

# HANDBALL

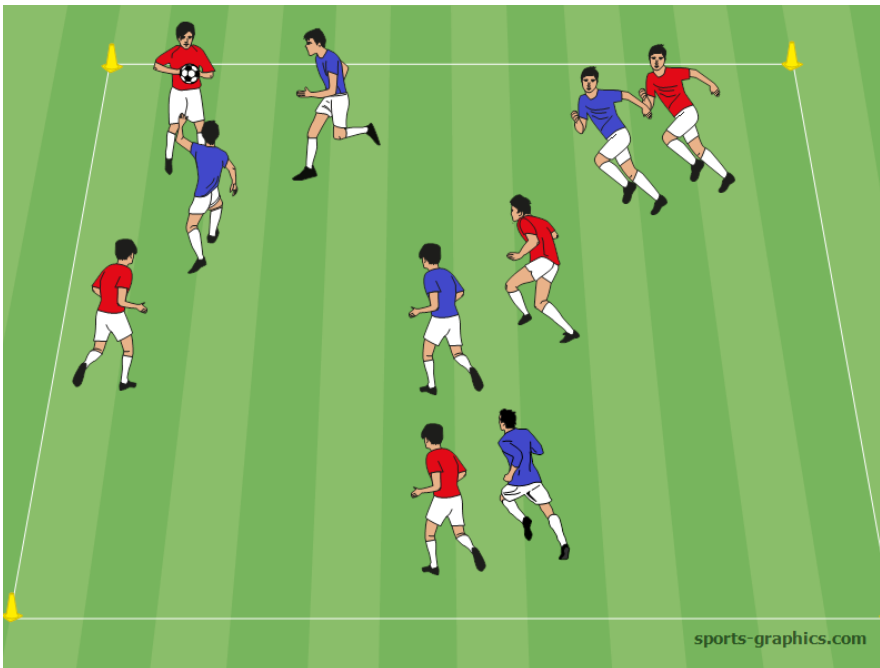
To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

PSYCHOLOGICAL

## Warm Up

## Dynamic Movement



Set up a playing area 20x20.

Two teams with one ball attempt to pass the ball using only their hands to keep possession.

Teams score a point by keeping possession for a certain number of passes as instructed by the coach. The ball can only be thrown below head height and the defending team try to touch the ball.

Ensure players of the team in possession, spread out and keep moving to make it more difficult for the defending team.

Change roles.

Another slight variation to this practice, is simply to play for a period of time with the defending team attempting to keep possession once they win it.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

## LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

## KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

## FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Demand good technique with passing and receiving.
- Ensure players are moving fluently and looking to receive the ball.
- Players should be busy and communicating while passing the ball in the group.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.



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