

## Warm Up Activity - #16 / Handball Game

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 25m x 25m.
- Arrange the players into two teams.
- The players must throw and catch in order to move down the pitch.
- The players cannot move when in possession of the ball and therefore rely on the movements of their teammates.
- To score, players must throw the ball into the small mini goals / between poles.
- Progress this further, the teams must now score with a header from a thrown pass.
- The teams must now score with a volley from a thrown pass.

### Coaching Remarks

- Encourage players to move off the ball to receive a pass.
- Encourage player to keep the ball moving.
- Encourage players to communicate.

### Diagram

