

# HANDBALL

**SCHOOL LESSON  
PLAN GUIDE**



Andy Entertainment  
0412160607



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## OVERVIEW

The approach of Mini Handball is to provide modified games and activities which allow children to develop the skills and concepts of the game of Handball. By adapting the rules, equipment and activities, all participants will have a better chance of developing the correct motor patterns, will have more fun, become more actively involved, and gain a better understanding of the concepts of the game.

This booklet is a set of 4 x 1 hour, plus an additional 4 x 40 minute lesson plans which will introduce primary school aged students to the skills and activities of Handball. The lesson plans in this program have been put together to allow for the progression of both skill and knowledge development in junior athletes.

## OBJECTIVES

The objectives of this program are to:

1. Ensure that all participants have fun and enjoy themselves.
2. Increase the awareness and understanding of the game of Handball.
3. Allow students and teachers to improve their skills and concept of the game of Handball.

## OTHER RESOURCES

The following resources are recommended for Development Officers to increase their knowledge and expertise when undertaking school coaching lessons.

- **COACHING CHILDREN**, Australian Coaching Council, Canberra (1992).
- **MINIHANDBALL**, European Handball Federation (EHF) & International Handball Federation (IHF), Vienna (1994)
- **CHILDREN'S HANDBALL**, International Handball Federation and Swedish Handball Federation, Switzerland (1996)
- **AUSSIE SPORT CODES OF BEHAVIOUR**, Aussie Sport pamphlet
- **SAFETY GUIDELINES FOR CHILDREN IN SPORT AND RECREATION**, Sports Medicine Australia (1997)

# WHAT IS HANDBALL?

## OVERVIEW

Handball is a fast, exciting, skilful sport that can be played either indoors or outdoors, and by all ages & sexes. Handball is usually described as a mix of different sports including: waterpolo on land, soccer with hands, and basketball & netball with more steps and body contact. Utilising the basic skills of running, jumping, throwing, catching & bouncing, Handball is enjoyed by millions of participants and spectators around the world who marvel at the speed and continuous play, spectacular goals, miraculous keeper saves and body contact.

Handball develops natural athletic skills that can be used in all other sports, promotes team work whilst still allowing for moments of individual brilliance, and increases fitness and general well-being. Handball is truly a sport that can be enjoyed by everyone.

## BASIC RULES

Handball is played between two teams, each consisting of six court players and one goalkeeper, on a court that is 40m x 20m for adults or 25m x 15m (min) for juniors. The object of the game is to throw the ball into the opposition goal which is 2m x 3m for adults or 1.5m x 2m (min) for juniors.

A game is played over 2 x 30min halves, with junior games played over a suitably shorter period.

When defending, a team will stand just in front of their 6m line to form a wall. The attacking team will pass the ball to each other in an effort to create a hole/gap in the defensive wall and allow a throw at the goal.

The magic number in Handball is 3. Players are allowed to hold the ball for 3 seconds, then either pass, take 3 steps (no pivoting like basketball) or dribble the ball unlimited. A player can then take another 3 steps before either passing the ball or throwing at the goal. Defensive players must be 3m away from their opponent when awarded a free throw or taking a sideline throw.

When defending, players are allowed to use their hands or arms to block or gain possession of the ball but can not pull or hit the ball out of an opponents hand. A defender can also use their body to obstruct an opponent even if they are not in possession of the ball, but can not hold, push, run or jump into an opposition player. Players who undertake dangerous play or repeated infringements may be suspended for either 2 minutes or the rest of the match.

A full explanation of the rules of Handball can be found at the following website: <http://www-personal.monash.edu.au/~lipcsey/handball/>.

## WHY TEACH HANDBALL?

- It's easy to play either indoors or outdoors
- It's an inexpensive activity that can easily be incorporated into your program
- It promotes team work, co-operation and friendships
- It develops the basic athletic skills used in all other sports (hand-eye co-ordination, running, jumping, throwing, catching)
- It's easily modified to fit your space, time and number of participants
- It can be played by people of all sizes, ages and genders.



**HANDBALL IS FOR ALL SIZES**

# POINTS TO REMEMBER WHEN COACHING JUNIORS

## GENERALLY

- They may have no clear idea of the ideal performance they are trying to achieve.
- They may not be able to distinguish between relevant and irrelevant information.
- They have a low attention span.
- They may be slow to process information.
- They may take everything you say literally.
- Allow them to contribute to their own learning.
- Utilise a wide variety of activities.
- Recognise junior's capacities.
- Be prepared to include variations of gender and ability groupings.
- Focus on individual needs
- Protect them from the likelihood of experiencing failure.
- Encourage ALL children (boys, girls, talented, try-hards, rich, poor) to participate to the best of their ability.

## PRIOR TO THE LESSON

- Make sure you (the coach) are well prepared.
- Make sure all the equipment is available.
- Check with the school/venue to make sure the times are correct/booked.
- Make sure that the players and the parents/teachers know what time the lesson will finish.

Continued over 

## **POINTS TO REMEMBER WHEN COACHING JUNIORS**

### **DURING THE LESSON**

- Keep control of the group/s at all times.
- Make sure the activity rate is high.
- When introducing a skill or drill, demonstrate it verbally as well as practically. Don't be too technical. Highlight the major points. Ensure everyone can see.
- Remember that you are responsible for the students safety, so ensure **NO STUDENT BREACHES THE SAFETY RULES**. Use common sense.

### **POST LESSON**

- Make sure all the equipment is returned.
- Thank the students for their time and co-operation.
- Attain feedback from the students and teachers on the lesson.
- Distribute any promotional material.

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**The fundamental aim of children's sport** is to provide an opportunity to become involved in physical activity in a way which promotes immediate and long-term benefits for the participants. These benefits will be observed in terms of higher levels of fitness, better health, pleasurable social involvement and the satisfaction derived from skilled performance in individual and group activities.

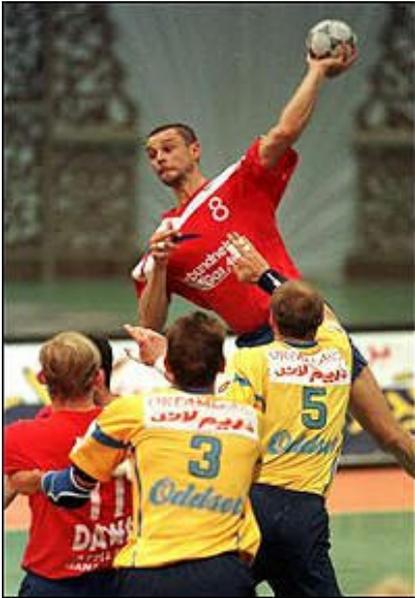
**Children's sport should be free from adult pressures and demands.  
CHILDREN ARE NOT LITTLE ADULTS.**

# COACHING FOR FUN AND SUCCESS

<b>Make it Positive</b>	<b>Include Variety</b>	<b>Teach It Tips</b>
<p>A coach can easily get trapped into behaving and communicating in a negative way. Try some of the following:</p> <ul style="list-style-type: none"> <li>• Greet players using their name</li> <li>• Smile</li> <li>• Talk and joke with them</li> <li>• Show interest in them</li> <li>• Participate in the games</li> <li>• Ask for their input into games</li> <li>• Don't say "Don't"</li> <li>• Answer all of their questions</li> <li>• Praise often and in public</li> <li>• A thumb-up sign</li> </ul> <p>Do Not:</p> <ul style="list-style-type: none"> <li>• Criticise in public</li> <li>• Yell or abuse a player</li> <li>• Use obscene or offensive language</li> </ul>	<p>A variety of different kinds of positive play opportunities should be included in all sessions. Remember to:</p> <ul style="list-style-type: none"> <li>• Provide equal opportunity for all players to play</li> <li>• Provide an opportunity to play in all positions</li> <li>• Include individual, partner and group activities</li> <li>• Include competitive and non-competitive activities</li> <li>• Include time for free play</li> </ul>	<p><b>1. Explanation and Demonstration</b></p> <ul style="list-style-type: none"> <li>• Choose the best position for the demonstration</li> <li>• Use simple language</li> <li>• Not too many words</li> <li>• Ask questions to ensure everyone understands</li> </ul> <p><b>2. Teaching the Skill</b></p> <ul style="list-style-type: none"> <li>• Show the whole skill, then break it down into parts, then link the parts up to form the whole again.</li> <li>• Don't show what not to do.</li> </ul> <p><b>3. Give Effective Feedback</b></p> <ul style="list-style-type: none"> <li>• Be specific, not general</li> <li>• Don't talk while the player is practicing</li> <li>• Be constructive</li> <li>• Reinforce key points</li> <li>• Provide it sooner not later</li> </ul>



**TOO MUCH**



# LESSON 1

## LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To gain awareness of the sport of Handball
- To introduce the skills of passing and catching

## EQUIPMENT

12 - 15 balls (size 2)  
16 - 20 markers/witches hats  
12 - 15 bibs/sashes

<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
INTRODUCTION	8 mins	<ul style="list-style-type: none"><li>• Introduce yourself</li><li>• Explain the sport of Handball<ul style="list-style-type: none"><li>- cross between basketball and water polo</li><li>- played with 6 players and 1 goalie on each team</li><li>- aim is to throw a ball into the goal</li></ul></li><li>• Outline the lesson</li></ul>
WARM UP	7 mins	<ul style="list-style-type: none"><li>• Follow the leader. (see appendix B)</li><li>- make sure the “activities” are fun and different</li></ul>
BALL SKILLS	15 mins	<p><i>organise students into groups of 2 or 3 facing each other</i></p> <ul style="list-style-type: none"><li>• Explain the major points of throwing and catching. (see appendix A)</li></ul> <p><i>perform each skill 6 - 8 times per student</i></p> <ul style="list-style-type: none"><li>• roll ball underarm</li><li>• chest pass</li><li>• two hand overhead pass</li><li>• overarm throw</li><li>• overarm bounce pass</li><li>• sideways throw (flick)</li><li>• three step overarm throw</li><li>• three step jump overarm throw</li></ul>
ACTIVITY	10 mins	<p><i>organise students into 4 teams of approx. 6 - 8 players</i></p> <ul style="list-style-type: none"><li>• 10 pass game (see appendix C)</li></ul> <p>- Utilise 2 playing areas - Explain 3 step and 3 second rule</p>
MOD GAME	15 mins	<ul style="list-style-type: none"><li>• Same teams and rules as 10 pass game</li><li>• Now teams are trying to throw the ball into a goal area</li><li>• Reduce the number of passes to a minimum of 5</li></ul>

## LESSON 1B

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To reinforce the skills introduced in Lesson 1
- To increase the teachers knowledge of activities for Handball

### EQUIPMENT

4 - 5 balls (size 2)  
8 - 10 markers/wiches hats

<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
WARM UP	5 mins	<ul style="list-style-type: none"><li>• Partner Tag (see appendix B)</li><li>- 2 players join arms/hands and are IT. They chase all the other players and try to tag them.</li><li>- When a player is tagged they join to the other players.</li><li>- When a group of 4 players are joined together, they break up into 2 groups of 2 and continue tagging until everyone is caught.</li></ul>
ACTIVITY	10 mins	<ul style="list-style-type: none"><li>• Circle Ball (see appendix C)</li><li><i>organise students into circles of approx. 6 - 8 players.</i></li><li>- players pass the ball in one direction and try to beat the ball back by running in the other direction.</li></ul>
	10 mins	<ul style="list-style-type: none"><li>• Leader Ball (see appendix C)</li><li><i>keep students in the same groups as the previous activity.</i></li><li>- The Leader passes the ball to a student who runs around the group and back to their spot before passing back to the leader.</li></ul>
MOD GAME	15 mins	<ul style="list-style-type: none"><li>• Same as Lesson 1</li></ul>

### NOTES:

## LESSON 2

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To introduce the skills of moving and throwing at the same time
- To improve the students concept of the game of Handball

### *EQUIPMENT*

12 - 15 balls (size 2)  
 16 - 20 markers/wiches hats  
 12 - 15 bibs/sashes  
 6 - 8 targets/hoops

<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
INTRODUCTION	5 mins	<ul style="list-style-type: none"> <li>• Review previous lesson</li> <li>• Outline lesson plan</li> </ul>
WARM UP	10 mins	<ul style="list-style-type: none"> <li>• Colour Game (see appendix B) - call out a colour and body part, and the students have to place that part on the colour</li> <li>• Good Hands (see appendix B) <i>organise students into groups of 3 - 4</i> - front player runs to a spot and performs one of the following drills before returning and passing to the next player               <ul style="list-style-type: none"> <li>• pass ball around the body</li> <li>• pass ball around the knees</li> <li>• pass ball around the head</li> <li>• figure 8 between the knees</li> <li>• toss ball up, turn 180° and catch</li> </ul> </li> </ul>
BALL SKILLS	10 mins	<p><i>organise students into groups of 2 facing another group of 2</i></p> <ul style="list-style-type: none"> <li>• Revise the skills of throwing and catching <i>perform each skill 6 - 8 times per student</i> - ensure students are moving forward when catching the ball               <ul style="list-style-type: none"> <li>• chest pass and rotate with partner</li> <li>• two hand overhead pass and rotate</li> <li>• overarm throw and rotate</li> <li>• overarm bounce pass and rotate</li> <li>• sideways pass (flick) and rotate</li> <li>• 3 step overarm throw and rotate</li> <li>• 3 step jump overarm throw and rotate</li> </ul> </li> </ul>
	10 mins	<ul style="list-style-type: none"> <li>• Running with ball and throwing to partner - run from one end of the court to the other - work on overarm throws, sideways throws and bounce passes</li> </ul>
MOD GAME	15 mins	<ul style="list-style-type: none"> <li>• King Ball (see appendix D)</li> </ul>

## LESSON 2B

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To reinforce the skills introduced in Lesson 2
- To improve the students concept of the game of Handball
- To increase the teachers knowledge of activities for Handball

### *EQUIPMENT*

enough balls for 1 between 2 (size 2)  
approx. 20 - 30 markers/witches hats  
3 - 4 skittles/plastic bottles

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<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
WARM UP	10 mins	<ul style="list-style-type: none"><li>• GOTCHA Tag (see appendix B) <i>organise students into 2 even teams.</i> - a player enters the other teams area and whilst continually saying “GOTCHA GOTCHA GOTCHA” must try to tag as many players as possible before running out of breath.</li></ul>
ACTIVITY	10 mins	<ul style="list-style-type: none"><li>• Court Running (see appendix C) <i>organise students into pairs</i> - standing approx. 5 meters away from each other, each pair run up the court passing to one another - should practice different running and passing skills ie running forward, backward, sideways, skipping etc., and throwing overarm, sideways, bounce, chest, jump etc.</li></ul>
MOD GAME	15 mins	<ul style="list-style-type: none"><li>• Team Tower Ball (see appendix D)</li></ul>

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### NOTES:

## LESSON 3

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To continue to improve the students throwing and catching skills and accuracy
- To introduce modified versions of the game of Handball

### EQUIPMENT

5 - 6 balls (size 2)  
16 - 20 markers/witches hats  
12 - 15 bibs/sashes  
2 - 4 targets (big boxes, or gym mats)

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<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
INTRODUCTION	5 mins	<ul style="list-style-type: none"><li>• Review previous lesson</li><li>• Outline lesson plan</li></ul>
WARM UP	10 mins	<ul style="list-style-type: none"><li>• Circle Pass (see appendix B)<ul style="list-style-type: none"><li>- 5/6 players in a circle with 2 students in the middle</li><li>- circle players pass a ball around and the middle players must try and intercept it</li><li>- have students practice their overarm, sideways and bounce passes</li></ul></li></ul>
ACTIVITY	15 mins	<ul style="list-style-type: none"><li>• Ball Tag (see appendix C)<ul style="list-style-type: none"><li>- one team must pass a ball amongst themselves and try to tag the opposite team.</li><li>- each player with the ball is only allowed to take 3 steps, or hold for 3 seconds before tagging or passing on</li></ul></li></ul>
MOD GAME	20 mins	<ul style="list-style-type: none"><li>• Mat Ball (see appendix D)</li></ul>

## LESSON 3B

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To reinforce the skills introduced in Lesson 3
- To improve the students concept of the game of Handball
- To increase the teachers knowledge of activities for Handball

### *EQUIPMENT*

12 - 15 balls minimum(size 2)  
16 - 20 markers/witches hats  
12 - 15 bibs/sashes  
2 - 4 mats/hoops

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<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
WARM UP	10 mins	<ul style="list-style-type: none"><li>• Full Court Relay (see appendix B) <i>organise students into groups of 5 - 6 players</i> - spaced out along the entire length of the playing area, players move the ball to the next player by performing various passes.</li></ul>
ACTIVITY	10 mins	<ul style="list-style-type: none"><li>• Target Ball (see appendix C) <i>organise students into 2 evenly numbered groups</i> - have groups face each other approx. 10 - 15 meters apart. - each group has 5 - 6 balls which they must throw at 2 - 3 balls placed in the middle of both groups. - the object of the game is to hit the balls over the opposition line to score a point.</li></ul>
MOD GAME	20 mins	<ul style="list-style-type: none"><li>• Choose either King Ball or Mat Ball from previous lessons.</li></ul>

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### NOTES:

## LESSON 4

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To allow the students to participate in a Mini Handball game

### EQUIPMENT

4 - 6 balls (size 2)  
16 - 20 markers/witches hats  
12 - 15 bibs/sashes  
2 - 4 targets (big boxes, or gym mats)

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<b>ACTIVITY</b>	<b>DURATION</b>	<b>DESCRIPTION</b>
INTRODUCTION	5 mins	<ul style="list-style-type: none"><li>• Review previous lesson</li><li>• Outline lesson plan</li></ul>
WARM UP	15 mins	<ul style="list-style-type: none"><li>• Relay Races (see appendix B) <i>organise students into 4 - 6 groups, facing each other perform each skill 2 - 3 times per student</i></li><li>• overarm throw (rotate with own players)</li><li>• bounce pass (rotate with own players)</li><li>• dribbling (exchange with players opposite)</li><li>• 3 steps, bounce, 3 steps, overarm throw (exchange with players opposite) <i>arrange groups into 4 - 6 single lines, ie not facing anyone</i></li><li>• 3 steps, dribble through witches hats, hand-off</li><li>• 3 steps, bounce, shoot (retrieve ball) 3 steps, bounce, hand-off</li></ul>
MOD GAME	30 mins	Mini Handball (see appendix D)

## LESSON 4B

### LESSON OBJECTIVES

- To ensure that ALL participants have fun
- To reinforce the skills introduced in Lesson 4
- To improve the students concept of the game of Handball
- To increase the teachers knowledge of activities for Handball

### *EQUIPMENT*

6 - 8 balls (size 2)  
16 - 20 markers/witches hats  
12 - 15 bibs/sashes  
2 - 4 targets (big boxes, or gym mats)

<i>ACTIVITY</i>	<i>DURATION</i>	<i>DESCRIPTION</i>
WARM UP	5 mins	<ul style="list-style-type: none"><li>• Rats &amp; Rabbits (see appendix B)</li></ul> <i>organise students into two even groups</i> <ul style="list-style-type: none"><li>- standing back to back, one line are rats and the other are rabbits.</li><li>- when the teacher calls out a group they must turn and chase the others before they reach a designated line</li></ul>
ACTIVITY	10 mins	2 v 1 (see appendix C) <i>organise players into 2 or 4 groups</i> <ul style="list-style-type: none"><li>- front players in the first two groups pass the ball to each other 3 - 4 times and try and throw the ball at a goal/target which is protected by a defender.</li><li>- next group proceeds as soon as the previous groups throws at the target.</li></ul>
MOD GAME	30 mins	Mini Handball

### NOTES:

**MAJOR POINTS OF THROWING**

<b>Feet Forward</b>	<ul style="list-style-type: none"> <li>• The feet should be placed in a slight forward-backward stance to allow weight transference and balance.</li> <li>• ie right hand thrower = left foot slightly forward</li> </ul>
<b>Look To Target</b>	<ul style="list-style-type: none"> <li>• The eyes should be looking at the target</li> </ul>
<b>Arm Follows Through</b>	<ul style="list-style-type: none"> <li>• The arm should follow through, in the direction of the target, upon the release of the ball.</li> </ul>

**THROWING DIAGNOSTICS CHECKLIST**

<b>Holding the Ball</b>	<ul style="list-style-type: none"> <li>• Hold with the fingers, ensure a good grip</li> <li>• Elbow bent</li> <li>• Raise to ear level</li> </ul>
<b>Foot Placement</b>	<ul style="list-style-type: none"> <li>• The foot opposite to the throwing arm is slightly forward</li> <li>• Trunk twisted back towards the throwing arm</li> </ul>
<b>Throw</b>	<ul style="list-style-type: none"> <li>• Elbow forward</li> <li>• The sequence is: Elbow - Wrist - Release</li> </ul>
<b>Release</b>	<ul style="list-style-type: none"> <li>• Release at shoulder height</li> <li>• Follow through - point to where you want the ball to go</li> </ul>
<b>Weight Transfer</b>	<ul style="list-style-type: none"> <li>• Step forward onto the foot opposite the throwing arm</li> </ul>

**MAJOR POINTS OF CATCHING**

<b>Look at the Ball</b>	<ul style="list-style-type: none"> <li>• Watch the flight of the ball from the time of release</li> </ul>
<b>Hand Preparation</b>	<ul style="list-style-type: none"> <li>• Have both hands up at chest height ready to catch the ball</li> </ul>
<b>Moment of the Catch</b>	<ul style="list-style-type: none"> <li>• Always catch with two hands</li> <li>• Ensure that thumbs point up (for balls above waist height)</li> </ul>
<b>Follow Through and Hold</b>	<ul style="list-style-type: none"> <li>• Arms and hands should “give” to absorb the impact of the ball</li> <li>• Ensure the player has control of the ball</li> </ul>

**WARM UP GAMES****1. Follow the Leader (page 7)**

**Equipment:** none (objects in the vicinity can be utilised)

**Playing Area:** the entire sports hall or playing field

- Have one person out-in-front performing an activity. All the other players must follow what the leader is doing.
- Change the leaders after a specific distance or time period.
- New leaders must perform something different.
- Activities could include running (forward, backwards, sideways), jumping, skipping, hopping, short sprints, rolls (forward, backward, log), sit-ups, pushups, tuckjumps, zig zags, etc.

**2. Partner Tag (page 8)**

**Equipment:** none

**Playing Area:** the court/playing area

- Two (2) players are chosen to start the game as taggers.
- With arms/hands joined, they run around and try to tag the other players.
- Once a person is tagged, they must join up with the other taggers, and then continue chasing the other players.
- When 4 people are joined together, they break up into 2 groups of 2 players, and both groups continue tagging the other players.
- A player is not caught if the taggers are not joined.

**3. Colour Game (page 9)**

**Equipment:** none

**Playing Area:** the entire sports hall, or playing field

- The teacher/coach calls out a body part (ie knee, foot, ear, etc.) and a colour.
- Players must run and place the body part on something of that colour.

**4. Good Hands (page 9)**

**Equipment:** 1 ball per group

**Playing Area:** utilise the playing court

- Players are organised into groups of three (3) or four (4), and stand one behind the other on the base or halfway line.
- The front player, carries/dribbles the ball out to a specific spot, and performs the required activity, before returning to the rest of the group and handing the ball to the next person.
- This exercise can be performed in both a competitive and non-competitive manner.

**5. GOTCHA Tag (page 10)**

**Equipment:** None

**Playing Area:** utilise the playing court, which is divided into two equal areas with a center line.

- This is an activity of speed, agility and breath control for a large number of participants.
- Players are divided into two (2) groups, with 1 group on 1 side of the center line and the second group on the other side.
- The two groups take turns sending 1 participant across the center line. Before crossing the line into opposition territory, the player takes a deep breath.

- From the moment a player crosses the center line, they must say aloud “GOTCHA GOTCHA GOTCHA” in a continuous flow, without taking a breath.
- The purpose is to touch as many players of the opposing team and safely return back to their own side, all in one (1) breath.
- If at any time, whilst in the opponents territory, a player stops making the GOTCHA sound, they have to return to their own side.
- If the player can make it back to their side before running out of breath, all the opponents the participant touched must come over to the other teams area. If the player does not make it back before running out of breath, they opposing players they touched do not change sides.
- Players can move around in their own area to try and evade being touched.
- The winners are the team that can get all the opposition players over to one side, or after both teams have had an equal number of opportunities to capture players.

## 6. Circle Pass (page 11)

**Equipment:** 1 ball per group

**Playing Area:** large enough for players to form a circle approx. 5m in diameter

- Five (5) or six (6) players form a circle approx. 5 meters in diameter. Two (2) other players stand in the middle of the circle.
- The circle players must pass the ball to each other, whilst the two (2) middle players try and intercept or knock the ball away.
- If a ball is intercepted or knocked away, the middle player swaps with the person who threw the ball.
- Players are not allowed to pass to the person directly next to them.
- Players should practice all the variations of passes (ie chest, overarm, bounce, etc.) as well as with both hands.

## 7. Full Court Relay (page 12)

**Equipment:** 1 ball and 1 target per group

**Playing Area:** utilise the playing court

- Players are organised into groups of 5 or 6, with each group spaced out evenly along the length of the playing court.
- Starting at one end, the first player passes the ball to the next, who passes to the next player and so on to the last player who turns and throws it at a target (either on the wall, or ground).
- After retrieving the ball, the player then runs up to the position of the first player, whilst all the other players move down to the next position.
- The movement is continued until all members of a group have had a turn in each position.
- Players should practice performing the different passes to each other. (ie all groups are expected to perform the same throw/pass at the same time, but change each time a player runs to the first position).

## 8. Relay Races (page 13)

**Equipment:** 1 ball and 1 target per group

**Playing Area:** utilise the playing court

- Students are organised into an even number of groups, with approx. 4 - 5 players in each.
- In the first four (4) activities arrange each group so that they are facing another group, with the players standing one behind the other in each group.
- The first person then performs the required skill/action before either moving to the end of their own group, or swapping with the group in front.

- In the last two (2) activities arrange each group so that they are not facing another group, ie all groups facing the same direction with players standing one behind the other in each group.
- The first person then performs the required skill/action before moving to the end of their own group.
- Players should perform each skill/activity 2 - 3 times.

### 9. Rats & Rabbits (page 14)

**Equipment:** possibly 4 - 6 markers to define area

**Playing Area:** utilise playing court (an area approx. 20 meters in length, and wide enough to accommodate all the players).

- Players are divided into two teams, and stand back to back in two lines (about 1 meter space between the two lines)
- One team are the “rats” and the other team the “rabbits”.
- A parallel line is marked around 8 - 10 meters in front of each team, which designates that teams safety zone.
- The teacher stands to the side of both lines and calls out “Raaaaaaa...ts!” or “Raaaaaaa...bitts!”
- The team whose name is called out must turn and chase the other players before they reach their designated safety line/zone.
- When players are tagged they either sit out, or preferably join the other team.
- The winners are the team who finish with all the players.



**ACTIVITIES****1. 10 Pass Game (page 7)**

**Equipment:** 1 ball per group

**Playing Area:** square 10m x 10m

- Players are organised into two even groups. Try to keep numbers to a maximum of 10 players per group.
- One team is given the ball and must pass it amongst themselves, aiming to get 10 consecutive passes.
- The opposite team is trying to gain control of the ball, so that they may then try and make 10 consecutive passes.
- When a team makes 10 consecutive passes they get a point, and the ball is then given to the other team.
- The opposition players are only allowed to play for the ball when it is being passed. They are not allowed to hit it out of another players hands. No contact is allowed between players.
- Various rules may be introduced at any stage, ie players can only hold the ball for 3 seconds before passing and/or they can only take 3 steps before passing.

**2. Circle Ball (page 8)**

**Equipment:** 1 ball per group

**Playing Area:** large enough for 4 - 5 circles of approx. 5 meters in diameter

- Players are organised into groups of 6 - 8, which then form a circle approx. 5 meters in diameter.
- A player passes the ball in one direction (either an overarm, chest, bounce, etc.) and then runs around the outside of the circle in the other direction.
- The aim is for the person to get back to their spot before the ball is passed all the way around the circle.
- When the player gets back to their spot the ball is given to the next player who performs the same task.
- Players should vary their passes.

**3. Leader Ball (page 8)**

**Equipment:** 1 ball and 2 markers/witches hats per group

**Playing Area:** utilise the playing court

- Players are organised into teams of 4 - 5, which stand in a straight line with one arm's distance between each participant.
- The leader stands in front of the line, about 2 meters from the first team member.
- The leader throws the ball to the first player, who holds it and runs down the end of the line, around the last player, up around the leader, and back to their own spot. The ball is then passed back to the leader, before the player crouches down.
- The leader then passes the ball to the second player who repeats the action.
- The game continues until all the players have had a turn.
- The first team with all players crouching down, and the leader holding onto the ball are the winners.

#### **4. Court Running (page 10)**

**Equipment:** 1 ball per pair

**Playing Area:** utilise the playing court

- Players are organised into pairs, and line up at one end of the court about 3 - 4 meters apart.
- With a ball they then practice passing the ball to each other whilst running up to the other end of the court.
- Players should practice different forms of running (ie forward, backward, sideways, skipping, etc.) as well as the different forms of passing (ie overarm, chest, sideways, bounce, etc.).
- The aim is for the players to perform the tasks without any mistakes like dropping the ball when catching, or throwing a bad pass.

#### **5. Ball Tag (page 11)**

**Equipment:** 1 ball (possibly 2)

**Playing Area:** the playing court

- Players are divided into two teams. One team are the taggers, the other team are the runners.
- The taggers have one (1) ball which they pass around to each other and try and tag the runners.
- Taggers can only take three (3) steps or hold the ball for three (3) seconds before either tagging a runner or passing to a team mate.
- Explain that balls are not allowed to be thrown, runners must be tagged to be caught.
- When a runner is tagged/caught, they stand still, with their legs apart and arms up in the air. A runner can resume the game when one of their team mates crawl between their legs.
- Teams swap roles after everyone has been tagged/caught, or after a specific time period.
- Two (2) or three (3) balls may be used at the same time depending on the number and ability of the players.

#### **6. Target Ball (page 12)**

**Equipment:** As many balls as possible, a minimum of 12 - 15. 4 markers/witches hats

**Playing Area:** utilise an area that is around 15 meters square.

- Players are organised into two teams, which stand opposite each other about 15 meters apart.
- 2 - 3 balls are placed in the middle of both teams. Each team starts off with 5 - 6 balls.
- The players then throw the balls, aiming for the balls in the middle of both groups, with the intention of knocking them towards, and over their opponents line.
- A point is scored if a ball is knocked over an opponents line.

#### **7. 2 v 1 (page 14)**

**Equipment:** 6 - 8 balls, and 1 - 2 goals/targets

**Playing Area:** utilise half the playing court

- Players should be organised into 2 lines, standing on the half way line of the court, facing towards one goal end.
- A goal/target is placed at the end of the court, with a player standing approx. 5 meters in front of the goal/target as a defender.
- The first two players pass the ball to each other 3 or 4 times whilst moving towards the goal/target.
- The players must try to throw the ball at the goal/target, while the defender is trying to stop it.
- Players should be trying to move the defender away from one of the attackers, so that they have a clear shot at the goal/target.
- The defenders are not allowed to make any physical contact with the attackers. Rotate the defenders around every 4 - 5 turns so that everyone gets a turn.
- Try to organise two lines for each side of the court, to get players moving through quickly.

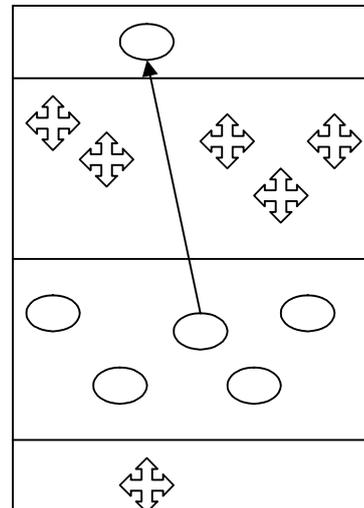
## MODIFIED GAMES

### 1. KING BALL (page 9)

**Equipment:** 1 ball, markers to define play areas

**Playing Area:** Half a court

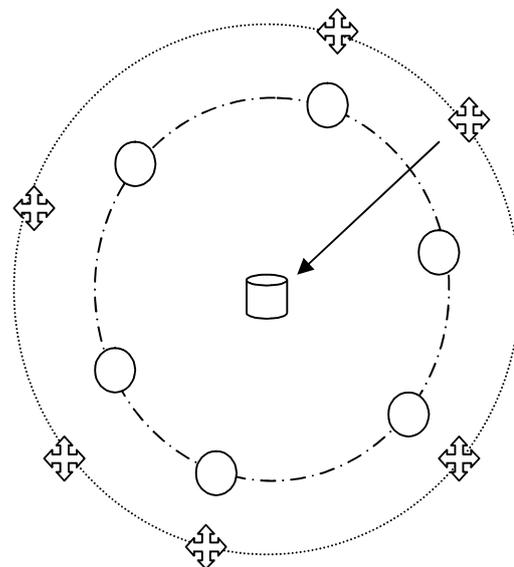
- Two teams with one (1) King each. The Kings are positioned behind the opposite team. The teams try to pass to their own King (located behind the opposite team) who must catch the ball to get their team mates onto the Kings' side. The opposition players try to intercept the ball and pass to their own King. The team with all the players on the Kings' side wins.
- **Key Points:**  
 Don't make the court too large  
 Only have approx. 6/7 players per team (including King)



### 2. Team Tower Ball (page 10)

**Equipment:** 2 - 3 balls, 2 - 3 skittles/plastic bottles, 20 - 30 markers/witches hats

- **Playing Area:** a circle area approx. 6 - 8 meters in diameter. Players are organised into an even number of teams, with approx. 5 - 6 members in each.
- One team forms a circle facing outwards, of approx. 4 - 5 meters in diameter, in the center of which is placed a skittle/plastic bottle.
- Another team then forms a circle facing inwards, approx. 6 - 8 meters in diameter, surrounding the outside of the first team.
- The outside team passes the ball around, and is aiming to throw/shoot at the skittle/plastic bottle.
- The inside players try to block the shot/throw from hitting the skittle/bottle. If the skittle/bottle is knocked over, the inside players return it to an upright position in the center.
- Players are not allowed to move outside of their own circle.
- Change teams over after a specific time period, and the winner is the team who knocked the target over the most times.

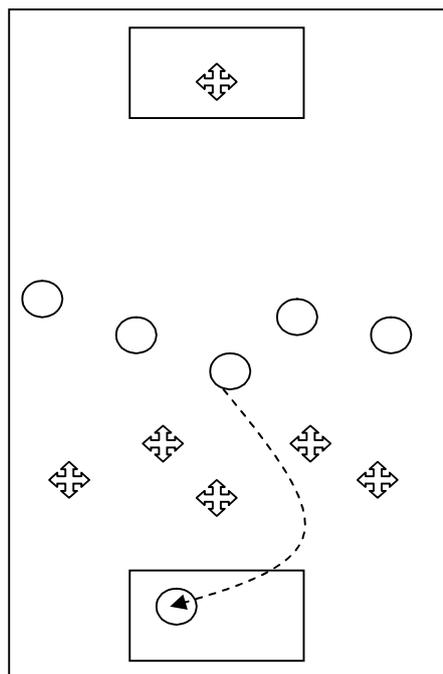


### 3. MAT BALL (page 11)

**Equipment:** 1 ball, 2 mats/hoops, markers to define playing areas

**Playing Area:** utilise the entire playing court

- Organise students into teams of 5-6 players, with 1 player from each team standing in/on a hoop/mat at each end of the court.
- Teams score a point when they can throw the ball to their team mate standing in/on the hoop/mat.
- Start/restart the game at the half-way line of the playing area.
- In defence, players are only allowed to play for the ball when it is being passed. They are not allowed to hit it out of another players hands. No contact is allowed between players.
- Players can only hold the ball for 3 seconds before passing and/or they can only take 3 steps before passing.

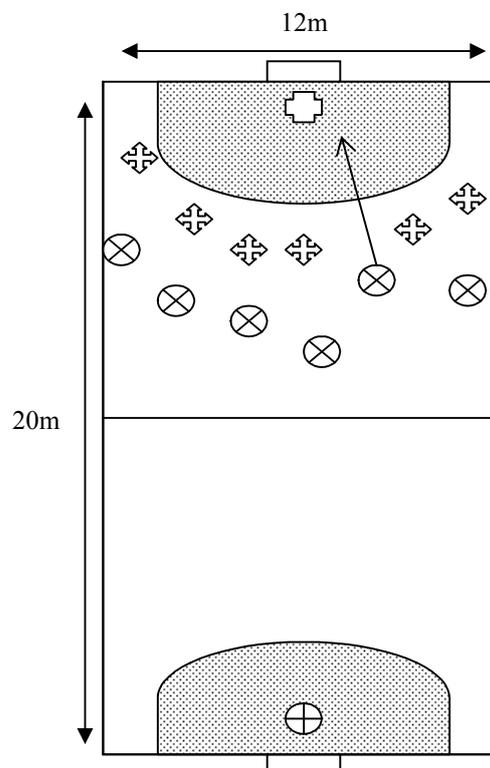


#### 4. MINI HANDBALL (page 13)

**Equipment:** 1 ball, 2 goals (can use large boxes, gym mats), markers to define play areas

**Playing Area:** utilise an area approx. 12-15m wide and 20m long. Include a goal area 5 m in diameter

- Students are organised into teams of 4-5 players including a goal keeper.
- Objective of the game is to score goals by throwing the ball past the goalkeeper. The throw must be made from outside the goal line.
- To start the game and after a goal is scored, each team is in its own half. Play starts from the center line with a pass.
- During play court players can take any place on the court, except inside the goal area. The goal keeper is the only player allowed inside the goal area.
- The players in attack try to make an opening in the defence to throw the ball at the goal.
- The players in defence, position themselves in front of the attacking players (just outside of the goal area) to block any shots at goal.



#### **Basic Rules and Safety Points:**

- The ball must not touch a player's legs below the knee (Goal keepers are exceptions).
- A player is allowed to run three (3) steps before dribbling (similar to basketball) or passing the ball/ Once a player stops dribbling, a further three (3) steps may be taken before the ball is passed. (NB Pivots are counted as steps).
- A stationary player can only hold the ball for three (3) seconds.
- Players can not pass the ball to their own goal keeper whilst they are still in the goal area. (A penalty shot from 6m is awarded to the non-offending team).
- The goal keeper may block/deflect the ball with any part of their body. If the goal keeper deflects the ball behind the back of the court (ie the end line they are defending) they may throw the ball back into play. If a defending player deflects the ball over the back of the court (ie the end line they are defending) the attacking team may return the ball into play with a corner throw.
- Body contact is limited to the torso only. Arms and legs may not be used to obstruct an opponent.
- In case of infringement a free throw is given. While being taken, other players, must be at least 1.5m away from the player.
- For serious infringements, or when a scoring opportunity is prevented by a violation of the rules a penalty is given. The throw is taken from a 6m penalty line.

Kind regards  
Andres olascoaga  
Andy entertainment  
0412160607  
ndentertainment@optusnet.com.au