England Handball Association

Delivering the Olympic Legacy

Introduction to Teaching Handball
This short course is designed specifically for teachers and takes into account their experience of organisation and transference of skills development and drills from one sport to another.

It is designed to have pupils playing handball within minutes of its introduction.

It has a flexible approach designed to be adapted to suit the needs of individual schools, their difference in resources and the ability of the students being taught.

Handball has several factors which place it ahead of all invasion games when teaching children:

- Handball is simple to introduce
- Handball is great fun
- Handball does not require a high motor skill level at beginner level
- Equipment can be improvised from every PE Store
- Handball is the ideal invasion game to be played outside in the summer term
- Beginners will achieve the objectives immediately

And yet, at its highest level, Handball is one of the most skilful, tactical and physical games, with professional men’s and women’s leagues across the globe and played by over 5 million men, women and children worldwide from a fun event to Olympic Games.

England Handball is working with its Qualifications Development partner, 1st4Sport to ensure that Handball Courses in the UK will in future be endorsed with the UK Coaching Certificate.
References: -

Teaching Handball - BHA Coaching Manual 1
EHF Steps To Handball
EHF Basic Handball - Methods, Tactics, Technique
(All the above are downloadable from the EHA website)
http://www.dragoerhb.dk/e_index.html

Useful websites

British Handball Association  www.britishhandball.com
England Handball Association  www.englandhandball.com
Scottish Handball Association  www.scottishhandball.com
Beach Handball  www.beachhandball.org.uk
European Handball Federation  www.eurohandball.com
International Handball Federation  www.ihf.info

EHF Schools Handball Toolkit  http://activities.eurohandball.com/hb4all

Danish Coaching Website (in English) -  http://www.dragoerhb.dk/e_index.html

This course has been endorsed by the European Handball Federation

This course has been endorsed by the European Handball Federation
Overview:

- To give a rationale for Handball on the National PE Curriculum
- To introduce handball to PE professionals

By the end of this course participants will be able to:

- Perform and teach basic skills and tactics
- Understand and apply basic rules
- Introduce handball into curriculum teaching
- Improvise facilities, resources and adapt rules
- Play adapted handball game

Contents:

1. Introducing the Game and Improvisation and Basic Rules
2. Passing and Catching
3. Basic Individual Attacking Techniques
4. Basic Individual Defending Techniques
5. Goal Keeping
6. Team formations Defence and Attack
7. Refereeing
1. Introducing the Game and Improvisation and Basic Rules

![Handball Game Illustration](image)

2. CONDITIONED GAME WITH TWO TEAMS

Rules

- Pass the ball between your team and try to score by throwing the ball into the goal.
- Only the goalkeeper is allowed in the area.
- No physical contact allowed.
- You are only allowed one step with the ball.
- A player can hold the ball for no more than three seconds.
- No player can pass to her/his own goalkeeper.
- Absolutely no arguing or dissent to referees.
- All infringements punished by giving the ball to the opposite team.

Variations

- All players in team with possession of the ball must touch the ball at least once before an attempt on goal.
- A goal is worth 2 points when all players have touched the ball.
- Every time a team gets 10 consecutive passes, they score 1 point.
COACHING POINTS

• ENSURE ALL PLAYERS ARE ACTIVE IN OR AROUND THE GAME.
• BE PREPARED TO USE A SMALLER Sized BALL THAT BEGINNERS CAN GRIP AND CONTROL IN ONE HAND, COMFORTABLY. THIS HELPS THE MOTOR LEARNING OF BASIC THROWING AND CATCHING SKILLS
• BE PREPARED TO USE ALTERNATIVE EQUIPMENT AS GOAL e.g... LARGE MATS, BENCHES ETC
• BE PREPARED TO VARY TEAM AND COURT SIZES IN SMALLER HALLS
• USE OUTDOOR PLAYING AREAS e.g. NETBALL COURTS

Introduction to Teaching Handball
2 Passing and Catching

GRIPPING THE BALL
It is important with beginners that they use an appropriately sized ball with which they can develop a comfortable grip in one hand as shown.

CATCHING THE BALL
Catching the ball is an essential technical element in handball. Accurate catching is very important and ensures a fast, smooth and efficient game. Catching the ball with two hands is the best method. In some situations one can use one hand with the help of the other hand before passing or shooting.

POSITION OF THE HANDS

Position of hands while catching a ball

“Make a W”

The “softness” of catching the ball is another feature of catching. Fingers must be relaxed and properly placed on the ball providing shock absorption during impact. A basic teaching method is to tell beginners to “make a W” as the diagram shows.

Ideally the pass will be at head height allowing the player to receive and pass in a swift movement
VARIOUS CATCHING METHODS

In handball, the perfect pass is not always possible due to many factors e.g.: Opposition players trying to stop the pass. Players need to be able to catch the ball from many situations:-

Low pass; High pass; Chest pass; in midair; from a bounce; from the ground
The list is not exhaustive.

COACHING POINTS

PLAYERS

• SHOULD KEEP THEIR EYES ON THE BALL UNTIL THEY HAVE CAUGHT IT.
• MUST SPREAD THEIR FINGERS, INNER PALMS TO THE BALL, AND SLIGHTLY BEND THEIR ELBOWS. (MAKE A W)
• WHILE CATCHING THE PLAYER MUST ASSUME A POSTURE REQUIRED TO PASS.
• SHOULD ALWAYS MOVE TO THE BALL, WITHOUT WAITING.

PASSING

This is one of the basic, technical elements. A pass must be accurate, fast and tactically useful.

• Accurate - so that a player has no problems when catching the ball.
• Fast – to gain the advantage over the opposition
• Tactically useful - The decision to which a pass should be directed depends on the player’s position in a particular situation. A pass should be directed to that player, whose position may find gaps in defence or may menace the opponent.

THROWING TECHNIQUE

The most common is

• One handed throw
• Elbow as high or higher than the shoulder
COACHING POINTS

- PASSING SHOULD BE AS BASIC AS POSSIBLE
- THE BALL SHOULD BE PASSED IN FRONT OF A PLAYER, TAKING INTO ACCOUNT THE PLAYER’S SPEED.
- THE BALL SHOULD BE PASSED AT APPROXIMATELY HEAD HEIGHT SO THAT THE RECEIVER IS IMMEDIATELY IN A POSITION TO MENACE THE OPPONENT.
- THE PASS SHOULD BE PERFORMED WHILE RUNNING.
- PRACTISE SHORT AND LONG PASSING
- FUNCTIONAL DRILLS SHOULD TAKE INTO ACCOUNT THE PARTICULAR SITUATION ON THE PLAYING FIELD.
- DEVELOP PASSING WITH THE RIGHT AND LEFT HAND
2 Passing and Catching

EXERCISES IN PASSING AND CATCHING

Exercise 1

Groups of 6 players with one ball per group.
The group is divided into two, with the two sets of players

The first player in the line runs forward passing the ball to the first player in the opposite line and runs to the back of that line. The player who now has the ball runs forward and passes to the next player in the opposite line and runs to the back of that line and so on.

Coaching point - Pass and receive on the move.

- Variations:
  - Use different passing techniques
  - Give the players a target of e.g. Number of successful passes in one minute
  - Use weak hand

Exercise 2

First team to finish is the winner

Variations:
- Use different passing techniques
- Give the players a target of e.g. First team to finish is the winner
- Use weak hand

Coaching point – Step into the pass
2 Passing and Catching

COACHING POINTS GIVE PLAYERS AMPLE OPPORTUNITY TO EXPERIENCE PASSING AND RECEIVING IN MANY DIFFERENT SITUATIONS

- IN THE FORM OF GAMES AND PRE-GAMES.
- IN DRILL FORM
- FUNCTIONALLY - IN THE FORM OF FRAGMENTS OF A GAME
- WHilst PLAYING THE GAME
- ENCOURAGE BEGINNERS TO PRACTISE ALL TYPES OF PASSING
- MAKE THE EXERCISES FUN AND COMPETITIVE
- THERE SHOULD BE A BALL HANDLING PERIOD IN ALL YOUR TRAINING SESSIONS.
- ONE GOOD DEMONSTRATION CAN SAVE YOU A THOUSAND WORDS.

3 STEPS RULE.

*After receiving the ball, pass as quickly as possible to a team-mate whilst you are moving.*

BY INTRODUCING THE RULE IN THIS FASHION, YOU WILL ENCOURAGE THE PLAYERS TO DEVELOP A PHYSICAL UNDERSTANDING AND A RHYTHM FOR THE RULE.

YOU SHOULD DISCOURAGE THE PLAYERS FROM STOPPING AND COUNTING THEIR OWN STEPS WHILST MOVING.
3 Basic Individual Attacking Techniques

SHOOTING

Shooting is performed similarly to passing, but with a stronger action of the trunk and upper limbs. The shot power is conditioned by the distance and hand action time on a ball.

The most common shots are:-

DRIVE SHOT

There are many new techniques being developed by players’ ingenuity and to suit the specific position on the attack but these above are the basics and most frequently used.
4 Basic Individual Defending Techniques

INTERCEPTION

Exercise 1

Groups of 3 Players with 1 ball per group
Two players pass to each other while a player in the middle tries to intercept the ball.
When the defender intercepts the ball, the attacker who made the final pass becomes the defender

Variations:
- Pass with strong hand
- Pass with weak hand
- Use different passing techniques
- Each player spends 30 seconds as the defender. The player with the most number of interceptions in that time is the winner

Exercise 2

Groups of 6 players with 1 ball per group.
The player with the ball cannot pass to the players immediately next to her/him.
Player in the circle must try to intercept.
When the defender intercepts the ball, the attacker who made the final pass becomes the defender

Variations:
- Pass with strong hand
- Pass with weak hand
- Use different passing techniques
- Each player spends 30 seconds as the defender.
- The player with the most number of interceptions in that time is the winner

COACHING POINTS

STRETCH ARMS HIGH AND WIDE TO CUT OFF THE AVENUES OF PASSING
4 Basic Individual Defending Techniques

MAN TO MAN DEFENCE

Exercise 1

Divide your players into 2 teams. Line the players up, opposite each other so that they mark an opposing player. They mark the same player throughout this exercise. The trainer throws the ball in the air to start the game. The team in possession must try to pass 10 consecutive passes, in their own half, before attempting to score themselves. The opposition must stop them by intercepting the ball, returning to their own half and attempt the same objectives. **NO BODY CONTACT IS ALLOWED**

Variations:

*Every time a team intercepts the ball from the opposition, they score a point*
*After 5 minutes, the team with the most points is the winner*

*Scorer gets 1 point for a goal; defender gets 1 point for interception. Tally points after 5 mins.*
*If a goal is scored, the defender marking the attacker must perform a small forfeit (e.g. 2 or 3 press ups) supervised by the attacker.*

*When 10 passes are achieved, the defender marking the final attacker to receive the ball must perform a small forfeit supervised by the attacker.*

COACHING POINTS

- Defenders should stay with an identified attacker
- Defender should try to stay between the attacker and the ball
- Use wide arms to cut off avenues of passing.
- Introduce split vision technique. (Look for player-look for ball)
4. Basic Individual Defending Techniques

BLOCKING

Exercise 1

Castle-Ball

The attacking players try to knock a medicine ball off a box. The defending players try to prevent this by blocking the shot at the medicine ball.

Variations:
Block a Centre Shot
Block a Jump Shot
1 point for every successful block
The Defending Pair with most blocks are the winners

COACHING POINTS

TRY TO USE BOTH ARMS, HIGH AND CLOSE TOGETHER.

WITH BEGINNERS, IF POSSIBLE, USE SOFT HANDBALLS.

HIGHLIGHT GOOD EXAMPLES OF BLOCKING IN THE GAME SITUATION IN ORDER TO EMPHASISE ITS IMPORTANCE.
5. GOALKEEPING

COACHING POINTS

DO NOT ALLOW COURT PLAYERS TO DESTROY A KEEPER'S CONFIDENCE BY BLASTING THE BALL AT THE KEEPER BEFORE SHE / HE HAS WARMED UP

ALWAYS BE IN A STATE OF READINESS

STRETCHING NOT DIVING

KEEP YOUR EYE ON THE BALL

INCREASE CONFIDENCE BY USING SOFT BALLS AND LIGHT SHOTS BEFORE BUILDING UP FORCE OF SHOTS

KEEPER IS OFTEN THE FIRST PLAYER IN ATTACK AND LAST PLAYERS IN DEFENCE.
6. Basic Team formations Defence and Attack

BASIC TEAM FORMATION IN DEFENCE

BASIC TEAM FORMATION IN ATTACK

NORMAL ATTACKING FORMATIONS

5-1
3 back players
2 wingers
1 line player

left wing
the player
right wing
left half
centre
right half
7. Refereeing

Refereeing Signals

Player in the Area

Double Dribble

Too many steps or holding the ball too long

Free Throw Direction

Player sin-binned for two minutes

Keeper’s ball

Goal

Hints for refereeing
Most offences are signalled with one blast on the whistle
A goal is signalled with two short blasts
End of each half with three blasts
All dissent must be punished.
In handball, there is no arguing with officials.

Position for refereeing
If there are two Referees, take up the positions shown R1 & R2 and move up the court in a straight line when the ball goes in the opposite direction. If you are refereeing alone, take up the position at R2 and let the play to and fro past you
England Handball Association

Delivering the Olympic Legacy

- Introduction to Playing Handball
- Junior Handball Leaders Award
- Junior Handball Referee Award
- EHA L1 Certificate in Coaching Handball
- EHA L2 Certificate in Coaching Handball

The courses below are specifically designed for the Physical Education profession and handball on the National Curriculum

- **Introduction to Teaching Handball**
- Teachers Award Key stage 2 module
- Teachers Award Key stage 3 module
- Certificate in Tutoring Junior Handball Leaders Award

Contact Details

England Handball Association

Unit G3,
Barton Hall Estate,
Hardy Street,
Eccles,
Manchester,
M30, 7NB
0161 707 8983
handball@englandhandball.com

The EHA would like to acknowledge the partnership with the In the development of this course