

SKILLS SESSION

KANGA'S PRE-SEASON TRAINING GUIDE

HANDBALLING - BEGINNER DRILLS

COMMON PROBLEMS:

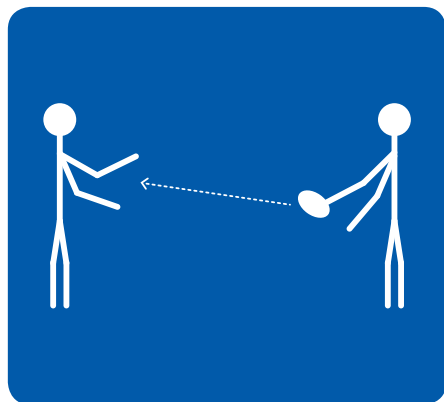
- Throwing ball into air before hitting it.
- Dropping ball holding hand away before the hit.
- Swinging arm across body before hit rather than coming straight and scooping through the ball.

PRACTICING ALONE - HANDBALL TO SELF:

- Handball the ball into the air and above your head.
- Mark the ball and repeat.
- Practice hitting the ball on the point, bending your arm before impact (do not hit with a straight arm).
- Ensure your thumb is on the outside of your clenched fist.

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 50 Handballs to self



PRACTICING WITH A PARTNER - HANDBALLING IN PAIRS:

- Stand 5-10 meters from your partner.
- Take one step towards partner then handball.
- Aim below your partner's shoulders and above their hips.
- Try handballing the ball so that your partner can catch it without moving.
- Practice hitting the ball on the point, bending your arm before impact (do not hit with a straight arm), following through towards your partner and catching your fist.

DRILL PASSED - MOVE ONTO NEXT DRILL:

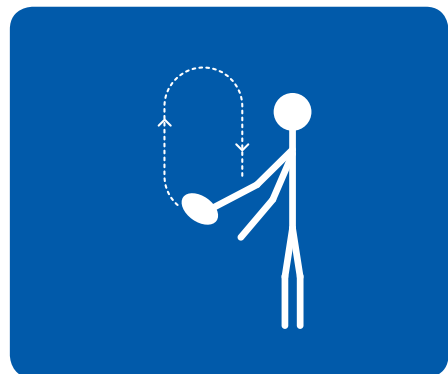
- 50 Handballs to self

MIX IT UP - OPPOSITE HAND HANDBALLING TO SELF:

- It's never too early to start using your opposite hand.
- Being able to handball well on both sides of your body is vital for AFL.
- Go through the same steps that you would for your dominant hand.
- It may feel awkward at first but the more Practice you do, the easier it will become.

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 25 Handballs to self
- 25 Handballs to partner



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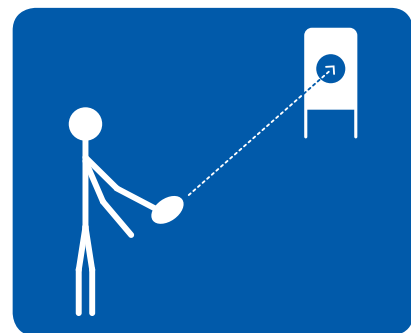
HANDBALLING - INTERMEDIATE DRILLS

COMMON PROBLEMS:

- Throwing ball into air before hitting it.
- Dropping ball holding hand away before the hit.
- Swinging arm across body before hit rather than coming straight and scooping through the ball.

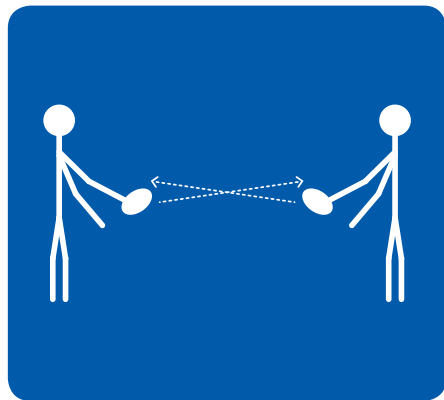
PRACTICING ALONE - HANDBALL CHANGE UPS:

- Choose a target.
- Practice handballing to your target from different positions relevant to a match.



DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 Handballs on back
- 10 Handballs over shoulder
- 10 Handballs sitting
- 25 Handballs with opposite hand
- 10 Handballs kneeling



PRACTICING WITH A PARTNER - TWO BALL HANDBALLING:

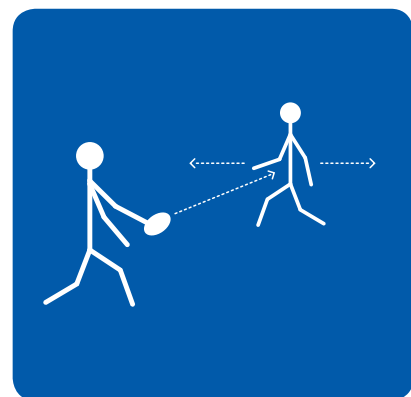
- This drill requires two footballs.
- You and your partner must both be holding one football each.
- Handball both balls to each other at the same time.
- Catch and repeat.
- Swap hands to increase difficulty.

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 handballs with both balls caught
- 10 handballs in a row without dropping a ball
- 20 handballs in a row without dropping a ball

MIX IT UP - HANDBALL TAG:

- This drill requires a partner to assist.
- The aim of the game is to see who can tag their opponent with the football the most in 1 minute.
- For a tag to count, the player with the football must handball the football into the body of their partner. Each hit is worth 1 point.
- The player with the most points wins.



DRILL PASSED - MOVE ONTO NEXT DRILL:

- Did I beat my partners score?



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HANDBALLING - ADVANCE DRILLS

COMMON PROBLEMS:

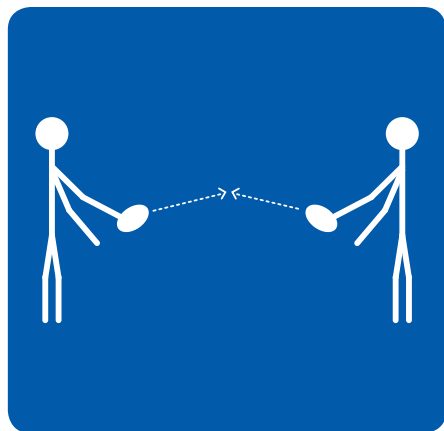
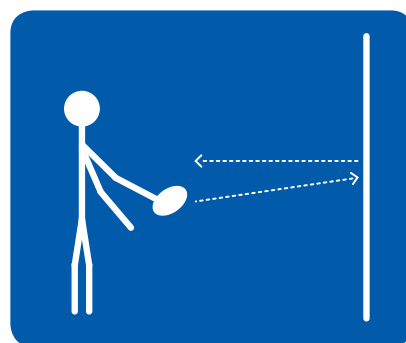
- Throwing ball into air before hitting it.
- Dropping ball holding hand away before the hit.
- Swinging arm across body before hit rather than coming straight and scooping through the ball.

PRACTICING ALONE - WALL HANDBALLING:

- Find a wall.
- Practice handballing your footy into the wall and catching it as it bounces off awkwardly.
- Alternate hands - right, left, right, left.
- Increase handball strength to increase difficulty.

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 handballs caught
- 10 handballs caught in a row



PRACTICING WITH A PARTNER - TWO BALL HIT AND CATCH:

- This drill requires two footballs.
- You and your partner must both be holding one football each.
- Handball both balls to each other at the same time.
- Try to make both footballs collide in the air.
- Beware: after hitting each other, the balls will fly off in different directions.
- Try to catch both the balls
- Swap hands to increase difficulty

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 handballs with both balls caught
- 10 handballs in a row without dropping a ball
- 20 handballs in a row without dropping a ball

MIX IT UP - ROLLING HULA-HOOP:

- This drill requires a Hula-Hoop and a parent, sibling or friend to assist.
- Ask your assistant to roll the Hula-Hoop out in front of you.
- As it rolls past, try to handball

- your football through the gap in the Hula-Hoop.
- This drill will help you Practice handballing to a moving target your body.

DRILL PASSED - You are now a Kanga handballing champion:

- 10 handballs that hit the Hula-Hoop
- 10 handballs that go through the gap in the Hula-Hoop
- 10 handballs in a row that go through the gap in the Hula-Hoop

