



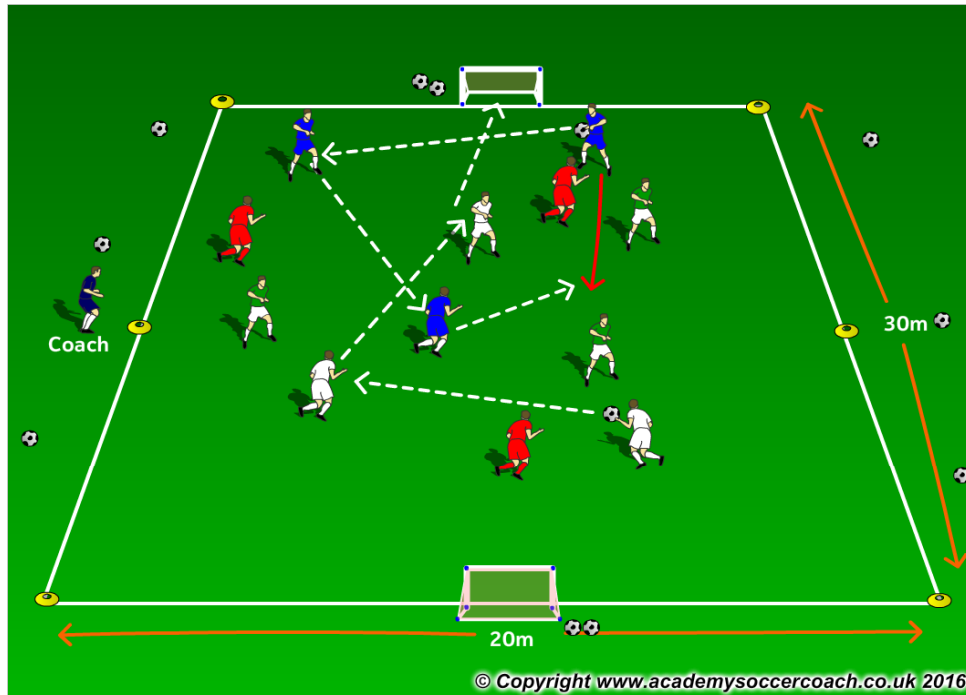
# FUNdamentals Handball



**Time Frame. 8 minutes**

## **Emphasis**

Safe environment  
Positive reinforcement  
Questions to the players  
Decision making  
FUN



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**Organization:** Players are placed in 4 teams of 3 inside a 30m x 20m field with portable goals at each end.

**Procedure:** Two handball games are going on at the same time within the playing area. Players can only take 3 steps when in possession and then must either pass the ball to a team mate or attempt to score in their opponent's goal. If the ball is dropped it is turned over to the opposing team. Players from the opposing team can also intercept the ball to gain possession.

**Psychological**  
Decision making  
Competitiveness  
Success

**Technical**  
Finding Space  
Movement  
Defending

**Physical**  
Throwing  
Catching  
Running

**Social**  
Communicating  
Team work  
Celebrating  
FUN