
Handball activities

Games and Sport (inclusion/intercultural understanding)

Handball

The modern game actually grew out of three sports that were developed, independently, in three different European countries: The Czech *hazena*, the Danish *handbold*, and the German *Torball*.

All three were based on soccer, but essentially replaced the foot with the hand, so that the ball could be advanced by batting or throwing, rather than by kicking.

Hazena was being played by Slovak peoples as early as 1892; its rules were first codified in 1906, by a college professor. *Handbold* (the Danish word for handball) was developed in 1898 by a teacher, Holger Nielsen, as an alternative to soccer. In 1906, Nielsen revised the rules considerably and began organizing competitions outside the school at which he taught. Similarly, *Torball* was created in 1915 by a German gymnastics' teacher, Max Heiden.

Professor Carl Schelenz of the Berlin Physical Education School in 1919 combined elements of *handbold* and *Torball* and adapted the soccer playing field for a new sport which he called handball (actually translating the Danish into German). Schelenz also borrowed from basketball, which was just becoming popular in Germany, to allow dribbling as a means of advancing the ball.

By 1925, the game had become fairly popular in other European countries. The International Amateur Handball Federation (IAHF) was established in 1928; handball was a demonstration sport at the Olympics that year and again in 1932.

That form of handball, designed to be played outdoors by teams of eleven players, was a full-fledged Olympic sport at the 1936 Munich Games.

Meanwhile, a different, indoor version of handball was being developed in the Scandinavian countries. Based largely on Danish *handbold*, this version had only seven on a side and was played in a considerably smaller area. The IAHF held the first seven-a-side world championships in 1938.

Concepts

1) **FIND THE RIGHT PLAYER**

Divide the players into teams of 4. Put one ball into each group. Players are numbered from 1-4. The ball is then always passed from 1 to 2 to 3 to 4, and back to 1. It is important that the players circulate as much as possible around the hall while passing the ball.

2) **STAR BALL PASSING**

Players place themselves in a circle/star formation with one player in the middle. 2 balls needed in this activity. The middle player receives the first ball from one of the outside players and passes it back to the next player in the circle and then turns to receive and pass the second ball in the same way, before turning again to the first ball and so on....

Variations:

Both balls are played in the same direction

The balls go in opposite directions

3) **KEEP AWAY (PIG IN THE MIDDLE)**

The two players bounce or pass the ball to one another while the middle player attempts to steal the ball.

4) **GROUPS OF 3, 2 BALLS**

With 2 balls. The middle player is the goalkeeper and blocks easy shots from one player then turns around 180 degrees and blocks a shot from the other player.

5) **QUICK PASS**

The players stand in similar formation as monkey in the middle, 2 balls used, one to each end player. The centre player has to pass quickly to one outside player then turn to do the same with the other player. This is a good drill for fast footwork.

6) **LATERAL MOVEMENT DRILL**

Groups of 3 with 2 balls. The players form a triangle formation with 2 of the players holding a ball. The 3rd player is forced to move laterally (sideways) in order to receive the ball from one of the passers. Always return to original position after passing back.

7) **PASSING AND TURNING**

Form 2 lines with each line having at least 2-3 players in it. The 2 lines stand facing each other. One ball per group. The pass must be made while moving forward. Immediately after passing the ball, you move quickly behind the other player.

8) **ON THE RUN DRILL**

Players get together in groups of three. Each group has a ball. They run around the gym/playing area in a triangular formation while passing the ball between themselves.

9) **FOX DRILL**

Divide the students into groups of 5 or 6. All players have a ball and all but one, the fox, has a hoop. Players attempt to run from one hoop to the other while bouncing the ball. The fox, who also is bouncing the ball, must try to tag a player not in the hoop.

10) **TWO LINE DRILL**

Divide the students into 2 groups. Each group is lined up facing each other about 5m apart. The player with the ball throws to the first player on the opposite line and proceeds to run to the end of the opposing line. This is repeated with the tempo and speed of the drill increases.

11) **FASTBREAK WITH ONE PLAYER**

Start the drill with a long pass just past the halfway point in the gym. The receiver then takes 2-3 steps and shoots on a goalie or empty net.

12) **FASTBREAK WITH TWO PLAYERS**

Same as above but with an extra attacker. This drill involves making two passes before a shot on shot is made.

13) **TARGET DRILL (GOALKEEPER DRILL)**

Have the goalkeeper defend various targets that are posted on the wall. The shooters attempt to hit the targets on the wall as the goalie tries to defend. Points are scored for each target hit.

Lead-up Activities

1) **Keep Away**

Form 2 teams of equal numbers and have them scattered throughout the designated area. The members of one team try to keep the ball from the members of the other team by passing, dribbling, and moving about. The ball is awarded to the opponents if a team member holds it for more than 3 seconds, takes more than 3 steps or allows the ball to go out of the designated area.

Variation: **Ten Passes** - Each team must make 10 consecutive passes in order to score a point.

2) **Find the Handball**

2 teams of equal numbers scattered everywhere. Receiving the ball at center court, the attackers attempt to pass the ball back and forth in order to move up the floor and cross the designated line at the end of the playing area with the ball in hand. The defenders attempt to intercept the ball and pass it back and forth going to the opposite wall or line.

3) **Chair Handball**

2 teams needed to play this game. Beginning at center court, the attackers try to score by throwing to their team member standing on the chair ahead. The opponents try to block and intercept the passes and score by throwing to their

chairperson at the opposite end.

4) Pin Handball

2 teams scattered on the playing area. There is NO goalie in the goal, instead a bowling pin, pylon or Indian club is set up in the net. Playing with the essential rules of handball, each team attempts to throw the ball to hit the target to score. A point is awarded for each time the pin is knocked down.

5) King of the Castle

Construct a "castle" by placing several balls in the form of a small circle. Attackers stand around the outside of a 10 m circle. The object of the activity is to throw a ball and attempt to knock down one of the balls from within the centre circle. Passing is permitted.

6) Hunters and Rabbits

Divide the students into 2 groups. The "rabbit" group is allowed to move within the goal area. The "hunters" must position themselves outside the goal area and attempt to hit the members of the "rabbit" group with the ball. One point is scored for every "rabbit" hit. Passing is permitted for the hunters group. Members of the "hunters" group may take 3 steps when in possession of the ball.

7) Mat Handball

Two teams are formed. Each team must choose one player to position themselves on the other side of the playing area. This player must stand on a mat which is placed on the floor. The object of the game is for the team players to get the ball to their teammate while he/she is standing on the mat. Normal rules apply.

8) End Ball

Two equal teams are formed. Each team must designate 2 players to stand on the other end of the playing area outside the court (end zone). The players in the court area must attempt to throw the ball to their end players. When a throw is caught (without a bounce), the thrower must go over and join their teammates. The game ends when the final throw is caught.

9) Find the Open Player

Divide the students into teams of 4 and 5. The team with the extra player must work on finding the open player to throw to. The team with 4 players must attempt to work on their defensive coverage. After a certain period of time, the team with an extra player will then work on playing with one player less. This activity is designed to help the players on offence locate the open player and make a pass. Rotate teams into the game. A normal size gym can have 2 separate games going on at the same time.

10) EMPTY THE BOX

Form a square by gathering 4 benches and attaching the ends. Designate two students to act as "sweepers" inside the square area. Place all the balls within the

square. On the teachers signal, the "sweepers" attempt to throw the balls outside the square while the students on the outside PLACE them back inside the square. After a brief time period, the teacher signals to stop the game and begins to count the number of balls inside and outside the square. The team with the fewest number of balls are declared the winners.

11) **TARGET BOMBARDMENT**

Divide the students into 2 groups placed at either end of the gym. Place a larger ball (basketball, soccer ball) at the centre of the gym. The object of the game is for the teams to hit the larger ball with their throws and have it roll over and past their opponent's line. The teams are throwing in opposite directions.

12) **ICEBERGS**

The students stand in the goal area.... called Europe

Designate one student, called the Iceberg.... to stand in the court..... called The Atlantic

The aim of the activity is for the students in Europe to cross The Atlantic and into the opposite goal area.... called America.

If the students are tagged by The Iceberg, they become Icebergs as well. The game ends when all have been caught.

Concluding Activity