

DESCRIPTION

Handball - 36x24 Yard grid -divide your players in to two teams. Each team sends a receiver to the opposite end of the field; this receiver must stay on the end line and can only move side-to-side along the line. The two teams compete for one ball which is thrown between players. The player with the ball cannot have the ball taken from them - it can only turn over if intercepted or dropped. A receiving player cannot move once they catch the ball. Focus on the player receiving the ball and how they prepare to catch.

WARM UP

COACHING POINTS

FIRST COACHING POINT - SET POSITION
 A receiving player should have their hands about waist-high to their side. Weight should be evenly distributed and player should be poised on the balls of their feet.
SECOND COACHING POINT - SECURING THE BALL
 Receiving players should try to make a "W" with their thumbs touching and the rest of their fingers spread.

DIAGRAM



Players are in pairs - ten yards apart, facing each other - each player has a small goal that they protect. Players will serve the ball back-and-forth to each other to repeat the skills below - player one serves the ball to player two who performs the skill, then player two returns the ball to player one who will then perform the skill. Players move through the following skills for about two minutes until it seems like they have a grasp of the technique-

- 1) catching aerial balls (from an underhand toss)
- 2) Catching aerial balls (from a push pass)
- 3) Blocking ground balls
- 4) Scooping up ground balls
- 5) Parring wide shots
- 6) Distributing the ball with a ground roll
- 7) Distributing them all with an overhand throw

TECHNICAL

FIRST COACHING POINT - BLOCKING
 Wherever possible, a goalkeeper should try to keep their body in the way of the ball. They should move their body while keeping their hips and shoulders facing the ball.
SECOND COACHING POINT - DISTRIBUTING
 A goalkeeper should try to ensure the receiving player can do so as easily as possible. If it's a ground ball, try to ensure it isn't bouncing. If it is aerial, try to ensure it doesn't come in from too high.

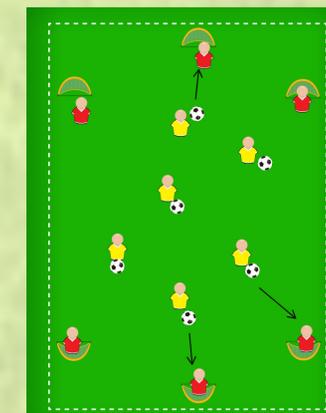


24x24 yard grid with several goals around the outside. Divide your team in two - one team will each be GKs in any of the goals around the outside. The other team will have a ball each and will try to score as many goals as possible in two minutes - to make things manageable, the striker must call out the name of the GK they intend to shoot on so the GK can prepare. A player may only take one shot on the keeper before going to a different goal and try to score. The teams then switch. You can progress this by asking strikers to try and shoot along the ground, or to the far side of the goal

Make it easier - allow strikers to kick with their weak foot only
 Make it harder - make the goals bigger

TACTICAL

FIRST COACHING POINT - MOVING WITH THE BALL
 Educate your goalkeepers to know where they should stand during play. They should be a couple feet off their line in anticipation of a shot. They should also move with the ball to ensure they are covering the side of the goal closest to the ball - this should be a lateral movement, sidestepping in an arc across their goal.



Small-sided game, to emphasize goalkeeping you might have several goals for players to score on - we suggest a 5v5 where each team has two goals and two goalkeepers. We also advise that you should allow time for players to enjoy the scrimmage without any conditions.

- Make it real -
- 1) Assign positions
 - 2) Set a formation
 - 3) Help players understand their role

GAME

COACHING SUMMARY
 Goalkeeping can be a challenging position for young players so we suggest only making individual references to players while the game flows. Try to avoid dwelling on a mistake in-front of the whole group as this could seriously damage a young goalkeepers confidence.

