

# HANDBALL GAMES...

CLUICHÍ LIATHRÓID LÁIMHE



## (1) KEEP THE KETTLE BOILING

- Players line up in single file in front of the wall
- Players take it in turn to hit the ball
- First player serves and runs to the back of the line
- The second player in line then returns the ball before it bounces twice, and runs to the back of the line
- This continues until the ball is missed
- Set a target of consecutive shots for the players to aim for

### COACHES TIPS

#### KEY POINTS:

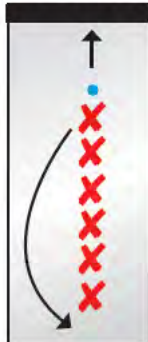
- Players must work as a team, and cooperate to keep the rally going
- Promote the use of the correct technique when hitting the ball, i.e.
  - Facing sideways
  - Transfer weight from back foot to front foot
  - Strike ball in midline of the body
  - Fingers together and hand slightly cupped when striking the ball
- Ensure the players remain in single file throughout game

#### EQUIPMENT:

- Handballs



### DIAGRAM:



### HARDER

- 1) PROGRESS TO USING NON-DOMINANT HAND
- 2) INCREASE DISTANCE FROM WALL

### EASIER

- 1) GIVE EACH PLAYER 3 LIVES
- 2) ALLOW TWO BOUNCES
- 3) DECREASE DISTANCE FROM WALL

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## (2) NAME BALL

- > Players all positioned at the back of the court
- > First player serves the ball, but before he/she hits the ball, he/she must call the name of one of the other players
- > The 'named' player then has to return the ball, whilst also calling the name of another player before he/she hits the ball
- > If a player misses a ball he loses a life. Players are allowed 3 lives.
- > If a player misses, then they are out of the game and become the referee
- > Keep playing until one player remains – The Champion



### COACHES TIPS

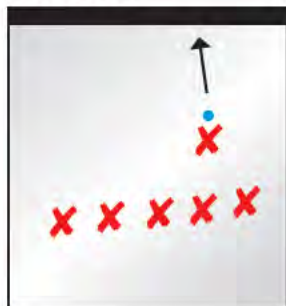
#### KEY POINTS:

- > Ensure the player calls out the name in advance of him/her hitting the ball
- > Encourage correct striking technique, i.e.
  - > Facing sideways
  - > Feet shoulder width apart
  - > Knees bent
  - > Transfer weight from back foot to front foot
  - > Strike ball at midline of the body
  - > Fingers together and hand cupped

#### EQUIPMENT:

- > Handballs

### DIAGRAM:



### HARDER

1) RECEIVERS MUST HAVE THEIR BACK TO THE FRONT WALL

### EASIER

1) ALLOW TWO BOUNCES



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## (3) 2 BOUNCE

- > In pairs, one ball between two players
- > Create a small improvised court
- > Players take it in turn to hit the ball against the wall, without it hitting the ground first
- > The idea is to return the ball before it bounces three times
- > If a player fails to do this, then his/her opponent scores a point
- > Note that players can strike the ball before it bounces twice



### COACHES TIPS

#### KEY POINTS:

- > Encourage use of both hands to hit the ball
- > Encourage correct striking technique, i.e.
  - > Facing sideways
  - > Feet shoulder width apart
  - > Knees bent
  - > Transfer weight from back foot to front foot
  - > Strike ball at midline of the body
  - > Fingers together and hand cupped
- > Encourage players to play the ball away from their opponent

#### EQUIPMENT:

- > Handballs

**HARDER**

1/2 v 1

**EASIER**

1) USE A SMALL FOAM BALL TO SLOW THE PACE OF THE GAME

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## (4) IN'S & OUT'S

- This game is ideal when there is a lot of players
- Players line up at side of the court in single file
- First 2 players come out on court and play a 1v1 up to three aces
- The winner stays on
- Newcomer always serves first
- The first player in the line becomes the referee



### COACHES TIPS

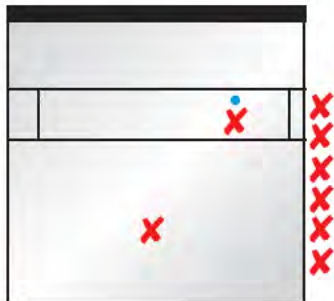
#### KEY POINTS:

- Encourage correct striking technique, i.e.
  - Facing sideways
  - Feet shoulder width apart
  - Knees bent
  - Transfer weight from back foot to front foot
  - Strike ball at midline of the body
  - Fingers together and hand cupped
- For younger children allow more than once bounce to increase the game time

#### EQUIPMENT:

- Handballs

### DIAGRAM:



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## (5) NOVEL HANDBALL

- Players line up in single file and take it in turns to return the ball
- After a player strikes the ball, they run to the back of the line, and they must perform a 'novel' exercise, i.e. a star jump
- The aim is to keep the rally going

### COACHES TIPS

#### KEY POINTS:

- Ensure an area is marked out to perform the novel exercise to avoid any collisions
- Encourage correct striking technique, i.e.
  - Facing sideways
  - Feet shoulder width apart
  - Knees bent
  - Transfer weight from back foot to front foot
  - Strike ball at midline of the body
  - Fingers together and hand cupped

#### EQUIPMENT:

- Handballs



### HARDER

1) INCREASE DIFFICULTY LEVEL OF THE NOVEL EXERCISE

### EASIER

1) DECREASE DIFFICULTY LEVEL OF THE NOVEL EXERCISE



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## (6) DOUBLES

- > Standard Handball game that incorporates 4 players in a 2v2 format
- > Each team has 6 serves, 3 for each player, before rotating sides serving
- > Points can be gained on the opponents serve
- > Players are allowed one foul serve ('short' or 'long')
- > If the ball is served over the sideline, then the player loses serve
- > Players are allowed only one bounce before they must return the ball



### COACHES TIPS

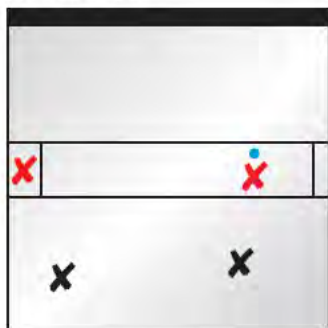
#### KEY POINTS:

- > To ensure each player gets adequate 'ball time', each player takes it in turn to serve twice in a row
- > Encourage correct striking technique, i.e.
  - > Facing sideways
  - > Feet shoulder width apart
  - > Knees bent
  - > Transfer weight from back foot to front foot
  - > Strike ball at midline of the body
  - > Fingers together and hand cupped

#### EQUIPMENT:

- > Handballs

### DIAGRAM:



### HARDER

- 1) MODIFY SERVING FORMAT TO NORMAL HANDBALL SERVING RULES, I.E. PLAYERS MUST SERVE TO BE ABLE TO SCORE A POINT
- 2) NO FOUL SERVES ALLOWED

### EASIER

- 1) ALLOW 2 BOUNCES

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## (7) ROTATION DOUBLES

- > Game very similar to Three's, except this time 4 players are involved in a 2v2 format
- > See diagram below for rotation system
- > Each player gets two consecutive serves each
- > Game is played for fun, with no scoring system in place

### COACHES TIPS

#### KEY POINTS:

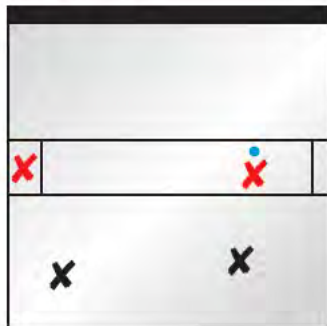
- > More often than not, the stronger player will play the left hand side in doubles, meaning the partner doesn't get as much game time. This game however provides children with the exposure to each position in doubles.

#### EQUIPMENT:

- > One Handball



### DIAGRAM:



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## (8) KEEP THE KETTLE BOILING ADVANCED

- > Pupils line up in 2 single file lines, one facing the front wall and one facing the back wall
- > Pupils take it in turn to hit the ball
- > First player in each line serves, and then runs to the back of the opposite line
- > The second player in line then returns the ball before it bounces twice, and runs to the back of the opposite line
- > This continues until the ball is missed
- > Set a target of consecutive shots for the players to aim for



### HARDER

- 1) PROGRESS TO USING WEAK HAND
- 2) INCREASE DISTANCE FROM WALL

### EASIER

- 1) ALLOW TWO BOUNCES
- 2) DECREASE DISTANCE FROM WALL

### COACHES TIPS

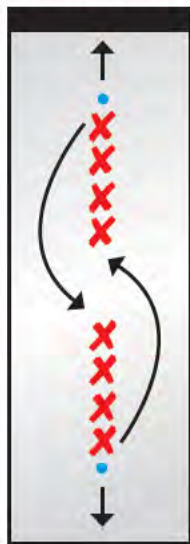
#### KEY POINTS:

- > Players must work as a team, and cooperate to keep the rally going
- > Encourage correct striking technique, i.e.
  - > Facing sideways
  - > Feet shoulder width apart
  - > Knees bent
  - > Transfer weight from back foot to front foot
  - > Strike ball at midline of the body
  - > Fingers together and hand cupped
- > Ensure the players remain in single file throughout game

#### EQUIPMENT:

- > 2 Handballs

### DIAGRAM:





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## (9) SINGLES

- Full Handball rules played on a 1v1 basis
- Player has to serve the ball and win the ensuing rally in order to score a point
- Players are allowed one foul serve ('short' or 'long')
- If the ball is served over the sideline, then the player loses serve
- Players are allowed only one bounce before they have to return the ball



### COACHES TIPS

#### KEY POINTS:

- Important to promote the non-dominant hand development at an early age
- Encourage correct striking technique, i.e.
  - Facing sideways
  - Feet shoulder width apart
  - Knees bent
  - Transfer weight from back foot to front foot
  - Strike ball at midline of the body
  - Fingers together and hand cupped
- Encourage players to fly the ball when the chance arises.

#### EQUIPMENT:

- Handballs

### HARDER

1) MODIFY SERVING FORMAT TO NORMAL HANDBALL SERVING RULES, I.E. PLAYERS MUST SERVE TO BE ABLE TO SCORE A POINT

2) NO FOUL SERVES ALLOWED

### EASIER

1) ALLOW 2 BOUNCES



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## (10) THREES

- Useful game that 3 players can play at once.
- The server plays 1v2 for the first point
- If the server wins the rally, he gets a points and serves again
- However, should the server lose the rally, the left sided player moves in to serve, the right sided player moves over to the left, and the server takes up the right court position (see Diagram below)
- First to 15 points wins

### COACHES TIPS

#### KEY POINTS:

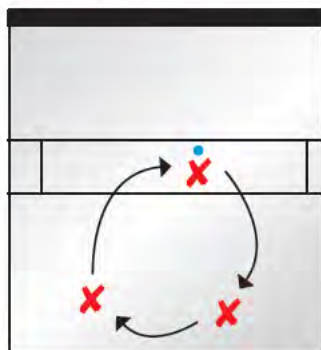
- Encourage correct striking technique, i.e.
  - Facing sideways
  - Feet shoulder width apart
  - Knees bent
  - Transfer weight from back foot to front foot
  - Strike ball at midline of the body
  - Fingers together and hand cupped
- Regularly vary the positioning order of the player
- This game develops the players shot selection and court positioning

#### EQUIPMENT:

- Handballs



### DIAGRAM:



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## (11) 2 V 1

- Another useful game for when there are only 3 players, or if one player is significantly better than the other two players.
- The game is played with full handball rules, but on a 2v1 basis
- The player serving on his own only gets one serve, whereas the opponents get one serve each



### COACHES TIPS

#### KEY POINTS:

- Encourage correct striking technique, i.e.
  - Facing sideways
  - Feet shoulder width apart
  - Knees bent
  - Transfer weight from back foot to front foot
  - Strike ball at midline of the body
  - Fingers together and hand cupped
- This game is good for teaching players singles and doubles strategies. For example, 'dominating the diamond' in singles, 'working as a team' in doubles

#### EQUIPMENT:

- One Handball





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## (12) KING OF THE COURT'S

➤ Competition style format that rewards players for winning a game of any format, e.g. singles or doubles,

➤ Several courts are needed, each of which are given a name ranking in significance:

Court 1	=	Irish Final
Court 2	=	European Final
Court 3	=	World Final

➤ The idea is to win your way up to Court 3 and become World Handball Champion

➤ The player(s) that wins their match progresses up to the higher ranked court

➤ The player(s) that lose their match, get relegated to the next lowest court

### COACHES TIPS

#### KEY POINTS:

- Encourage correct striking technique, i.e.
  - Facing sideways
  - Feet shoulder width apart
  - Knees bent
  - Transfer weight from back foot to front foot
  - Strike ball at midline of the body
  - Fingers together and hand cupped

#### EQUIPMENT:

- Handballs

