



Hyundai Brisbane Lions Academy
Handball Program for Junior Coaches & Players

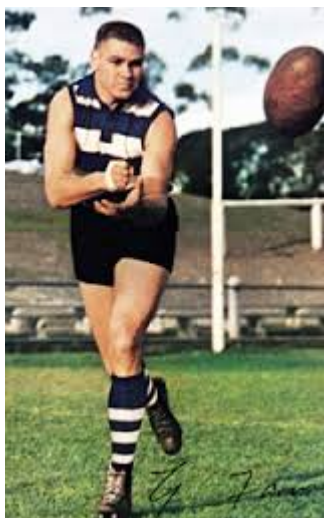
Hyundai Brisbane Lions Academy – Handball Program

- From a coaching perspective handball technique that is taught well at an early age can prevent remediation work having to be done as a player gets older.
- Key focus points for all players and especially younger players is **PREPARATION, HOLD THE BALL** and **HIT THE BALL**



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The Evolution of Handball





1. PREPARATION:

- Its important to get prepared to handball as quickly as possible in gam situations.
- Players need to be aware of opposition players location and also team mates who are potential targets to receive the ball.
- Getting feet set and balanced early can have a big impact on handball outcome, changing direction quickly and creating space and time to handball effectively.





2. HOLD THE BALL:

- Hold the ball with both hands spread on either side of the ball.
- This allows the player to be able to handball on either side of the body
- Hold ball in front of body around waist height
- Guiding hand holds the ball while other hand clenched into a fist hits the ball (as pictured on right.)





3. HIT THE BALL:

- Fist should impact ball as pictured on left.
- Ball should be slightly tilted up to help generate backward spin after impact (rocket handball) as pictured on right.
- Accuracy is the key with handball and guiding hand can help move ball towards target before impact.



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HANDBALL DRILLS:

- **Handball to Self:** a player handballing the ball to himself is a simple but effective way to practice. Work on holding the ball in a good position and getting good impact on the ball with fist
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1. Handball to self: vary height and speed
 2. Handball target: handballing over varying distances at target for accuracy
 3. Handball bucket: handballing into bucket/bin over varying distances



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HANDBALL DRILLS:

- **Partner Work:**

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progression from self handball to work with a partner / team mate while still keeping things simple initially then adding difficulty

1. Rapid Fire: 1 or 2 footballs between 2 players
2. Over & Under: one player handballs high, other player handballs direct
3. Side by Side: 2 footballs at once, both handball using right, then both handball using left and repeat
4. Ground Ball: 1 player handballs half volley, partner picks up and handballs back to moving partner
5. Knees: 1 player kneels while partner handballs low / to side
6. Rebound: using solid wall / rebound net practice quick catch and handball release



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HANDBALL DRILLS:

- **Small Groups / Multiple Footballs:**

progression from partner work into small groups
working on quick catch and release of the football and
tracking the ball from team mates.

1. Rapid Fire: 1 player out in front of 3-5 players, quick successive handballs for set time period
2. Criss Cross: 2 pairs of players in cross formation, rapid fire handballs and if footballs collide award points for catching
1. Rule of 3 / 5 3 vs. 3 ball movement from one end of rectangle area to the other end
2. 5 v 1, 2,3, 4, 5: 5 attackers, after chain of 3 successful handballs add defender, then repeat process until ground ball or turn over occurs



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