



HANDBALL - END BALL

SESSION OBJECTIVES

- Promote fluidity and constant movement
- Emphasise passing on receiving the ball
- Limit running with the ball to a couple of steps with the focus on lots of quick passes

SESSION ORGANISATION

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn
- Safety zone clearly marked

WARM UP

- A good warm up will involve all the major muscle groups and will also encourage the players to think and engage their minds
- Players jog around the sports hall and follow a set of commands, this can be numbers...or colours... or even cartoon characters!
- COMMAND A: Find a partner to piggy back
- COMMAND B: Army roll into space
- COMMAND C: Find a partner and crawl through their legs
- COMMAND D: Find a partner to high five!
- COMMAND E: Run to the edge, touch a wall and run back into the area

MAIN ACTIVITY

- Two teams both have the aim of getting the ball in each other's 'end zone' in the form of a small sided game
- Once the green team gets the ball in Zone A, they then turn to attack zone B, which the blues must turn to defend
- Promote fluidity and constant movement
- Emphasise passing on receiving the ball
- Limit running with the ball to a couple of steps with the focus on lots of quick passes

WARM UP ADAPTATIONS

- Add new commands/actions!
- Be creative in trying out your own variations to this activity!

MAIN ACTIVITY ADAPTATIONS

- Change the size of the scoring zone
- Change the playing area
- Use different size balls
- Define which hand to use
- Limit the number of steps
- Change the number of players
- Change the task: Each team only attacks one zone

VISUAL



Green team



Blue team



Ball



Movement

