

Handball

Skills and Drills

Individual Drills

#1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck ball across chest)
- B. Grip** (grip ball with 4 fingers)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles
- E. Motor Skills Cues**

1. Throwing Cues (step by step progression with ball but not throwing ball)

- A. Turn** (1/4 rotational turn towards dominant side of the body-
pivot and drop-step...elbow up and ball above the ear)
- B. Point** (point non-dominant hand towards target)
- C. Step** (step with opposite foot of throwing hand towards target)
- D. Throw** (rotate your shoulders and hips along with transferring your
weight from your back foot to your front foot...release ball
towards target with appropriate forceextend arm and
snap wrist)
- E. Freeze Frame** (after releasing ball and following through, hold
throwing arm out with index finger pointing straight at target)

2. Catching Cues (step by step progression with ball)

A. Stance (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

B. Window (make a target with a diamond by having your index fingers and thumbs together, facing the ball, at chest level)

C. Catch (look in your window to track and absorb the ball with both hands)

D. Freeze Frame (after catching ball, continue to hold ball at that location and keep eyes focused on the ball)

E. Tuck (look ball in to your body and secure across your chest)

3. Shooting Cues (step by step progression with ball but not throwing ball)

A. Turn (1/4 rotational turn towards dominant or non-dominant side of the body-pivot and drop-step)

B. Step (step towards target)

C. Throw (rotate your shoulders and hips along with transferring your weight from your back foot to your front foot...release ball towards target with appropriate forceextend arm and snap wrist)

D. Freeze Frame (after releasing ball and following through, hold throwing arm out with index finger pointing straight at target)

#2. (Individual-Stationary) Toss and catch (underhand and overhand passes)

#3. (Individual-On the move) Toss and catch (underhand and overhand passes)

Partner Drills

*Explain

F-Force (light, medium, heavy)

A-Angle (45 degrees, 90 degrees, parallel, perpendicular)

T-Trajectory (flight path of the ball)

#4. (Partner-Stationary) Throwing and catching cues (overhand passes)...2 times each partner

(Throwing) Turn-Point-Step-Throw-Freeze Frame

(Catching) Stance-Window-Catch-Freeze Frame-Tuck

#5. (Partner-Stationary) Throwing and catching (overhand passes)

#6. (Partner-Stationary) Throwing and catching (overhand, underhand, chest, overhead, flick, behind the back, and between the legs passes)

#7. (Partner-Increase Distance) Challenge throwing and catching (overhand passes)

1 partner takes 1 step back after both partners catch a pass

#8. (Partner-On the move) Lead passing and catching (different passes)

Group of 3 Drills

#9. (Group of 3-Stationary) Triangle throwing and catching with a fake (different passes)

#10. (Group of 3-On the move) Monkey in the middle (different passes)

#11. (Group of 3-On the move) Give and go (chest passes)

#12. (Group of 3-On the move) Three man weave (chest passes)

Group of 4 Drill

#13. (Group of 4-On the move) 2v2 Keep away (different passes)