

EHF project "Handball at school" - HOW TO PLAY WITH THE BALL

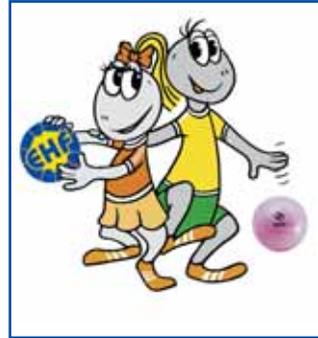


These exercises should help you to introduce the ball into lessons.

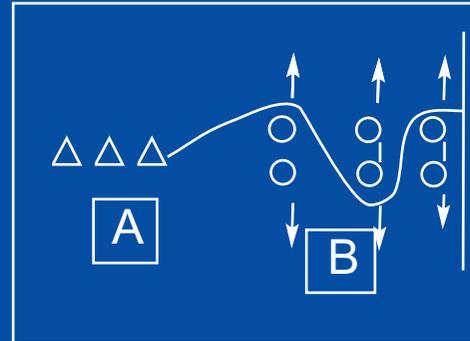
WARMING-UP (without the ball)

Each lesson should always start with warming-up exercises, which are fun.

These exercises stimulate the muscles: co-ordination, flexibility and speed.



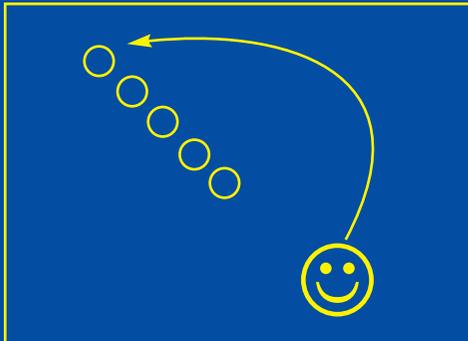
Fishes and Nets



The players of team A (fishes) try to run through the players of team B (net)

- The players of team B hold their hands and move from side to side. At the end of the set time, the teams change places. The winner is the team that has passed the last net the most times.

The fox and the chicken

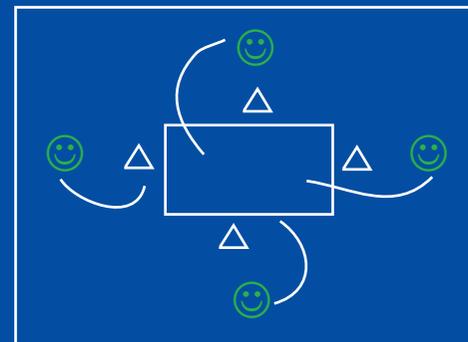


The players stand in a line one behind each other holding each other on the waist.

- the sixth player (who is not in the line) is the fox and tries to touch the last one, who is the chicken. The line moves around to avoid the fox.
- When the chicken is touched, the fox takes the last place and the first one in the line becomes the fox.



Assault on the square



Two teams of 4 players; one is the offensive team and the other one is the defensive team. Set-up a square on the floor (or use a handball area)

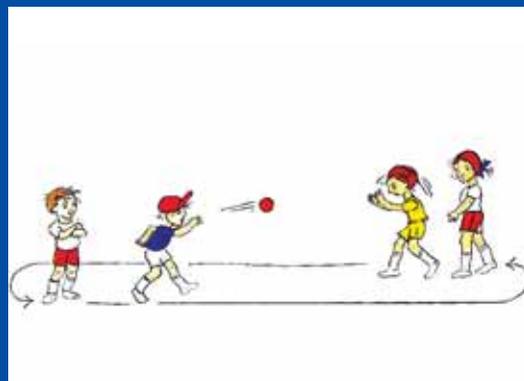
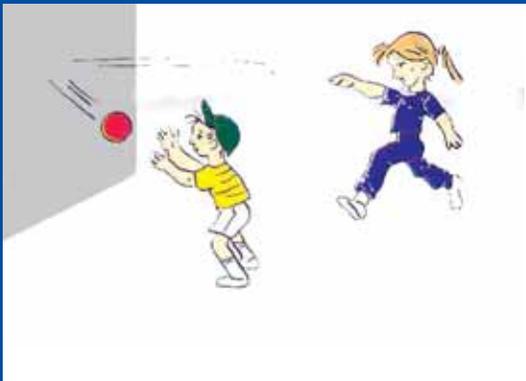
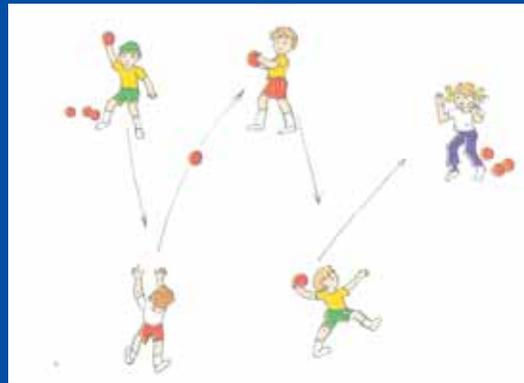
- After the signal the offensive players use individual actions or combinations of players to try to touch the square, winning a point each time that happens. The team wins which has the most points at the end.



PAIR EXERCISES (with the ball)

ELEMENTARY EXERCISES TO TEACH HOW TO CATCH AND PASS THE BALL

Aim: teach easy elements that are often used in the game. Start the team-work process between players

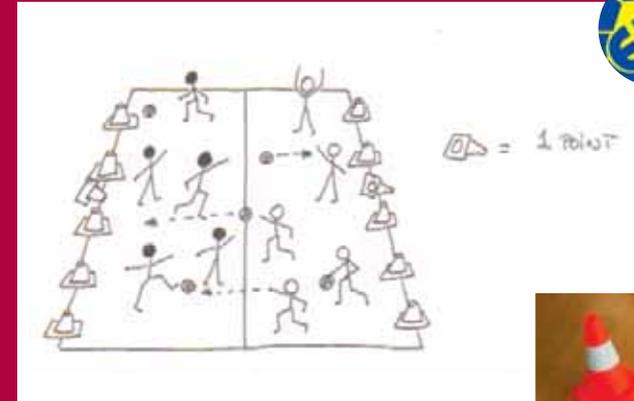


TEAM EXERCISES (with the ball)

Two teams in a limited space, in each area of each team, cones are placed and the opposite team has to knock them over with the ball

The winner is the team that knocks over the most cones (1 point = 1 knocked-over cone) in the set time
Necessary material: balls and cones (two colours)

Both teams have to try and stop the opposing team from knocking over their cones.



In this exercise there is no opponent

