prevents players from advancing toward the goal.
- Add **targets** (bowling pins) or **goalkeepers** in the goals.
- A player who scores **replaces the goalie** in the goal.
- Organize a **game** between the teams: who will score the most goals?

 To make a good shot, never take more than **3 three steps with the ball in your hands**.

STANDING SHOT

Place your opposite foot in front and raise the elbow of your throwing arm.



HIP SHOT

Spread your feet and tilt your body to one side of the ball



JUMP SHOT

Throw while jumping (raising your knee high on the same side as the ball).



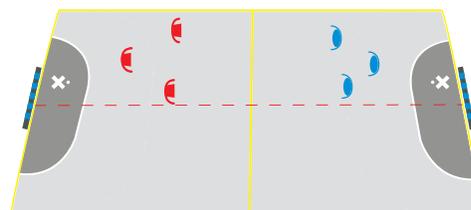
MODIFIED GAME VERSION

4 ON 4

EQUIPMENT: 2 , 1   per court, 1   per player and some 

OBJECTIVES: Taking shots on goal against a goalkeeper (offensive) and scoring against your opponents (defensive).

Have **2 teams** play a **4-on-4** (3 players and 1 goalkeeper) **half-court** game. Allow man-to-man defense, maintain a 2-arm distance between players. Play 3-minute games before swapping players. Play the game in the middle of the court with the goalie in his area after a goal.



 For more details on the **mini-handball** and **handball** leagues in your area, visit the RSEQ website.