



Handball Queensland

Basic Exercises

Development – Coaching – Athletes

2020 -2025

Guideline & Advisory Document
V1.2. September 2021

For Club, School and State Teams
Coaches & Teachers

Handball Queensland

<https://www.handballqld.com.au/>

<https://www.facebook.com/HandballQueensland/>

<https://www.instagram.com/handballqueensland/>

[E: handballqld@gmail.com](mailto:handballqld@gmail.com)

P.O. Box 1085

Springwood, QLD 4127

Australia

Basic Handball Exercises

- Passing
- Shooting
- Defending
- Positional play
 - Defense
 - Attack

Legend

• • • •	line of players
•	player
————	direction of movement
- - - - ->	passing
————>	shooting
▲	marker
○	ball
■	Player (for 2nd team)
◆	Player (for 3rd team)

Basic goal shooting

Three easy points to remember:

1. Move towards goal
2. Elbow at least on shoulder height
3. Twist shoulders and follow through

Basic defending

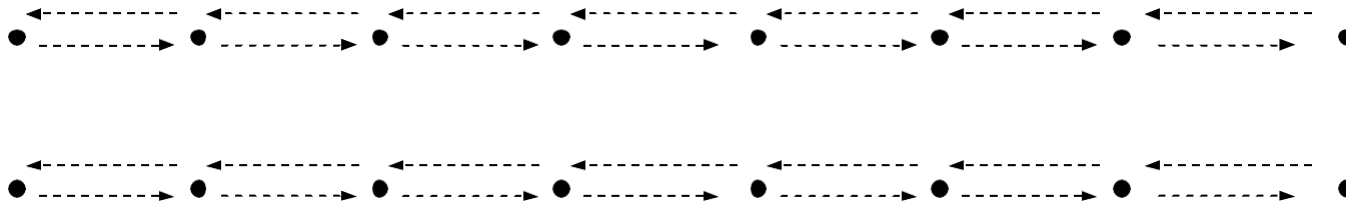
Tackling on upper body is permitted provided:

1. You are positioned between the attacker and the goal (tackles from behind are not permitted)
2. You are not tackling the arm of a player who is in the act of shooting
3. You are not pushing the player with your outstretched arms

Passing

Objective: Make sure passes are played and caught safely as well as quickly. This can be made into a team competition.

Coaching/Teaching Cue: When passing have elbow up at shoulder height and aim passes at the chest where it is easiest to catch. Be mobile on the feet.

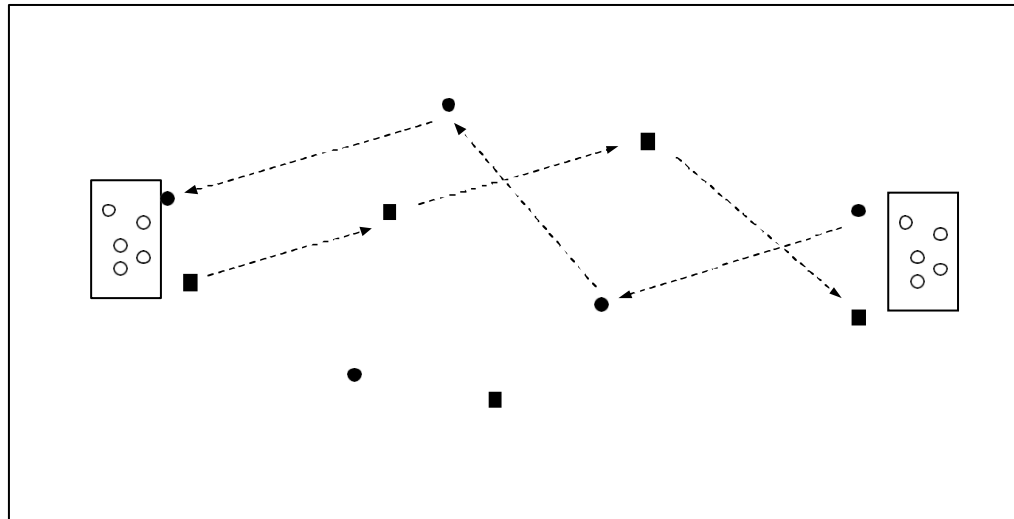


Additional Lesson: If the passes work alright you can try and let someone race against the ball in order to illustrate that it is much quicker to pass the ball rather than to run it.

Passing

Objective: Teach quick passes and pass security.

Coaching/Teaching Cue: Have a number of balls in each team's box/area. Let teams try to get balls from their box into the other team's box. Disallow bouncing and force players to play passes.



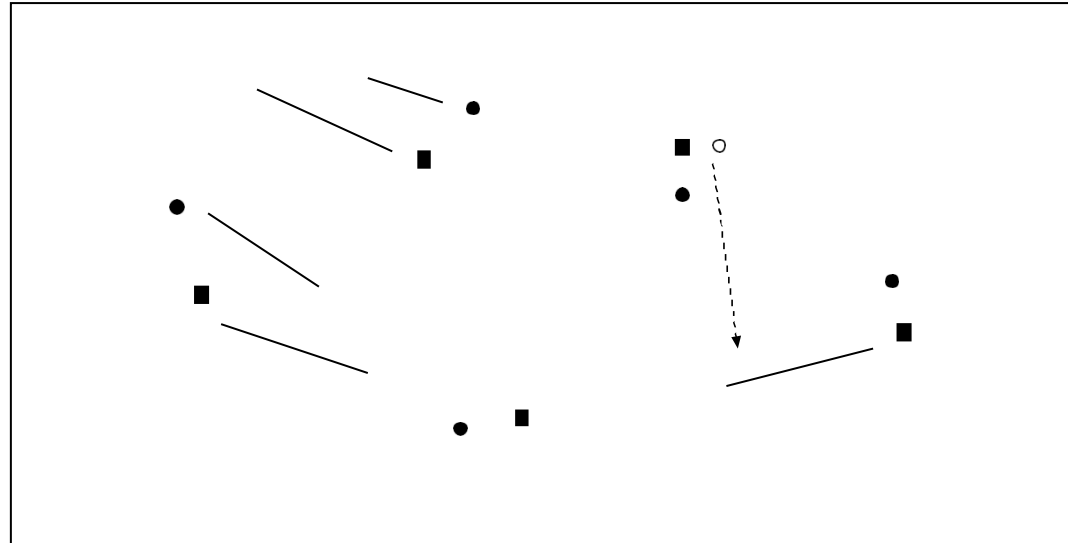
Additional Lesson: To reinforce the lesson that passing is preferred to dribbling/bouncing you can allow one team NO passes (e.g., only bouncing) and the other team is only allowed to pass WITHOUT BOUNCES. The passing teams normally win.

Passing

Objective: Teach quick passes and pass security. Also being available to be passed to. Have two teams which have to keep the ball in their team.

Coaching/Teaching Cue: Use some court area (e.g., half netball court or half basketball court). Do not permit dribbling.

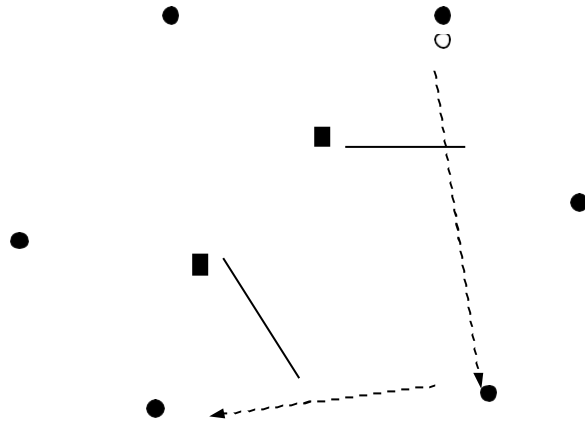
Common errors: Players position themselves behind defenders. They should run towards the ball and the passer, into empty spaces which are accessible for passes, e.g., between the ball carrier and the defense if possible.



Passing

Objective: Teach quick passes and pass security. Ball is played between players in outside circle. Inside players attempting to intercept.

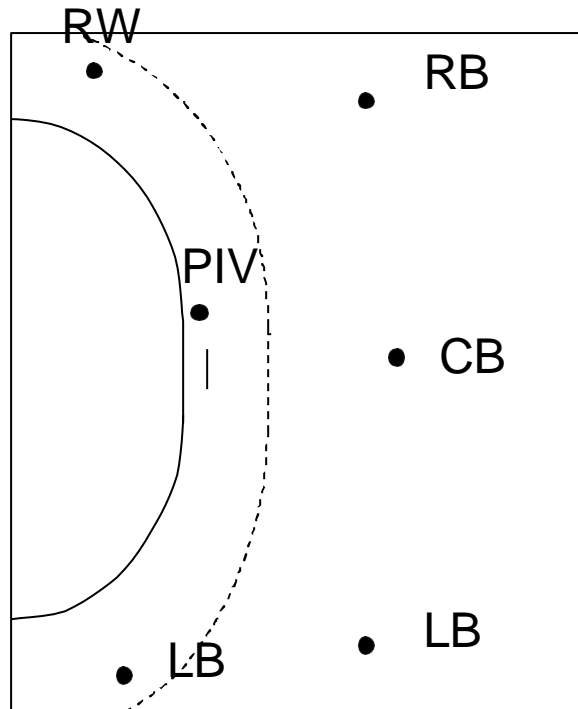
Coaching/Teaching Cue: Outside players are stationary. Only inside players are moving and attempting to intercept the ball,



Observations: Lob passes not permitted. Point out the advantage of bounce passes

Positioning

Attacking Positions:



RW: Right Wing

LW: Left Wing PIV:

Pivot

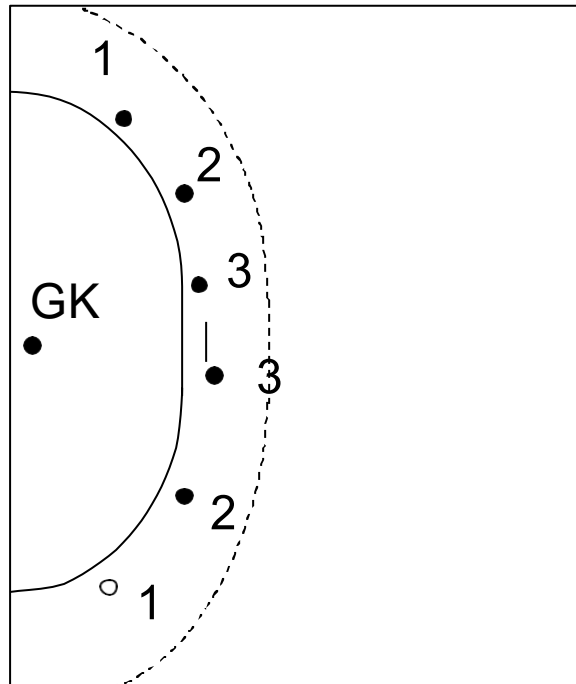
LB: Left Back

CB: Centre Back

RB: Right Back

Positioning

Defending Positions:



1: Wing Defender

2: Number 2 defender

3: Centre Defender

GK: Goalkeeper

Players tend to leave the line. This is to be discouraged. Pivots can use the gaps left by the player stepping out.

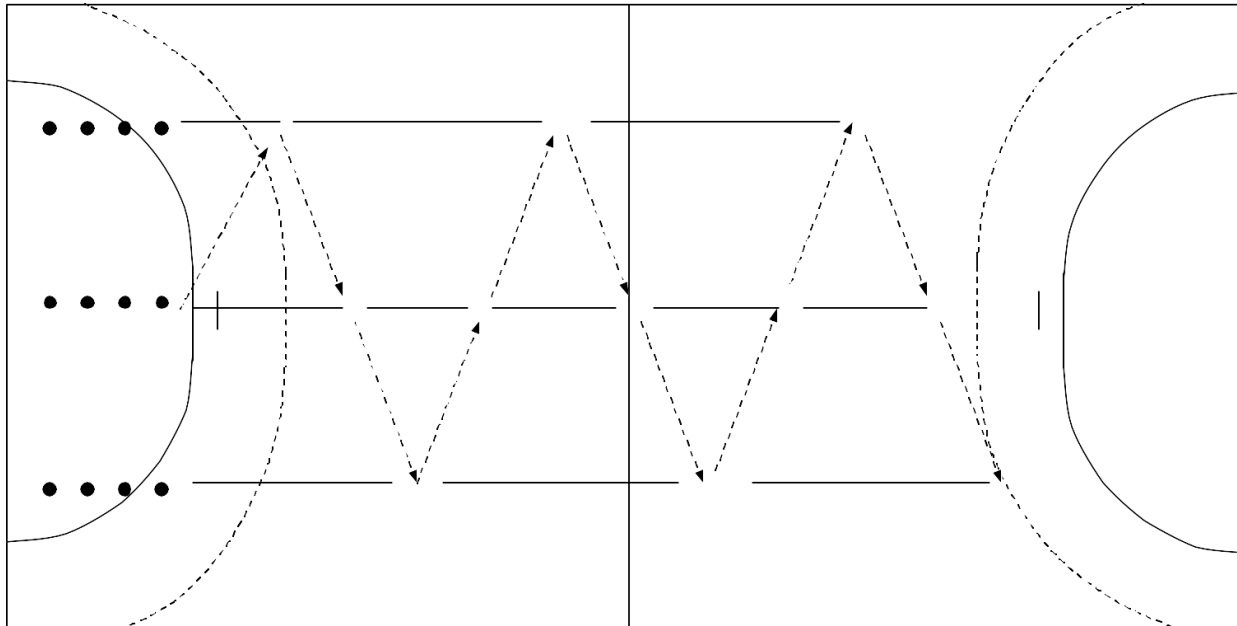
The entire defense moves a little to the side where the ball is. In general defenders do not cross.

Transition

Objective: Passing while moving forward. Basic pattern used for transition from defense to attack. Insist on NO bounce.

Coaching/Teaching Cue: The number of passes will depend on the speed of players and is in itself irrelevant.

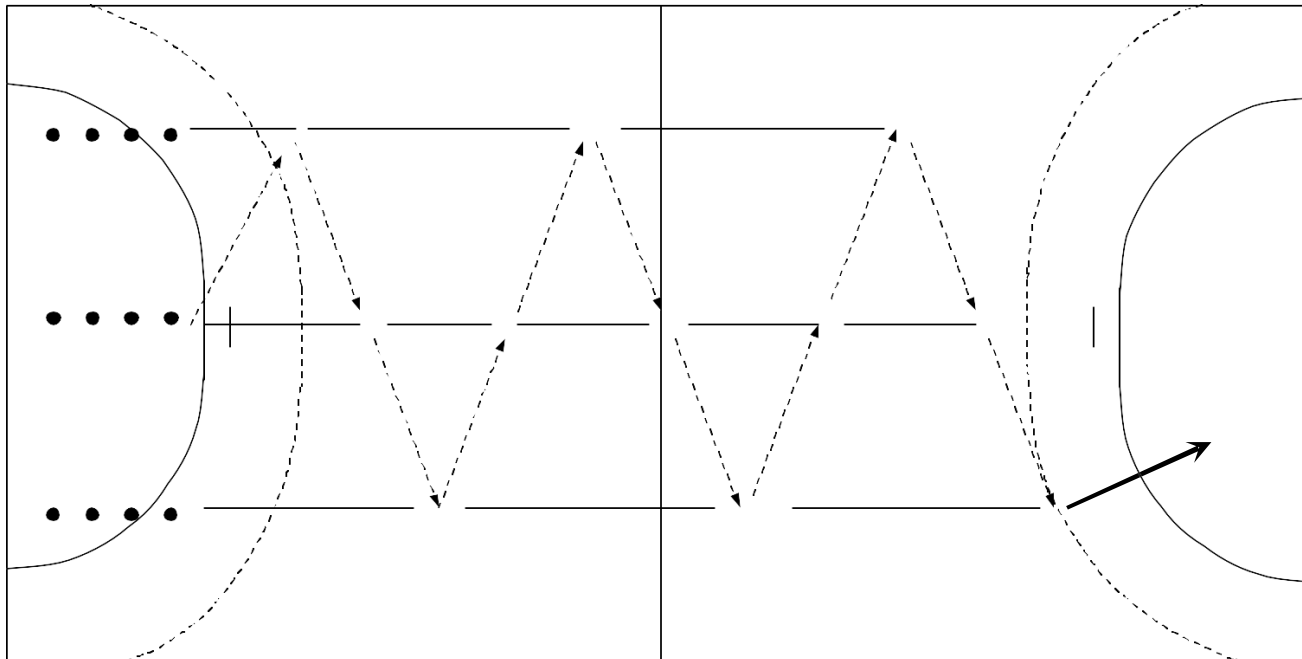
Common errors: Passing into the players back. More than three steps. Immediate bounce when receiving the ball.



Transition

Objective: Passing while moving forward. Basic transition with straight shot on goal (as in fast break).

Common errors: Players keep passing the ball once close to goal. Whoever is inside 9m (or close to circle) should shoot.

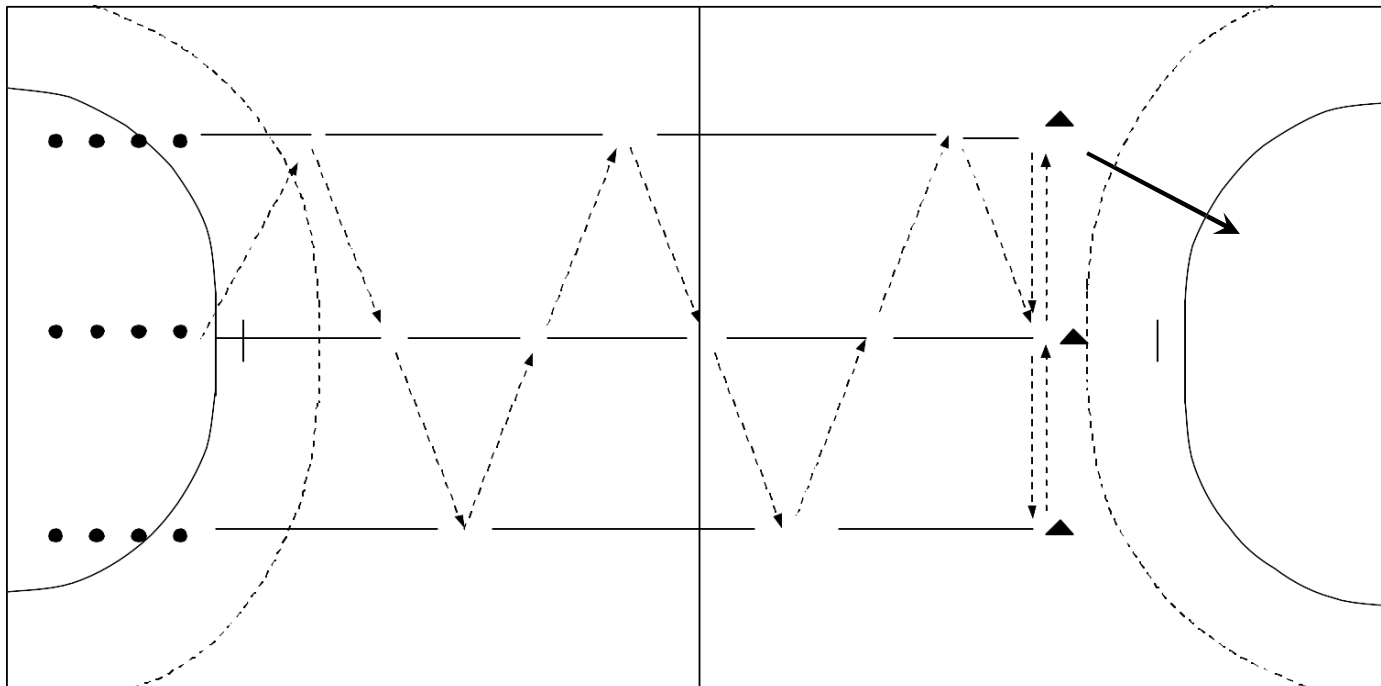


Transition / Attack

Objective: Passing while moving forward. Basic transition with transition to positional play. Teach participants to not finish attacking action as soon as the ball is up the court.

Coaching/Teaching Cue: Only after passing the ball twice to each attacking position (as indicated by markers) a player can have a shot at goal.

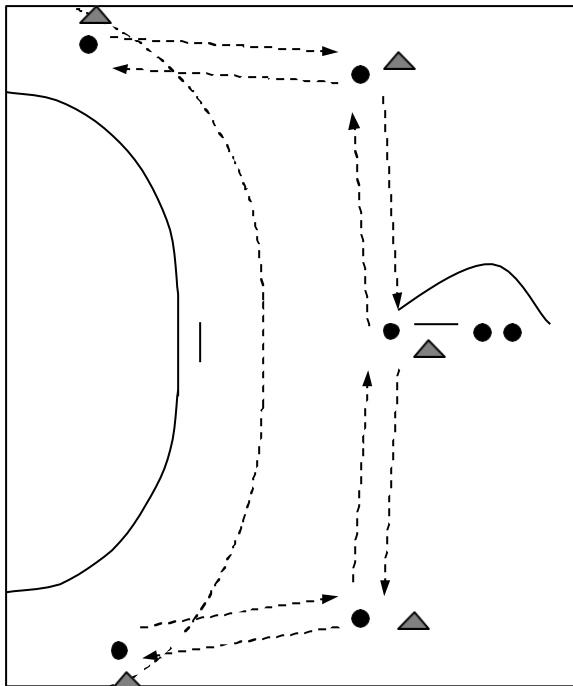
Common errors: Place the markers rather wide to ensure space between back players.



Attack

Objective: Reiterate attacking positions and make participants use the width of the court by passing from one position to the next.

Common errors: Participants will attempt to play long passes instead the shortest available pass to the next player. (Caution: Pass precision, pass interception)

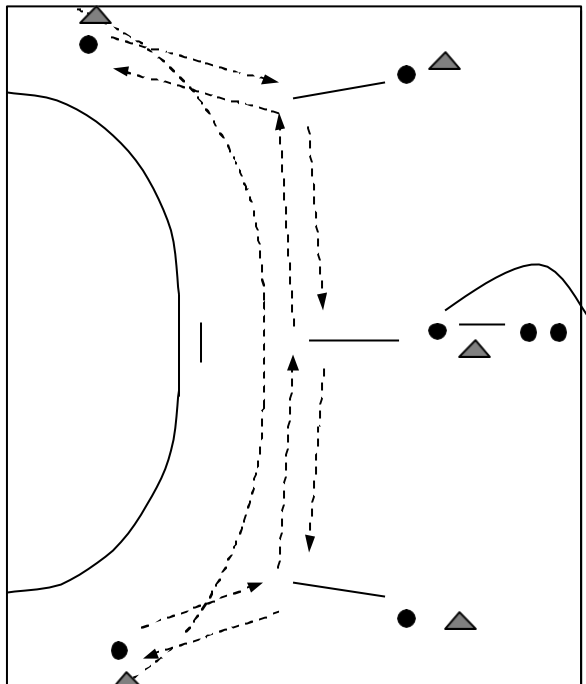


Coaching/Teaching Cue: Place markers on positions. If you have more participants, they can be lined up behind the back players and each player will go to the back of the row after two or three passes (see CB position).

Attack

Objective: Reiterate attacking positions and make participants use the width of the court by passing from one position to the next. Introduce piston movement to create pressure on defense

Common errors: Participants tend to stay close to defense instead of moving back to the marker after passing on.

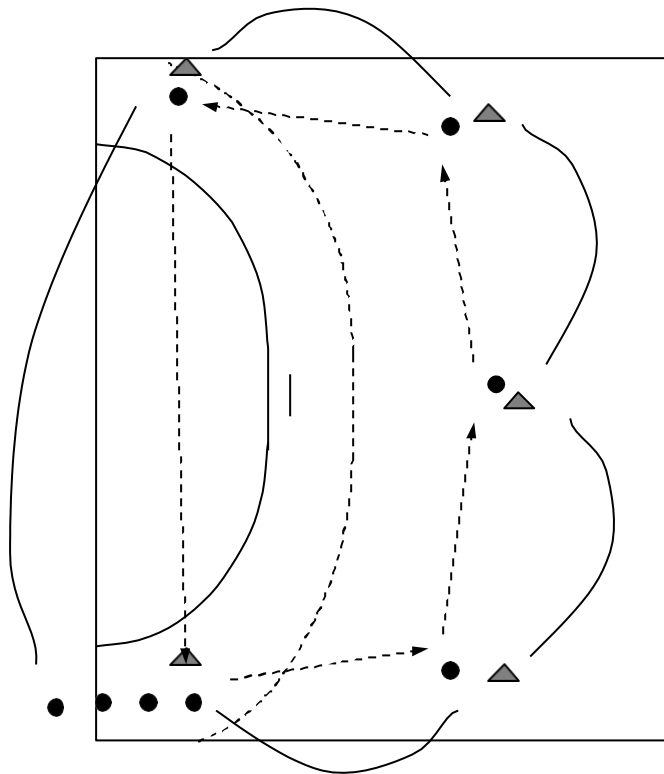


Coaching/Teaching Cue: Place markers on positions and place them a little further back than in the same exercise without piston movements. Back players have to move towards the goal before they receive the ball. Once they receive the ball, they can move another step or two towards the goal, then they should pass on at the top of the movement towards the goal.

If you have more participants, they can line up behind the back players and each player will go to the back of the row after two or three passes (see CB position).

Attack

Objective: Internalise attacking positions and make participants use the width of the court by passing from one position to the next. This is a perpetual passing exercise. After every pass each player moves one position further on.



Coaching/Teaching Cue: Place markers on positions. This exercise can be done with piston movements as well.

Attack / Defense

Objective: Match situation for many kids at the same time. Three teams on court (2 defending, one attacking at a time).

Coaching/Teaching Cue: Team keeps attacking as long as they conclude their attacks with a goal. If the attacking team does not score it is a turnover and the team which defended will move up to the other end of the court to attack. They will stay in attack as long as they score.

Common errors: Too short attacks. Players do not go to their assigned positions.

