

# Speed & Footwork Drills

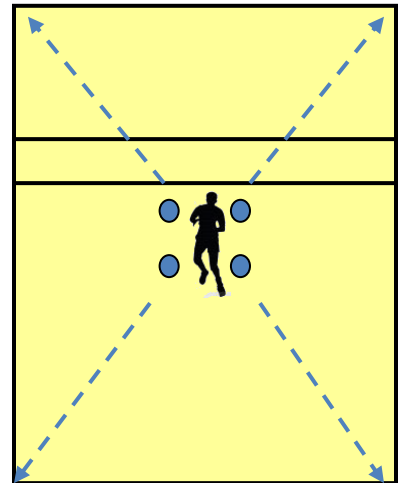
## For Handball



To reap the full benefits of a sprint session, the various drills should always be completed to the best maximal effort. To enable constant maximal effort, plenty of rest time should be advocated throughout, with two minute rests between drills recommended. Recording the times it takes the players to complete the various drills allowing the players to view their progress over time, enabling them to adjust their training accordingly.

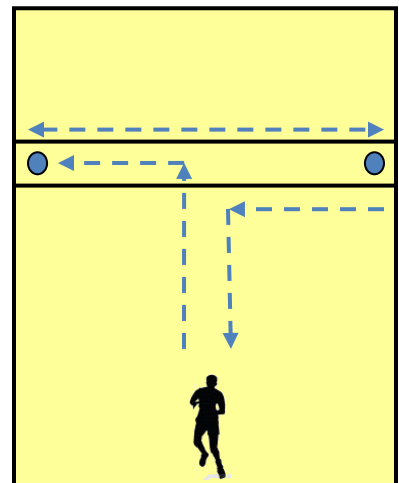
## 1) Four Corner Ball Retrieving

- ✓ Four balls must be in the centre of the court
- ✓ The player lifts one ball at a time and leaves it at corner of the court
- ✓ Only one ball per corner
- ✓ Player must lift and drop the ball with their left hand when running to either of the left corners. Same principle applies vice versa for the right hand
- ✓ Complete drill 3 times



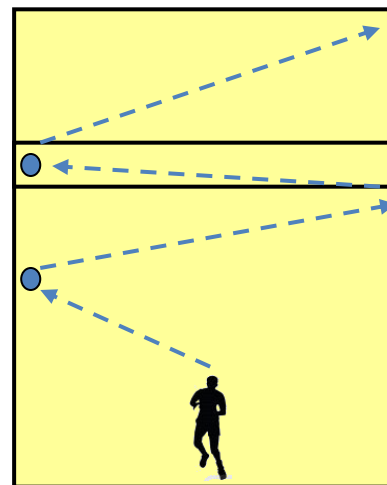
## 2) Side to Side Ball Retrieval

- ✓ Player starts at the back wall
- ✓ Swap left and right ball via the middle of the court (Follow Arrows)
- ✓ Player must lift ball sitting at left side of the court with their left hand, and vice versa for the right hand
- ✓ Complete drill 3 times



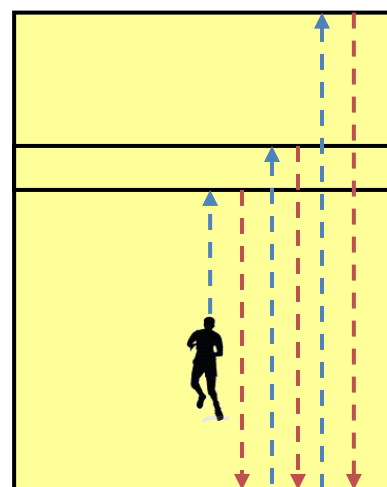
### 3) Zig-Zags Retrieval

- ✓ Player starts at the back wall
- ✓ Two balls are positioned at the left side of the court as shown
- ✓ Aim is to lift the balls on the left hand side of the court and set them down on the right hand side, one at a time
- ✓ Players must lift the balls with their left hand when Running towards the left hand wall, and drop them With their right hand when running towards the right hand wall. The same principal applies vice versa
- ✓ The drill can be modified to change the direction by running and lifting with the right hand



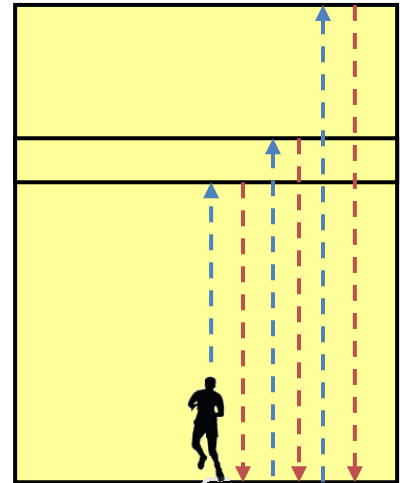
### 4) Shuttle Run

- ✓ Player starts at the back wall
- ✓ Player must run and turn three times, as shown
- ✓ When turning, players must touch the floor before changing direction
- ✓ Alternate between each turn, the leg on which the player turns on



## 5) Front & Back

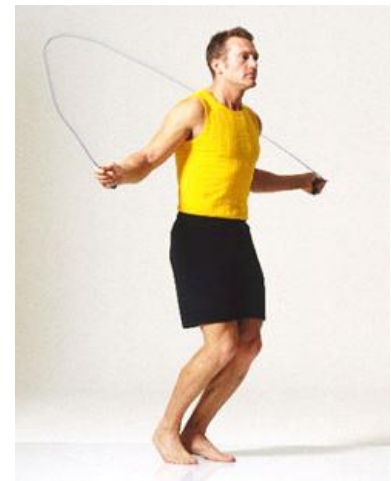
- ✓ Player starts at the back wall
- ✓ Player must run in and out three times, as shown
- ✓ However whenever the player is running towards the back wall, they must run backwards
- ✓ Before changing direction, the player must touch the floor
- ✓ Alternate between each turn, the leg on which the player turns on



## 6) Skipping

There are various types of skipping. These include:

- Two Foot Skipping**  
*(A basic form of skipping. Jump with both feet together)*
- One Foot Skipping**  
*(Skip whilst hopping on one foot)*
- One Foot Alternate**  
*(Skip whilst hopping on one foot, alternating the standing foot every skip)*
- High Knees**  
*(Alternating one foot at a time, whilst raising the knees high on each skip)*



- ✓ Set a target of consecutive skips depending on the players skipping ability
- ✓ Alternatively, skip constantly for a set period of time
- ✓ Complete drill 3 times

## 7) Ladders

There are numerous footwork drills that can be carried out using SAQ Ladders, or even taped out floor grids. A few of these drills are highlighted below.

