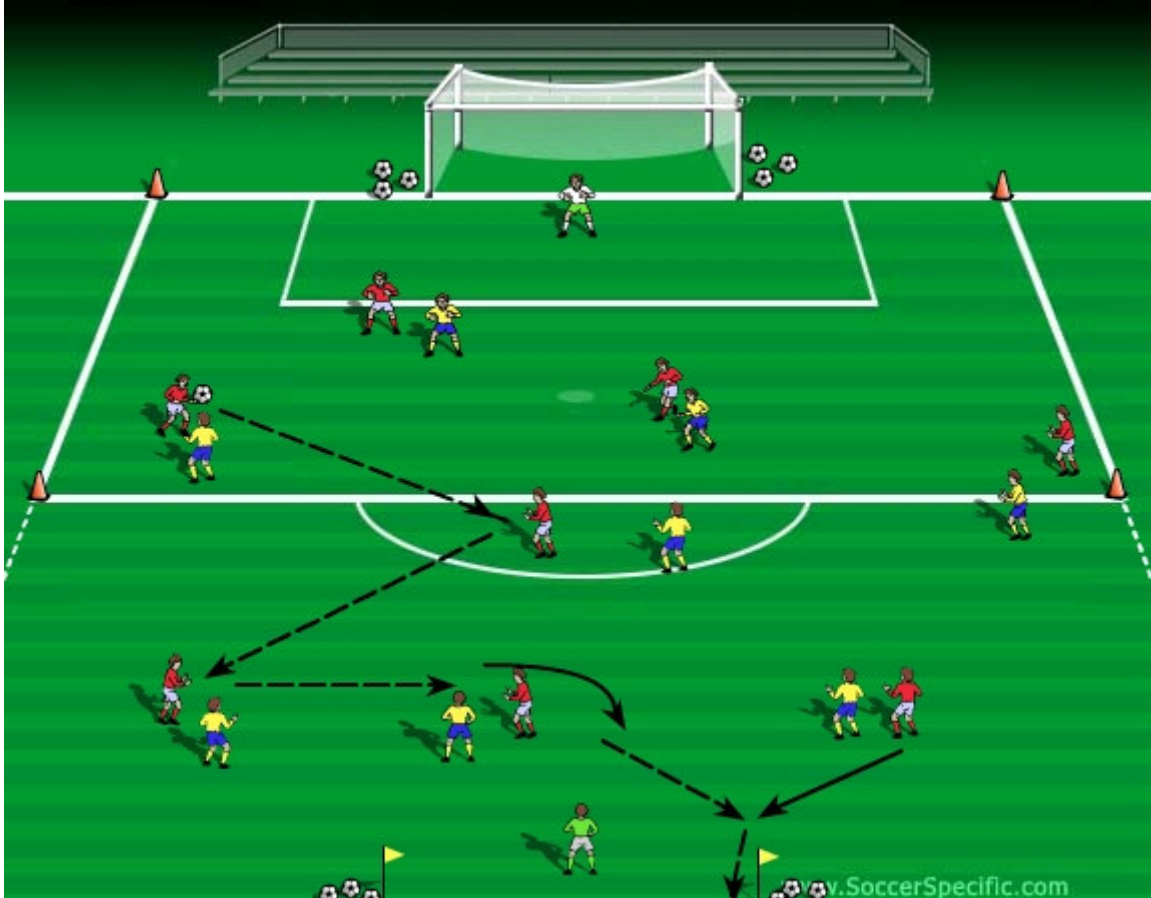


Team Handball

Emphasis: Fun game! Speed of thought, quick reactions and communication.



Set-up:

Form two equal teams with a goal on each end of the grid. Create a grid approximately 44 yards wide x 36 yards long. One ball is needed.

Progression:

1. Players pass the ball by use of their hands.
2. Once a ball drops to the ground play is dead and it automatically becomes the other team's ball.
3. Players are allotted only two steps with the ball before they must pass it to a teammate.
4. Goals must be scored by heading it into the net.

Coaching Points:

- Communication between teammates
- Be aggressive and take players on
- Possess the ball
- Concentrate on finishing opportunities
- Quick decision making