Basic Handball Exercises

For Schools
Points covered here

- Basic shooting
- Basic defending
- Basic passing
- Use positions
  - Defence
  - Attack
**Basic shooting** (for goals)

Three easy points to remember:

1. Move towards goal
2. Elbow at least on shoulder height
3. Twist shoulders and follow through

**Basic defending**

Tackling on upper body is ok provided:

1. You are positioned between the attacker and the goal (absolutely no tackle from behind!)
2. You are not tackling an arm outstretched for a shot
3. You are not pushing the player with your outstretched arms
**Objective:** Make sure passes are played and caught safely as well as quickly. This can be made into a team competition.

**Remark:** When passing have elbow up at shoulder height and aim passes at the chest where it is easiest to catch. Be mobile on the feet.

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**Additional Lesson:** If the passes work alright you can try and let someone race against the ball in order to illustrate that it is much quicker to pass the ball rather than to run it.
Objective: Teach quick passes and pass security.

Remark: Have a number of balls in each team’s box/area. Let teams try to get balls from their box into the other team’s box. Disallow bouncing and force players to play passes.

Additional Lesson: To drive home the lesson that passing is to be preferred to bouncing you can allow one team NO paces (ie only bouncing) and the other team is only allowed to pass WITHOUT BOUNCES. The passing teams should always win.
**Objective:** Teach quick passes and pass security. Also being available to be passed to. Have two teams which have to keep the ball in their team.

**Remark:** Use some court area (eg. half netball court or half volleyball court). Disallow bouncing.

**Pitfalls:** Players hide behind defenders. They should run into empty spaces which are accessible for passes, ie close to ball carrier.
Objective: Teach quick passes and pass security. Ball is played between players in outside circle. Inside players attempting to intercept.

Remark: Outside players are stationary. Only inside players are moving and attempting to intercept the ball,

Pitfalls: Too many lob passes. Point out the advantage of bounce passes
Attacking Positions:

- **RW**: Right Wing
- **LW**: Left Wing
- **PIV**: Pivot
- **LB**: Left Back
- **CB**: Centre Back
- **RB**: Right Back
Defending Positions:

1: Wing Defender
2: Number 2 defender
3: Centre Defender
GK: Goal Keeper

Note: Handballers are simple people and can only count to 3.

Players tend to leave the line. This is to be discouraged. Pivots can use the gaps left by the player stepping out.

The entire defense moves a little to the side where the ball is. In general defenders do not cross.
Objective: Passing while moving forward. Basic pattern used for transition from defence to attack. Insist on NO bounce.

Remark: The number of passes will depend on the speed of players and is in itself irrelevant.

Pitfalls: Passing into the players back. More than three steps. Immediate bounce when receiving the ball.
Objective: Passing while moving forward. Basic transition with straight shot on goal (as in fast break).

Pitfalls: Players keep passing the ball once close to goal. Whoever is inside 9m (or close to circle) should shoot.
**Objective:** Passing while moving forward. Basic transition with transition to positional play. Teach students to not finish attacking action as soon as the ball is up the court.

**Remark:** Only after passing the ball twice to each attacking position (as indicated by markers) a player can have a shot at goal.

**Pitfalls:** Place the markers rather wide to ensure space between back players.
Objective: Internalise attacking positions and make students use the width of the court by passing from one position to the next.

Pitfalls: Students will attempt to play long passes instead the shortest available pass to the next player. (Caution: Pass precision, pass interception)

Remark: Place markers on positions. If you have more students they can be stacked behind the back players and each player will go to the back of the row after two or three passes (see CB position).
Objective: Internalise attacking positions and make students use the width of the court by passing from one position to the next. Introduce piston movement to create pressure on defence.

Pitfalls: Students tend to stay close to defence instead of moving back to the marker after passing on.

Remark: Place markers on positions and place them a little further back than in the same exercise without piston movements. Back players have to move towards the goal before they receive the ball. Once they receive the ball they can move another step or two towards the goal, then they should pass on at the top of the movement towards the goal.

If you have more students they can be stacked behind the back players and each player will go to the back of the row after two or three passes (see CB position).
Objective: Internalise attacking positions and make students use the width of the court by passing from one position to the next. This is a perpetual passing exercise. After every pass each player moves one position further on.

Remark: Place markers on positions. This exercise can be done with piston movements as well.
**Objective:** Match situation for many kids at the same time. Three teams on court (2 defending, one attacking at a time).

**Remark:** Team keeps attacking as long as they conclude their attacks with a goal. If the attacking team does not score it is a turnover and the team which defended will move up to the other end of the court to attack. They will stay in attack as long as they score.

**Pitfalls:** Too short attacks. Players do not go to their assigned positions.
Legend

- • • • • line of players
- • player
- — direction of movement
- ——→ passing
- ——→ shooting
- ▲ marker
- ◊ ball
- ■ Player (for 2\textsuperscript{nd} team)
- ◆ Player (for 3rd team)