

STRIKING...

AN BUILE



(1) KNOCK DOWN

- Place skittles along the front wall as shown below
- Using foam balls, players aim to knock the skittles down by striking the ball along the ground from 10m away
- See how many strikes it takes to knock all the skittles down

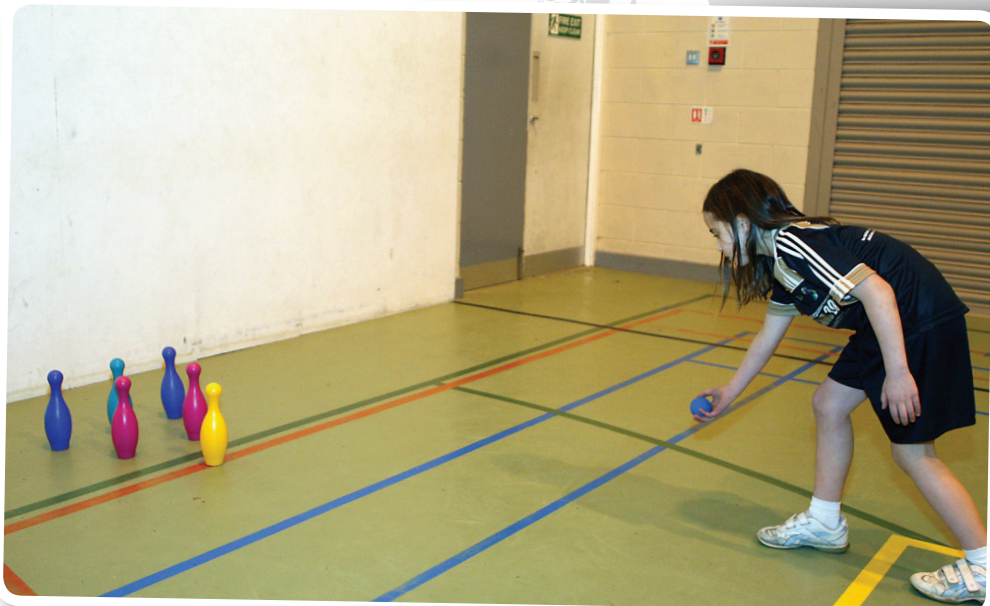
COACHES TIPS

KEY POINTS:

- Ensure no balls are hit/thrown when someone is setting back up any knocked down objects
- Keep head over ball when striking

EQUIPMENT:

- Skittles
- Foam balls



HARDER

- 1) USE HANDBALLS INSTEAD OF FOAM BALLS
- 2) STRIKE FURTHER FROM SKITTLES
- 3) BOUNCE AND STRIKE THE BALL

EASIER

- 1) STRIKE CLOSER TO SKITTLES

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(2) CLEAR THE ZONE

- Create a court of two halves (zones), with one team on each half
- Split the court at halfway using cones as shown below
- Players strike the handball and clear out of their zone, and into their opponents zone
- Team size can depend on the available space and players
- Players can only stop the ball with their hands
- Use 20 balls for each game
- Games last 60 seconds, and the team with the least amount of handballs in their zone at the end of the game wins

COACHES TIPS

KEY POINTS:

- Players remain on their feet throughout the game – encourage players to be on the balls of their feet
- Players must strike and not throw the ball

EQUIPMENT:

- A variety of balls
- Multi-markers



HARDER

1) PLAYERS MUST STRIKE THE BALL WITH THEIR NON-DOMINANT HAND

EASIER

1) USE LARGE FOAM BALLS

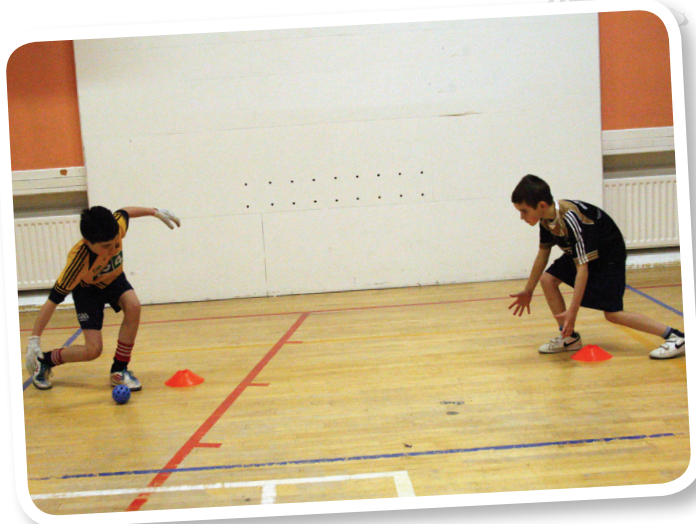
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(3) 1 V 1 ROUNDERS

- Position two cones approximately 5metres apart
- One player stands at each cone, Player 1 being the fielder, and Player 2 being the batter
- Player 1 must roll a handball in front of the batter, who proceeds to strike the ball with his/her hand, as far away from the cones as possible
- The batter then runs between the cones as many times as they can, until the fielder bring the ball back to the cones
- The batter gets one point per run



COACHES TIPS

KEY POINTS:

- Stay on balls of feet in anticipation of the bounce/strike
- Utilize the space and 'think' about shot direction
- 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:

- 2 Cones
- One Handball

HARDER

- 1) PLAYERS MUST STRIKE THE BALL WITH THEIR NON-DOMINANT HAND
- 2) HAVE 2 FIELDERS
- 3) PLAYER 1 BOUNCES THE BALL TO PLAYER 2

EASIER

- 1) USE LARGE FOAM BALLS
- 2) DECREASE DISTANCE BETWEEN CONES
- 3) FIELDER HAS TO HOP ON ONE FOOT

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(4) DRIBBLE AND SHOOT

- Split group into two even teams
- Set up an obstacle course of a line of tall cones and then a target 'goal' area
- In a relay race style, players must dribble the ball with their hands along the floor between the tall cones, before attempting to 'shoot' and score a goal by striking the ball with their hand
- Players must then lift the ball, run back and hand it to the next player, high fiving them
- The team that scores 10 goals first wins

COACHES TIPS

KEY POINTS:

- Players must keep eyes on the handball at all times when striking it
- Keep on balls of the feet
- Bring arm back and swing forward striking through the ball
- Keep head over ball when striking
- Fingers together and hand slightly cupped when striking the ball

EQUIPMENT:

- Set of Multimarkers
- Cones
- Handballs



HARDER

- 1) PLAYERS MUST STRIKE THE BALL WITH THEIR NON-DOMINANT HAND
- 2) DECREASE SIZE OF TARGET GOAL

EASIER

- 1) USE BEANBAGS AS OPPOSED TO HANDBALLS
- 2) INCREASE SIZE OF TARGET GOAL

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(5) HANDBALL TENNIS

- Mark out a court, split in the middle by a net, cones, or bench
- Can be played 1v1 or 2v2
- Game is like tennis, only players must return ball with hands as opposed to racquets
- Player(s) gain point if opponent(s) fail to return the ball before it bounces twice

COACHES TIPS

KEY POINTS:

- The concept of the game is placement of shots using both hands as opposed to power
- 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:

- Handball
- Net, line, or cones



HARDER

- 1) DECREASE COURT SIZE

EASIER

- 1) INCREASE COURT SIZE
- 2) ALLOW 2 BOUNCES

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(6) 2 V 2

- Split players into 2 teams of 2 players each
- Split the court into two halves as shown below
- Each team has a set of goals at the back of their half
- With one ball in play, players must strike the ball with their hands, and score a goal in their opponents goals
- Players must remain on their feet throughout the game, and cannot cross the halfway line
- First to three goals wins

COACHES TIPS

KEY POINTS:

- Keep head over the ball and eyes on the ball at all times when striking
- Stay on the balls of the feet

EQUIPMENT:

- One ball
- Set of multi-markers



HARDER

- 1) STRIKE WITH NON-DOMINANT HAND
- 2) PLAYERS ONLY ALLOWED TO STOP THE BALL WITH THEIR NON-DOMINANT HAND

EASIER

- 1) MAKE THE GOALS BIGGER
- 1) USE A LARGER BALL

DIAGRAM:

