

# WARM-UPS...

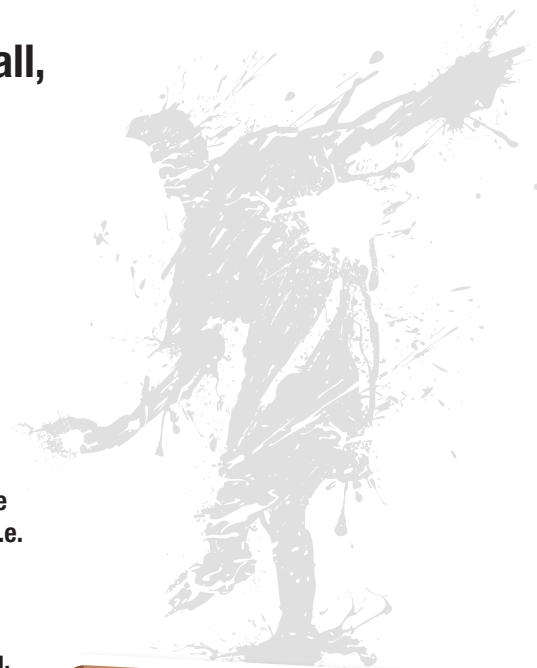
## TÉAMH

GAA  
HANDBALL

**In preparing to play Handball, a warm-up is essential. Even for a simple coaching session, it is good practice to go through a warm-up routine with the players.**

A warm-up for young players should focus on gradually warming up the body through light movement exercises, and then focusing a little more on the areas required to play Handball, i.e. upper body and shoulder exercises.

All of the listed warm-up activities should be proceeded with some light dynamic stretching.



# WARM-UPS...

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### (1) ROB THE NEST

- Split the players evenly into 4 teams, one at each corner of the court
- Create a 'nest' of Handballs in the middle
- Each team has their own empty 'nest' at their corner
- One player from each team runs to the middle nest and retrieves a handball, placing it in his/her teams nest
- Players are allowed to 'steal' balls from their opponents nest
- Players are allowed to rob one ball at a time
- Only one team member can leave their corner at any one time. The rest of the team members remain seated until they are 'tagged'

#### COACHES TIPS

##### KEY POINTS:

##### STOPPING:

- Use your front foot as a brake to stop by driving it hard into the floor in front of you.
- Lower your hips as you stop to aid balance.
- When stopping with your right foot forward, your left arm should be forward and vice versa.

##### EQUIPMENT:

- 5 Baskets or Hoops
- Large selection of handballs or beanbags
- Set of Multimarkers



#### HARDER

1) CONDITION THE MOVEMENT TYPE, I.E.  
HOPPING, 3 LEGGED, ETC

#### EASIER

1) ADD IN MORE BALLS



## (2) KEEP THE BASKET FULL

- Coach throws handballs out of his/her basket
- The children have to return the balls as quickly as they can
- If there is less balls on the court than in the basket then the children win
- Timed games of 30 seconds
- Pupils can only bring back one piece of equipment at a time

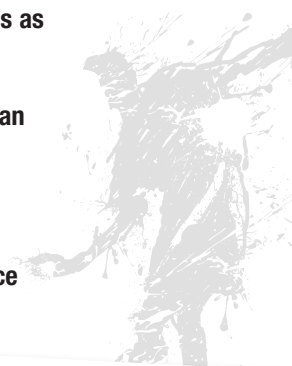
### COACHES TIPS

#### KEY POINTS:

- Ensure children keep their head up to avoid collisions with other children
- Promote awareness of court positioning to increase chance of success
- Run on the balls of your feet

#### EQUIPMENT:

- A large quantity of handballs or beanbags
- A basket or box



### HARDER

- 1) CONDITION GAME SO CHILDREN CAN ONLY USE THEIR WEAK HAND TO RETURN THE BALLS/BEANBAGS

### EASIER

- 1) REDUCE SPACE OF COURT
- 2) PLAY WITH BEAN BAGS

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### (3) BALL BOUNCE

- Each child must jog around the court bouncing a ball
- On the teachers call, they must change direction, change hand used to bounce, use alternative hands, bounce under legs etc



#### COACHES TIPS

##### KEY POINTS:

- Encourage children to keep their eyes on the ball when bouncing, whilst maintaining court awareness
- Watch ball all the way into hands
- Keep head over ball when striking
- Fingers together and hand slightly cupped when striking the ball

##### EQUIPMENT:

- One handball per child



#### HARDER

- 1) PLAYERS SHOULD RUN WHILST BOUNCING
- 2) MODIFY GAME SO PLAYERS HAVE TO TAP THE BALL APPROXIMATELY 2-3 FEET IN THE AIR AS OPPOSED TO BOUNCING IT
- 3) ADD OBSTACLES ON THE COURT

#### EASIER

- 1) PLAYERS SHOULD WALK AT A PACE THEY ARE COMFORTABLE BOUNCING

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### (4) KING OF THE RING

- Each player has a handball
- Players continuously bounce a handball around a marked out court
- Players can knock other players balls out of the court, but must still be dribbling the ball at the same time
- Players cannot bounce the ball and then proceed to catch it. They must continuously bounce the ball.
- If a players ball is knocked outside the marked area three times, then they are out of the game
- Last remaining player is the King of the Ring

#### COACHES TIPS

##### KEY POINTS:

- Fingers together and hand slightly cupped when bouncing the ball
- Eyes on ball all the way into hands
- Keep on the balls of feet and use body positioning to protect your ball

##### EQUIPMENT:

- One handball per child



#### HARDER

- 1) DECREASE SIZE OF COURT
- 2) ADD 'THIEVES' INTO THE GAME WHO HAVE NO BALLS, AND AIM TO KNOCK THE PLAYERS BALL OUT OF THE COURT

#### EASIER

- 1) GIVE PLAYERS EXTRA LIVES
- 2) ALLOW PLAYERS TO BOUNCE AND CATCH

## (5) DOMES AND DISHES

- Split players evenly into two teams – ‘Domes’ and ‘Dishes’
- Scatter a playing area with multi-markers positioned both normally (domes) and upside down (dishes)
- For 30 seconds, the dome team has to turn as many cones to the ‘dome’ position as they can
- At the same time, the dishes team has to turn as many cones to the ‘dishes’ position as they can
- Team with most domes or dishes at the end of the 30 seconds win

### COACHES TIPS

#### KEY POINTS:

- When picking up the domes/dishes, bend the knees with one foot in front of the other
- Encourage child to keep their head up whilst running around the area
- Lower your hips as you stop to aid balance.

#### EQUIPMENT:

- Set of Multimarkers



### HARDER

- 1) CHALLENGE THE CHILDREN TO TRAVEL IN DIFFERENT WAYS, E.G. HOPPING, SKIPPING
- 2) CHILDREN HAVE TO USE THEIR WEAKER HAND TO LIFT THE MULTI-MARKER

### EASIER

- 1) ADD MORE MULTI-MARKERS

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### (6) ALL AROUND

- Approximately 8 children (depending on numbers) positioned in a circle, with one handball per circle
- The child with the handball calls out another child's name and bounces the ball to him/her
- As soon as he/she does that, they must run around the outside of the circle and back to the starting position before the rest of the circle bounce pass the handball 3 more times

#### COACHES TIPS

##### KEY POINTS:

- Transfer the weight from front foot to back foot when throwing the ball, akin to when hitting a handball shot
- Focus on target and not the ball when throwing
- Children in circle must keep eyes on the ball in anticipation of a pass

##### EQUIPMENT:

- One Handball



#### HARDER

- 1) ADD OBSTACLES, I.E. HURDLES AROUND THE OUTSIDE OF THE CIRCLE
- 2) BOUNCE THE BALL WITH WEAKER HAND

#### EASIER

- 1) INCREASE NUMBER OF BOUNCES REQUIRED TO 5

# WARM-UPS...

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## (7) POSSESSION HANDBALL

- Split children into two even teams
- Team with handball must complete 10 successful passes in a row to gain a score
- Other team must attempt to dispossess the handball by intercepting a pass
- First team to reach 5 scores win
- Non-contact game



### COACHES TIPS

#### KEY POINTS:

- Move the ball quickly
- Be aware of court and opponent positioning
- Watch ball all the way into hands
- Transfer weight from your back foot to your front foot as you release the ball

#### EQUIPMENT:

- One Handball
- Bibs



### HARDER

- 1) CONDITION THE PASS TYPE, I.E. BOUNCE PASS, WEAK HAND PASS
- 2) CHILDREN MUST PASS THE BALL WITHIN 3 SECONDS OF RECEIVING IT

### EASIER

- 1) INCREASE SIZE OF PLAYING AREA

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### (8) STOPPA

- The children create a circle and one child stands in the middle of the circle with a handball
- The child with the ball throws the ball up into the air, and at the same time the group run away from the circle
- As soon as the child catches the ball again he/she must shout 'STOPPA'
- Everyone else must freeze, and the child with the ball attempts to roll the ball and hit one of the group
- Children that are hit with the ball go to the outside of the court and jogs on the spot
- Last child standing wins



#### COACHES TIPS

##### KEY POINTS:

- Child throwing the ball must keep eyes on ball at all times in order to catch it
- Remaining children must move quickly whilst being aware of other runners

##### ROLLING

- Stand with one foot in front of the other. Front foot should be opposite to the hand rolling the ball
- Head over the ball and follow through with fingers
- Feet pointing towards the target
- Transfer weight from back foot to front foot

##### EQUIPMENT:

- One Handball

#### HARDER

1) ROLL BALL WITH LEFT HAND

#### EASIER

1) ALLOW THE THROWER TO TAKE ONE STEP CLOSER TO THE CHILD THEY INTEND TO AIM AT

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## (9) COMMANDER

- Children follow commands of teacher
- Commands include: fast feet, stand up, sit down, sidestep, star jump, punch the air, etc
- If using this activity for a cool down, finish off the command with a relaxation exercise, e.g. lye on backs with eyes closed, clench muscles for 5 seconds and then release

### COACHES TIPS

#### KEY POINTS:

- Encourage a good posture and keep a straight back
- Keep on the balls of your feet

#### EQUIPMENT:

- None required



### HARDER

- 1) IN PARTNERS, ONE CHILD IS THE COMMANDER AND THE SECOND CHILD MUST MIRROR THE COMMANDERS MOVEMENTS
- 2) INCORPORATE MUSIC – SONG TEMPO TO SUIT THE ACTIVITY, E.G. SLOW TEMPO FOR RELAXATION COOL DOWN

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### (10) TRIANGLE TAG

- Three players join hands to create a triangle. One of these players tucks a bib into their shorts to create a 'tail'.
- A fourth player is nominated as the catcher and must attempt to snatch the 'tail'.
- The triangle must work as a team to position themselves away from the catcher.
- Game lasts for 30 seconds before rotating roles.
- If the triangle breaks up, i.e. no longer holding hands, then the catcher wins.

#### COACHES TIPS

##### KEY POINTS:

- The three players in the triangle must keep their heads up and communicate with one another to ensure the triangle is not broken.
- Players should look over their shoulder when travelling backwards/sideways.

##### EQUIPMENT:

- Bibs



#### HARDER

- 1) INCREASE THE NUMBER OF PLAYERS HOLDING HANDS

#### EASIER

- 1) INCREASE LENGTH OF THE TAIL

## (11) BALL TIG

- Players move around a marked out grid
- Four players are nominated as 'Taggers', and each hold a handball in their hands
- The 'Taggers' must attempt to catch the other players by touching them with the handball
- When a player is caught, they run to the outside of the grid and complete star jumps until everyone is caught
- If someone runs outside of the grid, then they are also caught

### COACHES TIPS

#### KEY POINTS:

- Taggers must communicate as a team to catch the other players
- Keep heads up to avoid collisions
- Run on the balls of your feet

#### EQUIPMENT:

- Selection of handballs
- Set of Multimarkers



### HARDER

1) CONDITION THE MOVEMENT TYPE,  
I.E. HOPPING, 3 LEGGED, ETC

### EASIER

1) INCREASE SIZE OF GRID