SASKATCHEWAN MINI HANDBALL

GAMES & DRILLS
HANDBOOK

ZONE SWEET HOME

Tactical Focus
Avoiding defense, moving to and through the open spaces

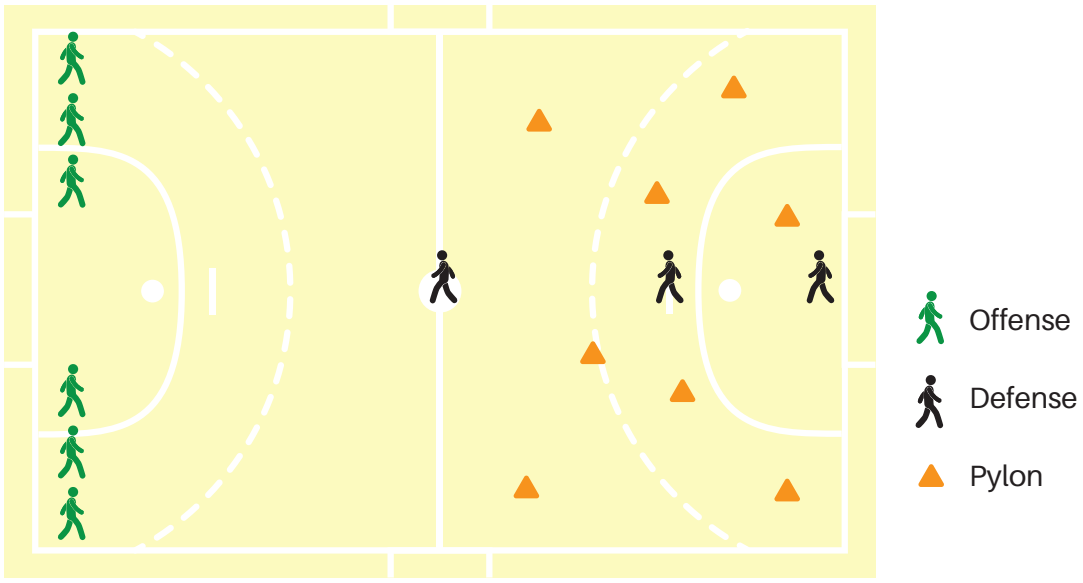
Objective
Students will learn to decide how to avoid defenders by moving to and through open space by changing movement (e.g., levels, pathways) and locomotion patterns.

Sport Rationale
When playing team handball, players must be able to progress through defenders. Players will be most effective when they can find open spaces increasing scoring opportunities.

Participants - Groups of 9

Equipment Per Group:
- a minimum of 9 floor markers (e.g., carpet squares, poly spots)
- floor markers to mark zone boundaries

Description
- Divide the group of nine into two groups: six offensive students and three defensive students. Each of the three defensive students begins play in one of the three home zones. They try to tag any student who passes through their zone. They can move anywhere within their designated zone.
- On signal, all offensive students try to move forward through the play area, attempting to make it past the opposite end line without being tagged. They can move in any pathway they choose.
- Tagged students must go to an open floor marker and stand with one foot in contact with the floor marker.
- Tagged students become defenders trying to tag all other students.
- Any tag must be made on the front side of the other student's body.
- Any student who makes it all the way past the other end line without being
- tagged gets a free return to the starting end line; these students wait for a signal to try to make it through again.
- When three or fewer students remain not tagged the game is over; these untagged ones become the new defenders, one in each of the three home zones.



ON AGAIN, OFF AGAIN

Tactical Focus
Maintaining possession to make forward progress

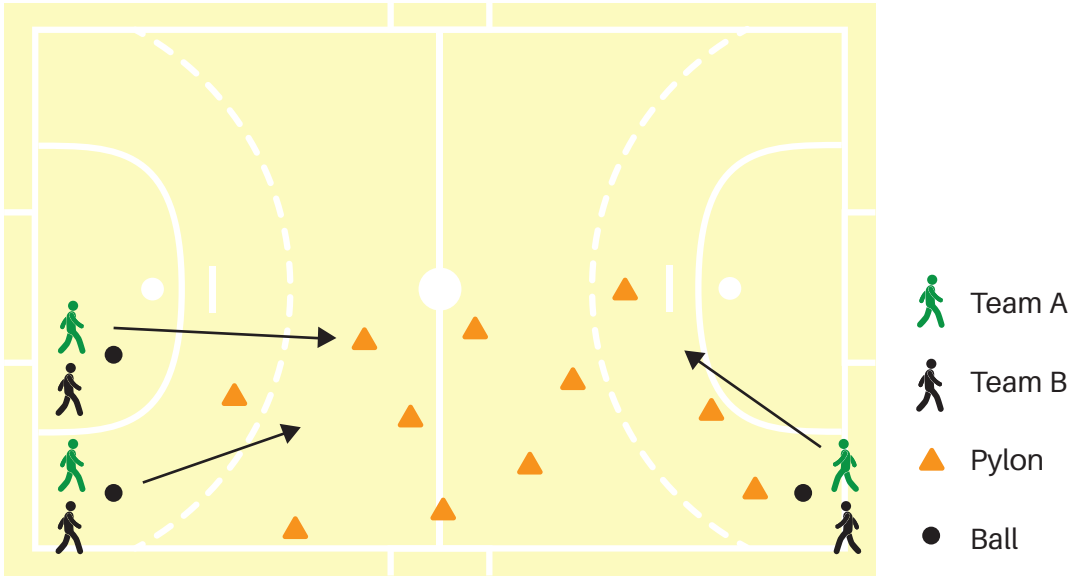
Objective
Students will learn the concept of moving into open spaces to receive a pass and keep possession of the ball.

SPORT RATIONALE:
Team handball is a game that fundamentally depends on the players' successful passing and receiving while moving forward up the playing area in order to score. Players need to work with teammates to maintain possession of the ball.

PARTICIPANTS - Pairs

EQUIPMENT PER PAIR:
- 1 medium-sized ball (e.g.,handball, foam or red rubber ball)
- multiple floor markers (e.g., carpet squares, poly spots) for each play area

Description
- Divide students into pairs.
- Three to four pairs share the playing area. The pairs will move in both directions. Remind pairs to be aware of other students moving in the same space.
- Pairs begin on the end line of the play area; partner A of each pair has possession of a ball.
- On signal, partner B runs to an open floor marker and, while in contact with the marker, signals (e.g., voice, hands up to create a target) to A to pass the ball.
- A passes to B, then runs to a different open floor marker ahead of B.
- A signals to B to pass the ball. B passes to A and then moves to another open floor marker.
- Each pair progresses through the play area using passing and receiving only.
- A point is scored when one partner receives the ball while in contact with the opposite end line.
- If a pair drops the ball during the activity, both must return to the end line where they scored their last point to re-start play.
- The first pair to score four points before all other pairs in the same play area wins the game



TERRITORIAL TAKE-OVER

Tactical Focus
Attacking the goal

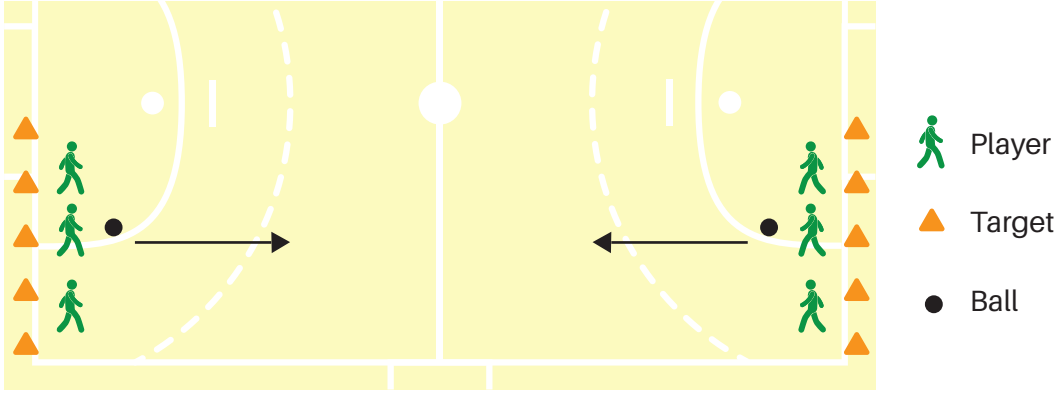
Objective
Students will focus on progressing the ball forward quickly to get a group member in good scoring position, with group members learning when and how to shoot at targets immediately upon receiving the ball.

Sport Rationale
Scoring goals is the main objective in the game of team handball. Players always need to look for a scoring opportunity by analyzing where the best option is for the team to score, and when it is the best choice for an individual team member to take a shot.

Participants - Groups of 6

EQUIPMENT PER GROUP:
- 2 medium-sized balls (e.g., team handball, foam or red rubber ball)
- 10 goal targets (e.g., pylons)
- 6 pinnies (2 different colours, 3 of each colour)

Description
- Divide each group of six into two groups of three.
- Each group starts on its own end line (in front of its five goal targets).
- One member of each group starts in possession of a ball. On signal, both groups move towards the other group's five targets, passing the ball among the three members.
- While in possession of the ball, a student must remain stationary.
- Each group must make at least six successful passes before shooting at a target.
- If a pass is dropped, the student who dropped the ball gathers it and play continues; however, the next pass cannot be one of the six successful passes.
- While shooting, the student must remain outside the designated goal area.
- If the shot moves or knocks over a target, the shooting student retrieves both the target and the ball, then runs back to the group's own end line. The student adds this target to the group's goal line. The group restarts play.
- If the shot does not move or knock over a target, the student retrieves only the ball and runs it back to the group's own goal line to restart play.
- All group members must return to their own half each time play restarts from the goal line.
- Both groups play in the same manner, each one trying to score more goals (i.e., move/ knock over more targets) than the other.
- Students in both groups must be aware of where the opponents are on the play area; however, there is no defensive play.
- Play for a time limit or until all targets have been knocked over by one group.



BOUNDARY BALL

Tactical Focus
Maintaining possession, creating space

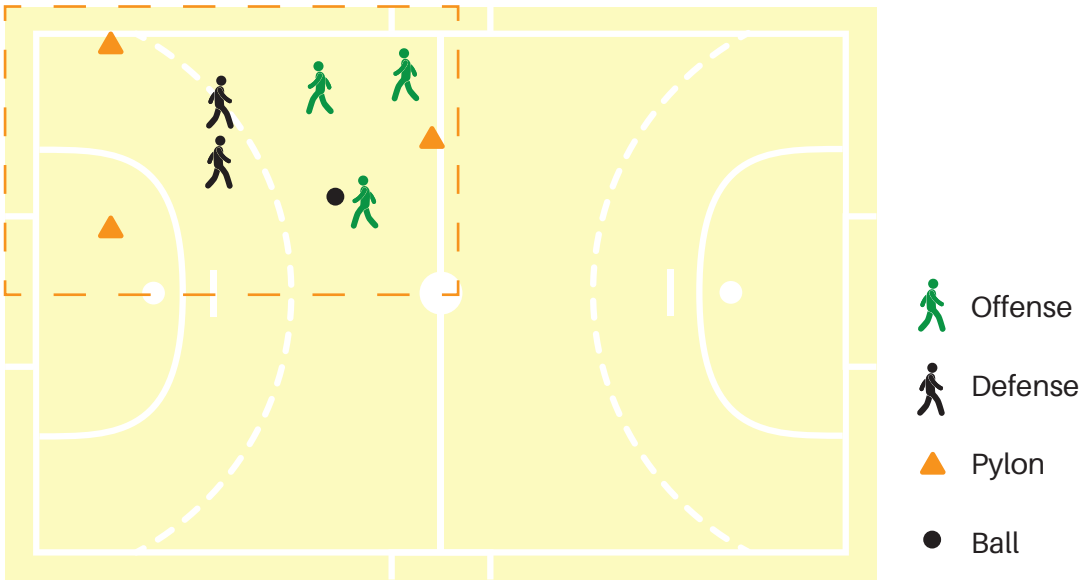
Objective
Students will focus on making appropriate decisions about how and where to pass the ball while avoiding defenders. They will also learn to move to create space to support their group member with the ball.

Sport Rationale
In the game of team handball, it is important that players get "open" when a teammate is in possession of the ball. Learning how to become open and what to do to help teammates become open is necessary in order to score goals in team handball.

Participants - Groups of 5

Equipment Per Group
- 1 medium-sized ball (e.g., handball, foam or red rubber ball)
- 3 pylons or similar floor markers
- 5 pinnies (2 different colours; 2 of one colour and 3 of one colour)

Description
- Divide a group of five into one group of three (offense) and one group of two (defense).
- Students from both groups can move anywhere within the designated boundaries.
- The offense starts with the ball; one student passes to another group member.
- The offense attempts to make five consecutive passes within its group.
- Immediately after making a pass, the passer must run around one of the three pylons and move back in the direction of the group member with the ball.
- The student with possession of the ball must remain stationary.
- The two defenders try to catch (intercept) or knock down the ball as it is being passed among the offensive group members.
- If the ball is knocked down, one of the offense picks it up and continues passing, but must start counting the group's five consecutive passes again.
- The game ends when the group of three makes five consecutive passes or the pair intercepts/ knocks down the ball three times.



AROUND THE BLOCK

Tactical Focus
Stopping scoring, defending the goal, regaining possession

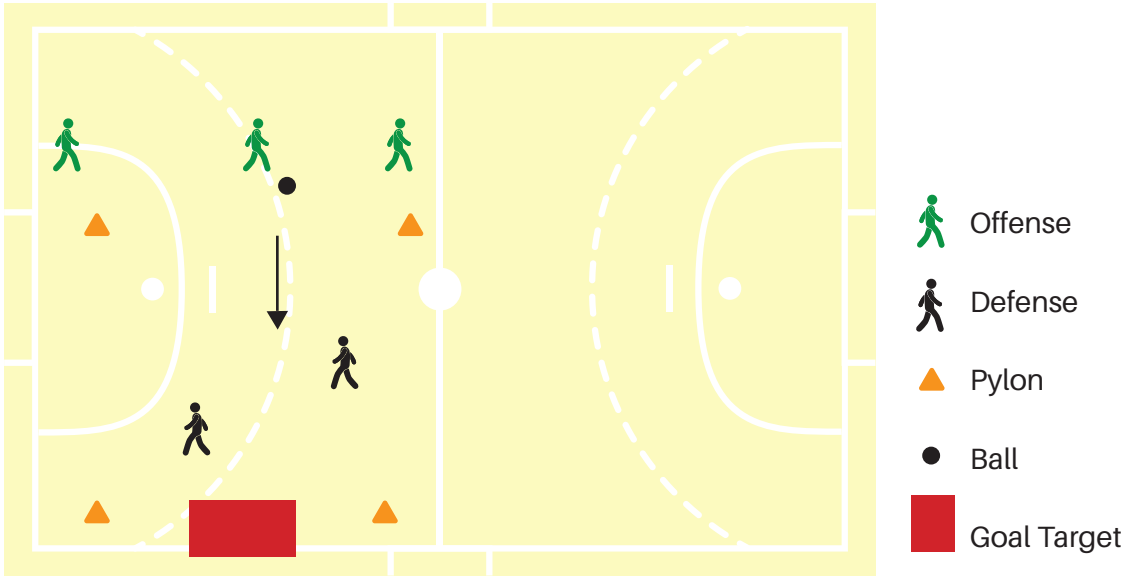
Objective
Students will learn the defensive skills of intercepting passes and blocking shots on goal in order to regain possession of the ball and decrease scoring possibilities. Students will also learn how to quickly transition from defense to offense by passing the ball.

Sport Rationale
Successful defensive play allows a team to regain possession of the ball. When playing team handball, defenders work together to ensure that one is always between the opponent with the ball and the goal. Blocking the opponent's shortest pathway to scoring is a very important part of the game.

Participants - Groups of 5

Equipment Per Group:
- 1 medium-sized ball (e.g., team handball, foam or red rubber ball)
- 4 corner markers (e.g., carpet tiles, poly spots, pylons)
- 1 gym mat or 4 floor markers for a goal target
- 5 pinnies (2 different colours; 2 of one colour and three of the other)

Description
- Divide the group of five into one group of three (offense) and one pair (defense).
- The offensive students stay outside the rectangle and can move along any of the three non-goal sides. This group is trying to "score on the goal" by throwing the ball so it lands on the goal target.
- When in possession of the ball, students must remain stationary.
- Two students on defense play inside the boundaries, trying to stop the ball from landing on the goal target.
- The offensive group scores a point when a thrown ball lands on the goal target.
- When a point is scored or the ball is intercepted, the defending group quickly transitions to offense. To maintain the ratio, the last offensive student to make a pass must remain an offensive group member.
- Play the game for a time limit or until one group scores a given number of points.



TURNOVER TIME

Tactical Focus
Regaining possession, transitioning from defense to offense

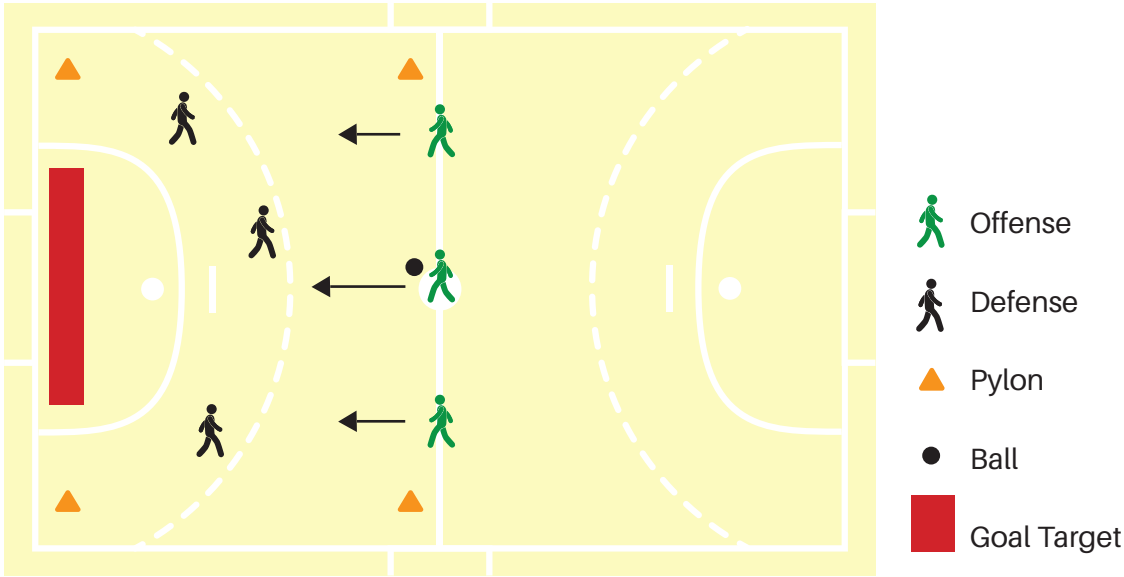
Objective
Students will learn to constantly strive to regain possession of the ball when not in possession. When they are successful, they will quickly transition to offense and move the ball out of their own end of the play.

Sport Rationale
Team handball is a game that requires the players to play both defense and offense. A strong defense will work together to regain possession of the ball and will quickly transition to offense in order to have more opportunities to score.

Participants - Groups of 6

Equipment Per Group
- 1 medium-sized ball (e.g., team handball, foam or red rubber ball)
- 4 corner marks (e.g., carpet tiles, poly spots, pylons)
- 1 small goal (e.g., gym mat stood on its side, floor hockey net, 2 pylons)
- 6 pinnies (2 different colours, 3 of each)

Description
- Divide the group of six into two groups of three; one group starts on offense, the other starts on defense.
- The offense begins at the end line with the student in the centre position in possession of the ball.
- On signal, the centre student passes the ball to a group member; the group tries to move toward the goal, passing among the offensive members.
- When in possession of the ball, students must remain stationary.
- The defending students try to intercept the passes and block their opponents' pathway.
- When attempting a shot on goal, shooters must not cross over the designated goal line.
- A point is scored each time the ball is intercepted or the goal target is hit.
- A change in possession occurs when
  i) a member of the offense shoots at the goal, regardless of whether a goal is scored;
  ii) a member of the defense intercepts the ball.



TAKE IT BACK

Tactical Focus
Attacking the goal, avoiding defense, moving to and through open space, maintaining possession, creating space

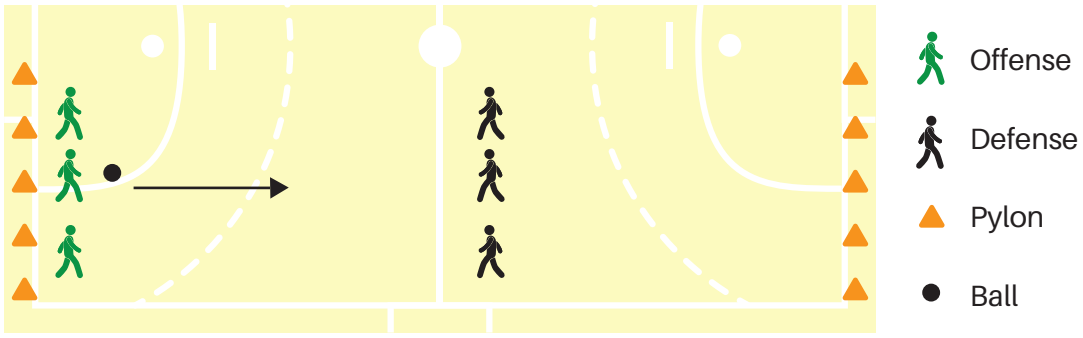
Objective
As a group, the students will focus on progressing the ball forward quickly, creating space while avoiding and overcoming opponents. Groups work together to get a group member into good scoring position to attack the goal while under pressure.

Sport Rationale
Team handball is a fast moving territorial game. Successful teams must work to overcome the opponents and to shoot under pressure in order to score points.

Participants - Groups of 6

Equipment Per Group
- 1 medium-sized ball (e.g., handball or red rubber ball)
- 10 goal targets (e.g., pylons)
- 6 pinnies (2 different colours, 3 of each colour)

Description
- Divide the group of six into two groups of three; one group starts on offense and the other group starts on defense.
- A member of the offense starts in possession of a ball, standing on the offense group's end line. Th defensive students spread out in their half of the court.
- On signal, the offensive students pass among the group, moving towards the other group's five targets.
  i) When in possession of the ball, a student can move up to three steps before passing to a group member
  ii) A group must make at least four successful passes before it can attempt to attack the goal targets.
- The defensive students try to intercept passes, knock the ball down, and block shots in order to gain possession of the ball.
  i) Both unsuccessful passes and interceptions result in a restart of play by the defensive student from where the ball was last touched.
- When shooting, the student must remain behind the designated goal line.
  i) If the shot moves or knocks over a target, the student retrieves the target and the ball, then runs back to the group's end line. The student adds this target to their own end line an restarts play as in the beginning of the game.
  ii) If the shot does not move or knock over a target, a member of the opposing group retrieves the ball and restarts play from that group's own end line as in the beginning of game.
- All group members must return to their own half each time play restarts from the end line.
- Play for a time limit; groups work together to gather as many targets as possible.
- Games can be played for a time limit or until one group scores a given number of points.



ZONING OUT

Tactical Focus
Stopping scoring, defending goal, regaining possession,transitioning from defense to offense

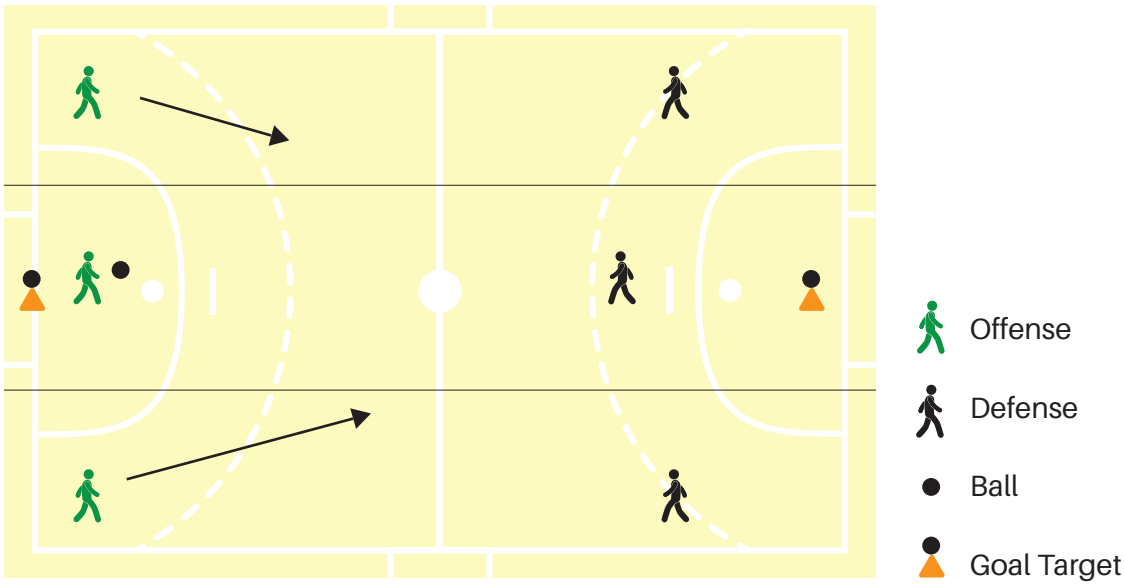
Objective
Students will develop an understanding of the concept of zone defense. They will focus on learning to quickly reduce open space, to deny space through effective positioning, and to become obstacles that slow down opponents' forward progress.

Sport Rationale
Zone defense is the type of defense used most often in team handball. When on defense, the six defenders play in pre-determined positions creating a defensive zone in the play area. Zone defense is an effective defensive strategy to decrease an opposing team's scoring opportunities.

Participants - Groups of 6

Equipment Per Group:
- 1 medium-sized ball (e.g., team handball, foam, red rubber)
- 2 goals targets (e.g., a ball placed on top of a pylon,, a gym mat standing on its side)
- 6 pinnies (2 different colours, 3 of each colour)

Description
- Divide the group of six into two groups of three. In each group, number the students 1, 2 or 3, indicating the zone position where they must remain during play.
- The starting offensive group stands behind their own end line; play is started by one student passing the ball to a group member who must remain behind the end line until the ball is released.
  i) When in possession of the ball, an offensive student can pass and/or take up to three steps before passing.
- All three offensive students move forward in their designated zones, completing a minimum of four passes among them before one member can attempt to score.
- All three defenders guard the opponent in their zone, attempting to intercept passes and block passes or shots on goal.
- Any time the offensive students lose control of the ball, miss a shot or score a goal, a defensive student gathers the ball and the groups switch offensive and defensive roles.
- Students must take shots on the goal target from behind a designated shooting line.
- A goal is worth one point and is scored when
  i) an offensive student hits or knocks over the goal target
  ii) a defensive student forces the opponent to turn over the ball.
- After a goal or interception, restart play (as at the beginning of the game).
- Play the game for a time limit or until one group scores a given number of points



CONE HANDBALL

Tactical Focus
Passing/catching & throwing

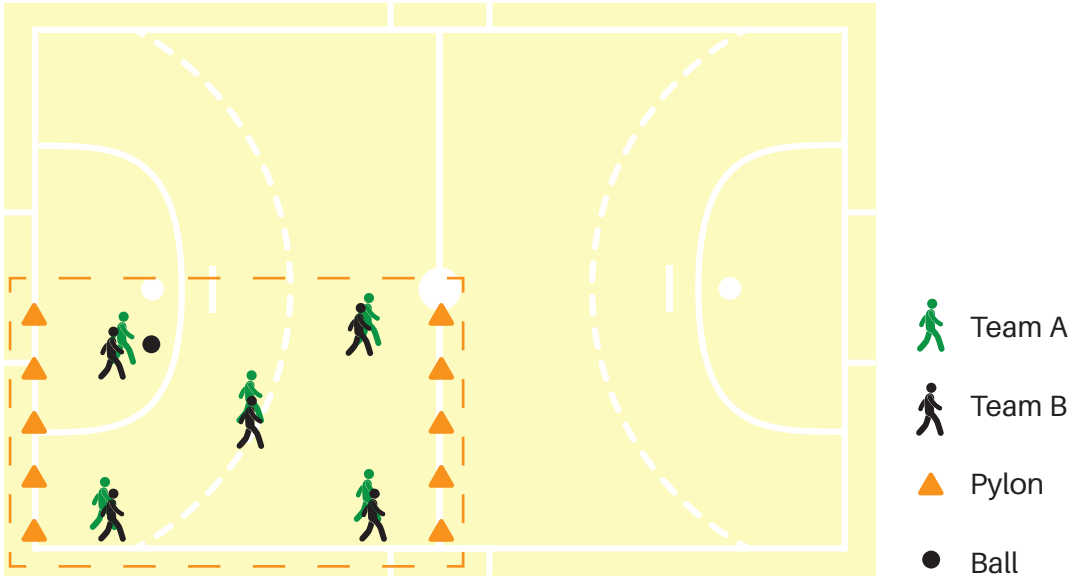
Objective
Passing/catching & throwing are vital elements to the game
Individual offensive & defensive skills

Sport Rationale
- Remind players often that passing is always faster than dribbling.
- Challenge players to pass the ball to all teammates positioned in unguarded areas to receive the ball and not to just a few “friends”.
- While in defense, stress the importance of keeping their bodies between the attacker and their own goal.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- 6-12 cones/bowling pins
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams of equal number of players compete to score as many points as they can within set time by knocking down cones/bowling pins placed in their opponents’ goal areas.
- All shots at the cones & defensive actions must take place outside the goal areas.
- The game starts with a jump ball & is played according to no body contact rule.
- Players can dribble, pass/catch, hold the ball for 3 sec. & make 3 steps with a ball.
- A free-throw is a simple pass from one player to another to restart the game.
- After each point scored, the game is restarted from the goal area by a captain.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in.
- A penalty shot is called when defender(s) fouls a shooter or protect cones in the goal area.



HULA-HOOP HANDBALL

Tactical Focus
Passing/catching & throwing

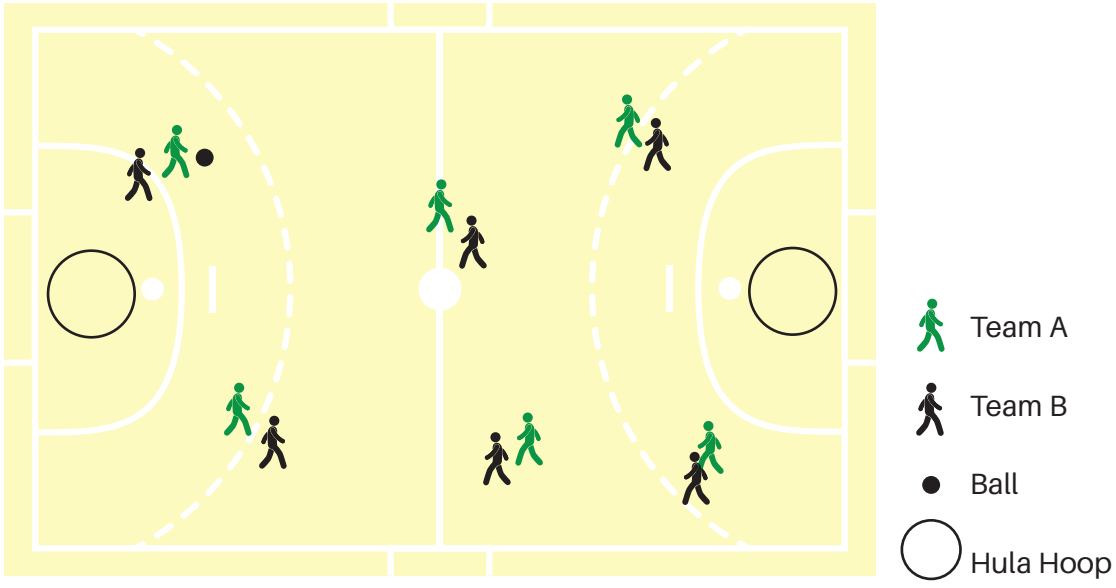
Objective
- Passing/catching & throwing are vital elements to the game
- Individual offensive & defensive skills
- Improving cardiovascular endurance

Sport Rationale
- Full court individual defense ("man to man") should be used.
- Rules should be simple to make fair and uncomplicated calls and can be modified
- Encourage constant movement, short one hand overhead passes as well as simple "break-free from your guard" and "pass and go" offensive strategies.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- 2-4 hula-hoops
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by placing a ball inside 2-4 hula-hoops placed randomly on the floor/field.
- The game starts with a jump ball & is played according to no body contact rule.
- Players are allowed to dribble, pass/catch, hold the ball for 3 sec. & making 3 steps with a ball.
- A free-throw is a simple pass from one player to another to restart the game.
- A point is scored when the ball touches the ground inside a hula-hoop.
- After each point scored, the game is restarted from that hula-hoop by a captain or another designated player.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in



SIX PASSES HANDBALL

Tactical Focus
Passing/catching & throwing
Individual offensive & defensive skills

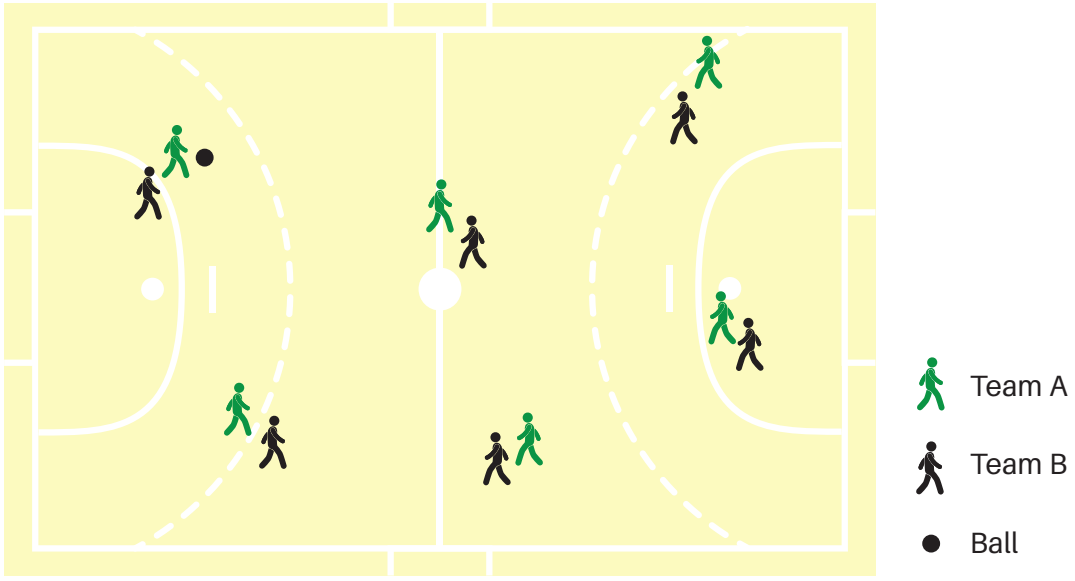
Objective
- Passing/catching & throwing are vital elements to the game
- Individual offensive & defensive skills
- Improving spacial orientation

Sport Rationale
- Challenge players to pass the ball to all teammates positioned in unguarded areas to receive the ball
- While in defense, stress the importance of keeping their bodies between the player with a ball and their own opponent

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by attempting to make 6 consecutive passes among their teammates. Players must count out-loud number of passes being made.
- The game starts with a jump ball & is played according to no body contact rule.
- Players are allowed to dribble, pass/catch, hold the ball for 3 sec. & making 3 steps with a ball.
- A free-throw is a simple pass from one player to another to restart the game.
- A point is scored when the team completes 6 passes in a row without the ball being intercepted or lost due to technical error.
- After each point scored, the game is restarted by a captain or another designated player from the other team.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in. All passes made prior to a ball leaving the court are considered null and the team in possession of the ball needs to start their count from 0.
- Each pass must be made between two different players.



GATES HANDBALL

Tactical Focus
Passing/catching & throwing
Individual offensive & defensive skills

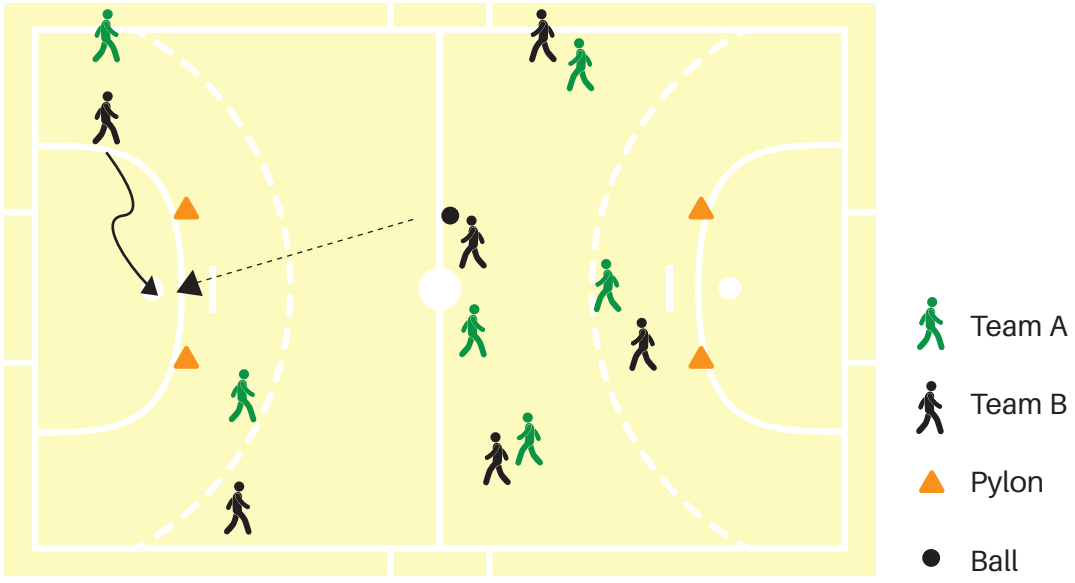
Objective
- Passing/catching & throwing are vital elements to the game
- Individual offensive & defensive skills
- Improving spacial orientation

Sport Rationale
- Emphasize holding the elbow high (above the shoulder) and ball high above the head prior to passing and/or throwing.
- Remind players often that passing is always faster than dribbling.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by either dribbling or passing the ball through 2-4 "gates" set up on the ground.
- The game starts with a jump ball & is played according to no body contact rule.
- Players are allowed to dribble, pass/catch, hold the ball for 3 sec. & making 3 steps with a ball.
- A free-throw is a simple pass from one player to another to restart the game.
- A point is scored when the team dribbles or passes the ball through any gate without the ball being intercepted or lost due to technical error. Players must count number of points being scored. No more than one goal can be scored on the same gate. No more than 1 pass can be made between the same 2 players in a row.
- After each point scored, the game is restarted by a captain or another designated player from the other team any place on the court.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in.



SCOOTER HANDBALL - ZONES

Tactical Focus
Passing/catching & throwing
Offensive & defensive skills

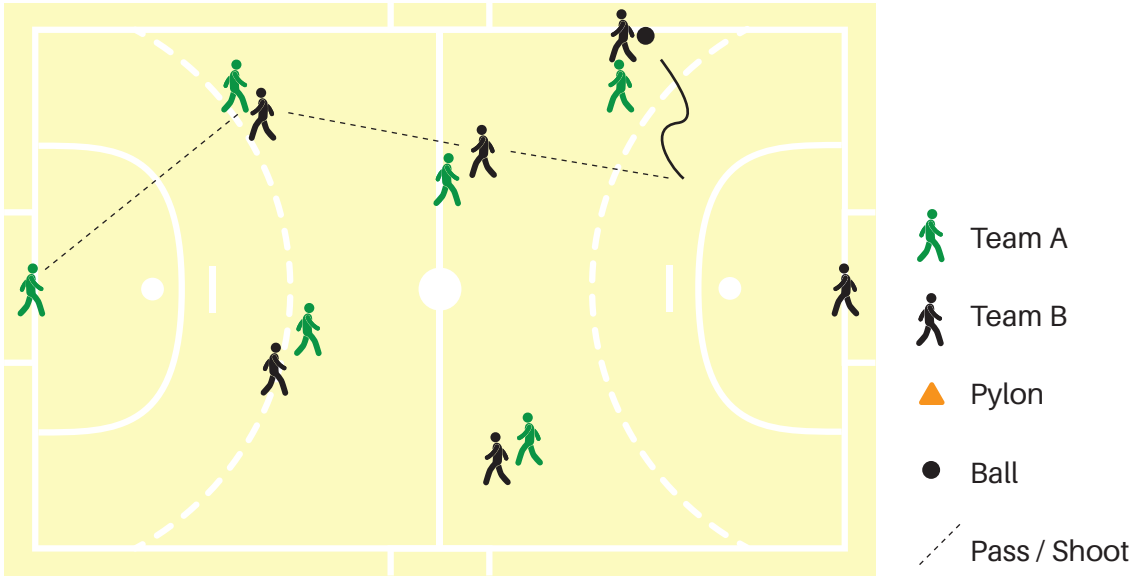
Objective
- Passing/catching & throwing are vital elements to the game
- Understanding offensive & defensive skills
- Improving spacial orientation

Sport Rationale
- Discuss the importance of wide spacing and team work in advancing the ball from the goal area forward.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- Color pinnies
- Goal nets or cones
- One scooter per player
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by throwing a ball into their opponent's goal.
- Within each team, players are divided into attackers and defenders. All players must sit on their scooters including goalkeepers.
- The game starts with a jump ball & is played according to no body contact rule.
- Players are allowed only one-hand passing and 2-hand catching & holding the ball for 3 seconds.
- A free-throw is a simple pass from one player to another to restart the game.
- After each point scored, the game is restarted by a goalkeeper.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in.
- Half-way through the game, during the game goalkeepers, attackers and defenders should rotate through all three positions



ZONE HANDBALL

Tactical Focus
Passing/catching, dribbling, & throwing
Offensive & defensive skills

Objective
- Individual defense (marking) and getting free and available for the pass on offense

Sport Rationale
- Within each zone, players should use individual defense ("man to man") without and/or with switching depending on their level of readiness.
- While in defense, stress the importance of keeping their bodies between the attacker and their own goal and positioning in the passing lines to increase chances of intercepting the ball.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by advancing the ball from zone to zone & throwing/passing it to their captains standing in the end zone(s).
- Within each team, players are divided into groups of 2 or 3 players each and assigned one zone to play in.
- The game starts with a jump ball & is played according to no body contact rule.
- Players are allowed to dribble, pass & catch, hold the ball for 3 seconds & make 3 steps with the ball. Before advancing the ball, players must make at least 2 passes within their own respective zone.
- A free-throw is a simple pass from one player to another to restart the game.
- A point is awarded for each successful pass to either of the captains standing in the goal areas. After each point scored, the game is restarted in the central zone with a jump-ball.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in.
- During the game players should be rotated between all three zones.
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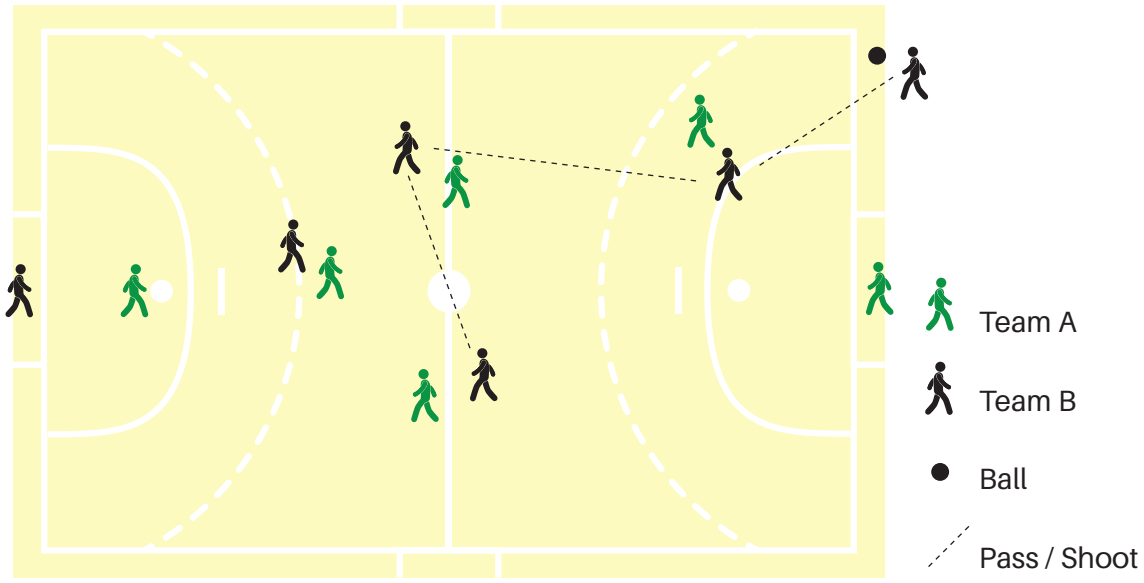


TOUCHDOWN HANDBALL

Tactical Focus
Passing/catching, dribbling, & throwing
Spacial orientation & endurance

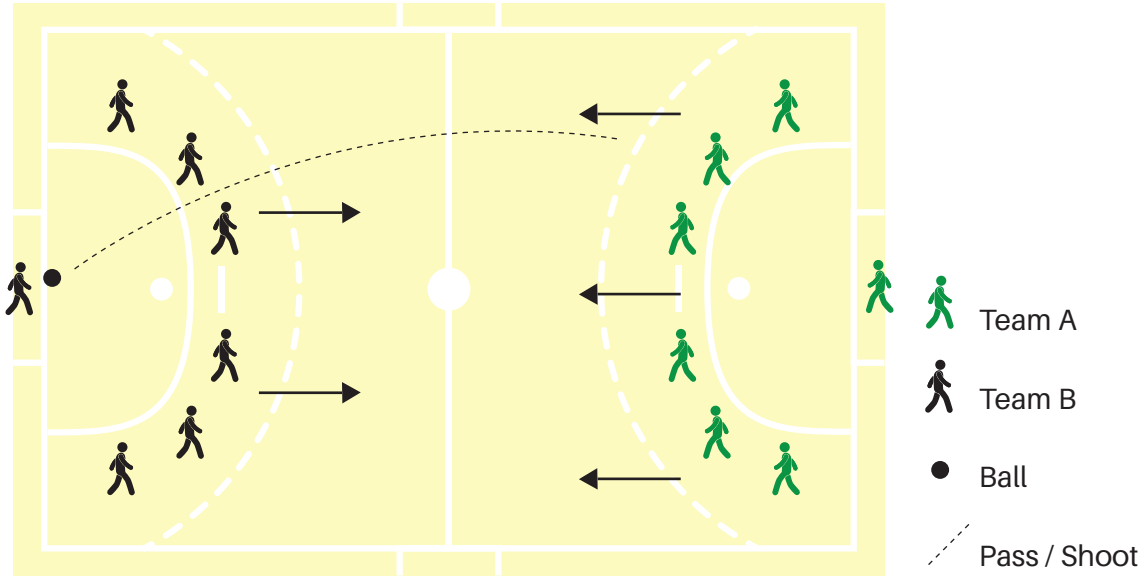
Objective
- Working with your team to score with quick thinking and communication

Sport Rationale
- Within each zone, players should use individual defense ("man to man") without and/or with switching depending on their level of readiness.
- While in defense, stress the importance of keeping their bodies between the attacker and their own goal and positioning in the passing lines to increase chances of intercepting the ball.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by advancing the ball up the court and throwing/passing it to their teammates open in the end zone.
- The game starts with a throw-off by a goalkeeper standing in the goal area and all players assuming 6:0 formations around their goal area. Once the ball is released into the air, players are free to assume any position they see fit.
- The game is played according to no body contact rule or according to adapted rules.
- Players are allowed to dribble, pass & catch, hold the ball for 3 seconds & make 3 steps with the ball.
- The receiving team tries to score by passing a ball to any open teammate inside their opponent's goal area. After each touchdown, the scoring team wins a right to try for a bonus point. To earn it, a goalkeeper throws the ball directly from his goal area into an opposite goal.
- After each drive, the game is restarted by another throw-off from a goalkeeper to the opposing team.
- A free-throw is a simple pass from one player to another to restart the game.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in.



PROTECT YOUR ROYALS

Tactical Focus
Passing/catching, dribbling, & throwing
Concept of goal area / spacial orientation

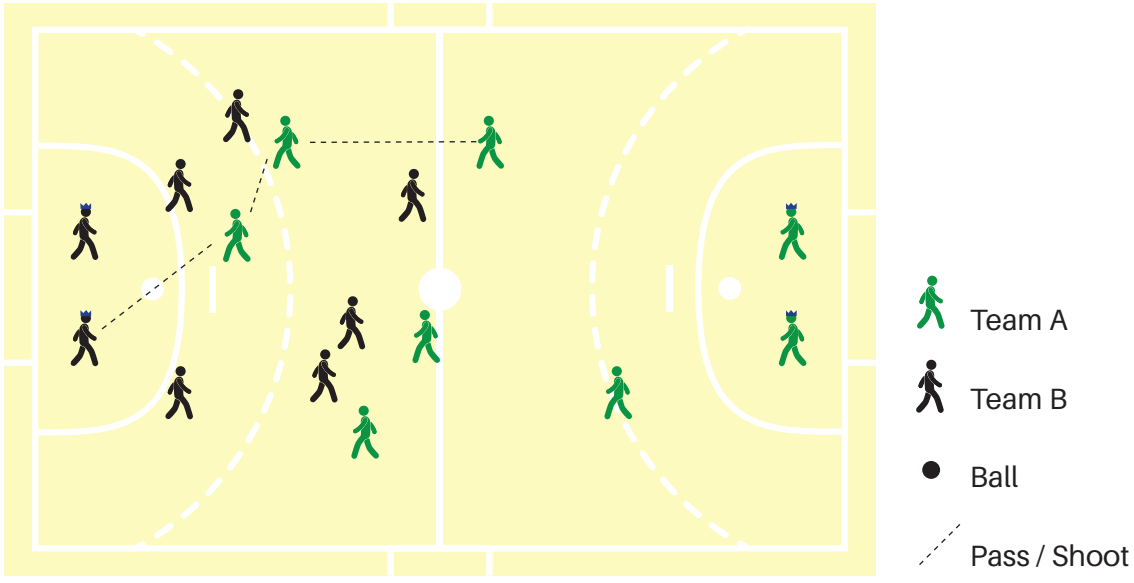
Objective
- Individual defense (marking) and getting free and available for the pass on offense

Sport Rationale
- Challenge offensive players to use "piston" movement and attack the gaps.
- Encourage creativity (simple crosses between 2 players, pick and roll, screens, overload) in producing shooting opportunities.

Participants - Two teams - equal numbers

Equipment Per Group:
- 1 handball
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by advancing the ball up the court and throwing it at their opponents' two captains standing inside a goal area within clearly marked smaller area called "Royal Castle".
- The game starts with a jump-ball and is played according to no body contact rule or according to adapted rules.
- Players are allowed to dribble, pass & catch, hold the ball for 3 seconds & make 3 steps with the ball.
- Both captains can move freely inside the "Royal Castle" and dodge the shots fired at them by attackers.
- All shots should be made with one hand, preferably using an overhand technique. A point is scored when either 1 or both captains are hit with a ball below head level.
- After each hit, the game is restarted by the team's non-hit captain. If both are hit by the same shot, the attacking team earns 2 points & either captain restarts the game. If the captain gets hit but manages to catch the ball, no pints are awarded & game continues on.
- A free-throw is a simple pass from one player to another to restart the game.
- If the ball goes out of bounds, the game is restarted from sideline with a throw-in. If the ball goes past the end-line, either captain can run out, bring it back, and pass it to his teammates to begin another offensive action.



PRISONERS & GUARDS

Tactical Focus
Footwork, shifting, closing gaps
Concept of zone
Offensive Fakes

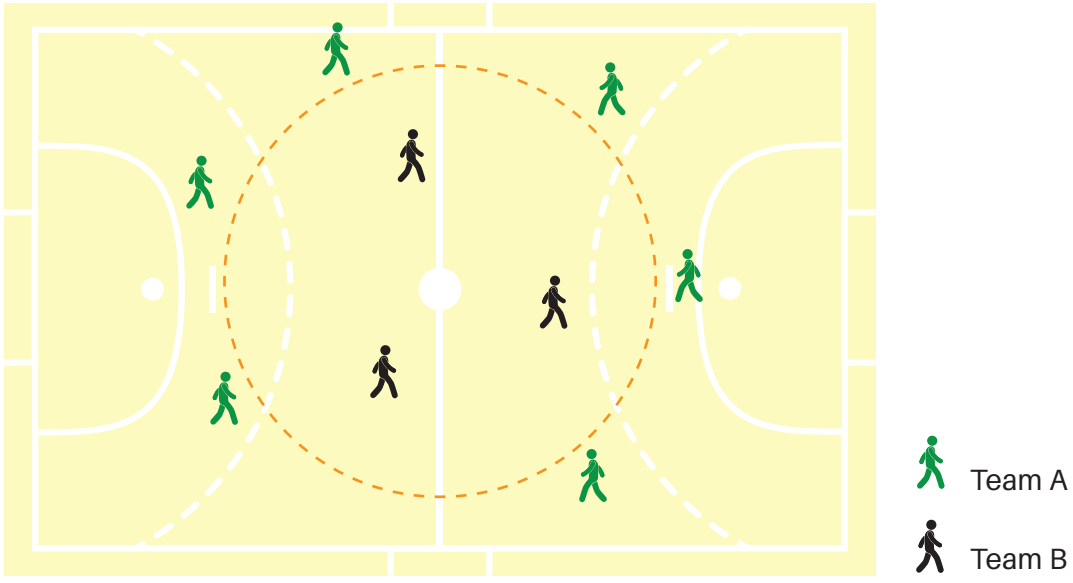
Objective
- Quick footwork and offense keeping their head on a swivel

Sport Rationale
- Encourage players to take a time-out and discuss possible tactical solutions.
- Remind offensive players to experiment with variety of techniques, strategies and use rapid direction, tempo, rhythm, pattern changes to increase their chances

Participants - Two teams

Equipment Per Group:
- 1 handball
- Color pinnies
- Adapt to needs & availability of court size

Description
- Two teams compete to score as many points as they can within set time by breaking through each other defensive zone formation(s).
- The game starts with one team positioned around circular playing area and facing inward while half of the other team is standing inside the circle facing outward. The other half awaits its turn and supports participating teammates. Such set-up creates 6 vs. 3 starting situation.
- On signal, players who were inside the circle (prisoners) try to run outside through gaps between defensive players while defensive players (guards) shuffle/shift sideways and try to close the existing gaps. If two neighboring defensive players shift fast enough to touch each other hands, offensive players must back up and try again. They can't dive low, slide into the floor, jump over defenders' hands or use body contact to force entry or to barge through.
- Once first group of players gets outside the circle, the second groups comes in and attempts to escape in similar manner by using variety of faking techniques and tactical strategies.
- Offensive players can ask for one time only 30 seconds time out to briefly discuss group actions.
- The game continues until all players escape or by set time. The team with the higher number of escapees wins the game.



FEED THE TIGERS

Tactical Focus
Footwork, shifting, closing gaps
Concept of zone
Offensive Fakes, passing / catching

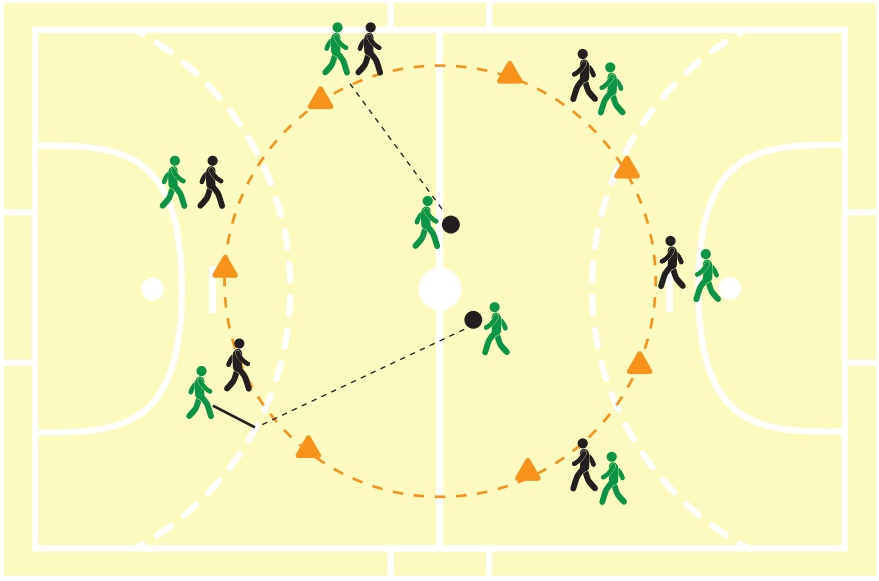
Objective
- Quick footwork and communication. Defensively to deny the pass and possibly intercept the ball by correctly reading and anticipating the pass' path.

Sport Rationale
- Defenders should keep an eye on both their opponents & neutral captains holding the ball. They need constantly reassess their position & change it continuously to remain not only in control but also to put offensive players in disadvantageous situations.

Participants - Two teams - equal numbers

Equipment Per Group:
- 2 soft-skinned handballs
- Adapt to needs & availability of court size

Description
- Two teams of equal numbers of participants (5-7) with 2 neutral captains compete to score points by passing ("feeding") a ball to players guarded closely by defenders who attempt to intercept those passes and/or deny a pass to reach a recipient.
- The game starts with both teams positioned around circular playing area. Offensive players face inward while defensive players face outward. Such set-up creates 6 vs. 6 "man to man" starting situation. Two neutral captains stand inside the circle facing outward, each with 1 handball.
- On signal, offensive players ("tigers") try to break free from their respective defenders and receive a pass from one the two neutral captains. If they catch a pass, they switch place with captain who "fed" them. Defensive players mark their opponents and try to deny a good pass and/or intercept the ball. If they make a "steal", they switch with captain responsible for a bed pass.
- Both captains can freely move within the circle to find open offensive players.
- The game continues until all participants play at least once as a captain or by set time. Offense receives one point for each successful catch while defense receives 1 point for each interception.
- If the ball becomes loose and bounces back or rolls back into the circle, no points are awarded. All participants must remain outside the circle at all times.
- The game can be played according to no body contact rule or official handball rules based on players' readiness and coach's plans.



POLICE AND THEIVES

Tactical Focus
Footwork, shifting, closing gaps
Teamwork, agility and speed

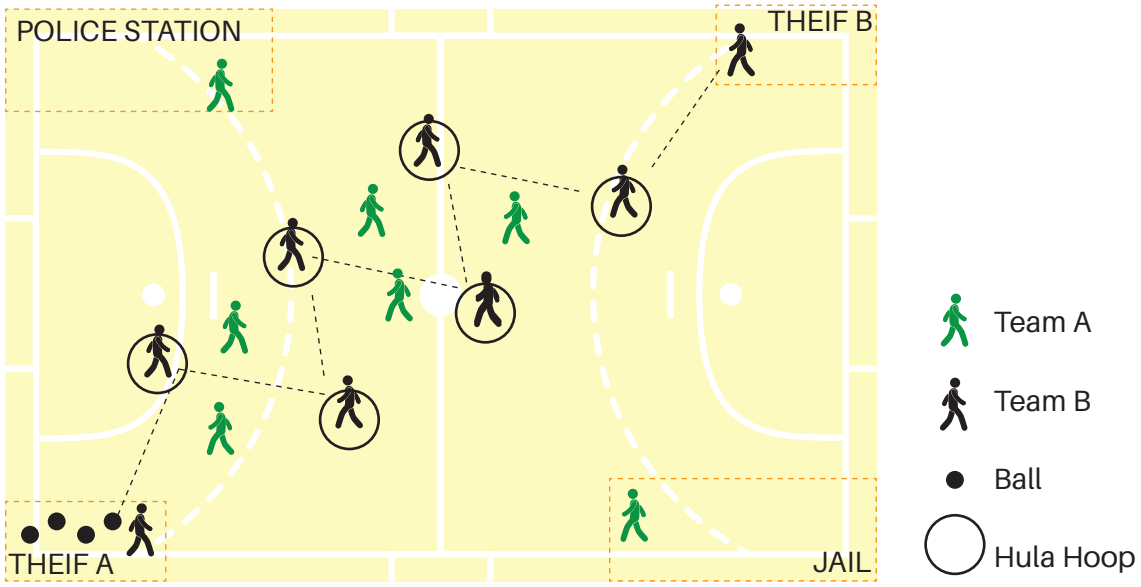
Objective
- Intercepting and blocking and staying in passing lanes on defense. Offensively, encourage passing fakes and situational passes

Sport Rationale
- Emphasize importance of teamwork and support.

Participants - Two teams - equal numbers

Equipment Per Group:
- 6-8 handballs
- 1 hula-hoop per passing player
- colour pinnies
- Adapt to needs & availability of court size

Description
- Two teams of equal numbers of players compete. Offensive team scores points by passing handballs from Thief A to B. Defensive teams scores points by stealing/intercepting balls passed by attackers & tagging them if they run out of their hula-hoops.
- The game starts with all handballs being with Thief A and attackers positioned in their hula-hoops. Defenders take any place but by first and last attackers. They can't block first or last pass.
- On signal, Thief A passes a ball to the first attacker in line and they ("thieves") try to get their handballs from A to B while defenders attempt to steal those and take them to the Police Station.
- Defenders can tag attackers who run out of their hula-hoops to retrieve a ball due to a bad pass or catch. Tagged attackers must go to "Jail" and stay there until rescued by either Thief A or B who need to run to "Jail" and "High5" all prisoners.
- The game continues until all handballs get transported by attackers to Thief B or all handballs get stolen by defenders and transported to "Police Station". Then, teams switch roles.
- The game can be contested also within set time.
- The game can be played according to no body contact rule or official handball rules based on players' readiness and coach's plans.



DODGE BALL

Tactical Focus
Footwork, peripheral vision, balance, spatial orientation, coordination,
Fakes, passing/catching, throwing

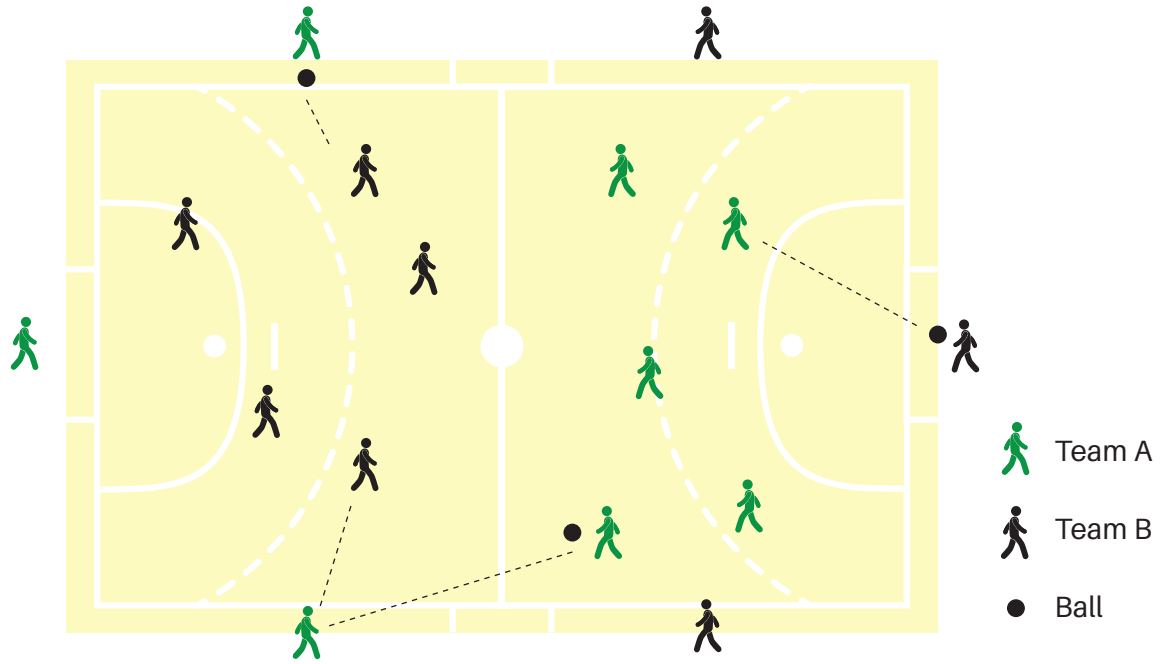
Objective
Two teams of equal numbers of players with 1 captain each compete by throwing dodge-balls at each other and trying to tag out all players from the opposite team.

Sport Rationale
Teamwork, problem solving and reaction time of the players

Participants - Two teams - equal numbers

Equipment Per Group:
- 2 - 4 soft-skinned handballs
- colour pinnies
- Adapt to needs & availability of court size

Description
- The game starts with both teams positioned in their defending halves. Teams' captains stand in the tag-out zones facing their teammates, each with 1 handball.
- On signal, captains pass the ball to their partners or throw it at any player from the opposite team. Both captains can freely move along 3 sides of the tag-out zone to pass/catch and/or throw. Players can throw directly at their opponents or pass back and forth with their captain(s) to gain the advantageous position to eliminate another player.
- Players can only hold one ball and only for 3 sec.
- The game is played according to standard dodge-ball rules. However, when the player is tagged-out, he does not sit-out but becomes another captain and helps to surround their opponents along all 3 side lines.
- The game continues until last player from either team gets hit or by set time.



BOMB GAME

Tactical Focus
Throwing at moving targets

Objective
Two teams of equal numbers of players with 1 captain each compete by throwing dodge-balls at each other and trying to tag out all players from the opposite team.

Sport Rationale
Hand-eye coordination, strength and agility

Participants - Two teams - equal numbers

Equipment Per Group:
- 4-6 handballs
- 4-6 medicine balls
- colour pinnies
- Adapt to needs & availability of court size

Description
- Two teams of equal numbers of players compete to score points by throwing handballs at 4-6 medicine balls placed on the central line.
- The game starts with both teams positioned in their field of play. Three players on each team hold 1 handball each.
- On signal, players start throwing handballs at the medicine balls and try to move them pass their opponents field line. They can hold only one ball at the time and only for 3 seconds.
- The game continues until all medicine balls get moved or by set time.