



Coaching Handball Session 2

Handball Situation:

- Picking up the football on the half volley and then handballing while on the rise

Coaching Session Focus:

- Catching and handballing the ball quickly to a teammate using both sides of the body.

Objectives:

- Clean pick ups
- Handballing on the rise

Activity –Half Volley Pick up

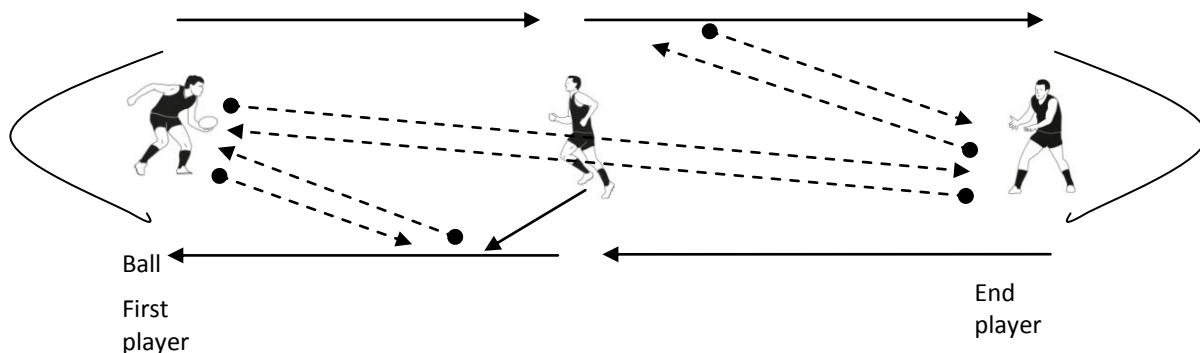
Aim –

To pick up the ball cleanly and handball it to a teammate while still on the rise.

Method –

(3 players, 1 ball)

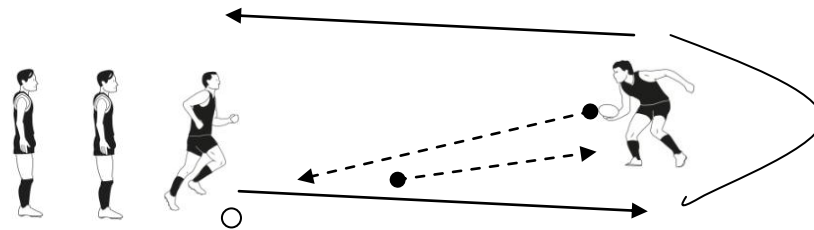
- Players form a line with roughly five metres between each player
- The first player handballs to the middle player who picks up the ball on the half volley and handballs back to the first player
- The middle player then runs around the first player
- The first player then handballs the ball to the end player
- The end player then handballs the ball to the middle player who picks up the ball on the half volley and hand balls back to the end player
- The middle player then runs around the end player
- The end player handballs to the first player and the drill starts over
- Change the middle player after a certain amount of time
- At the completion of the task the coach calls in the players and the following questions are considered
 - Q. Why is it important to be able to pick up the ball on the volley?
 - To avoid tackles
 - To give yourself time to dispose of the ball effectively
 - Q. When would you need to handball on the up?
 - When you have just picked up the ball and want to dispose of it quickly
 - When picking the ball up under pressure



Practice Task – Quick Fire Handball

(4 players , 1 cone, 1 ball)

- Players form a line at a cone ten metres from another player with a ball
- Players take it in turns to run forward, and pick up a ball on the volley (from the front players handball)
- The receiving player handballs the ball back to the front player and runs around the front player and joins the end of the queue



Teaching Points –

- Watch the ball closely in to your hands
- Handball the ball quickly getting the ball to spin backward
- Aim to handball at the chest of the player you are handballing to (unless deliberately handballing on the half volley)

Variations –

- Apply pressure
- Try using non preferred hand to increase difficulty

Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their handballing improved.
- Re-visit the major teaching points.