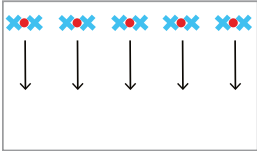
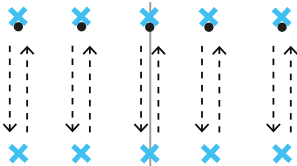
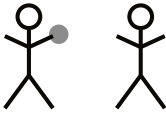



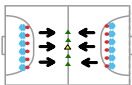

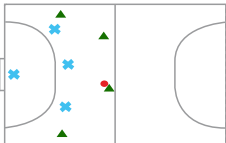


Favourite Street Handball Training / Workshop 8

Remember to take water breaks.

Exercise:	Time:	Description:	Materials:
Twin Walk: 	5 min	<p>In pairs along the sideline, stand shoulder to shoulder with one ball and walk across the court.</p> <p>A) Each partner controls the ball with two fingers, moving it upward with outstretched arms and then down to the ground. B) Pass the ball between outstretched arms, back-to-back, shoulder to shoulder. Remember to switch sides. C) Pass the ball between hips then from knees to feet. D) Finally, pass the ball between foreheads and walk.</p>	<p>One ball per pair.</p> <p>(Focus on executing the technique correctly rather than speed.)</p>
Passing – 2 vs 2 in the Middle of the Court: 	10 min	<p>A) Practice different types of passes: right, left, behind the back, and between the legs. (One partner runs forward while the other runs backward to pass and catch.) B) Do 10 passes and then the first team to sit wins (use either short or long distances). C) Run side by side across the court while passing and catching. D) Finally, run around the court focusing on taking 3 steps per pass (try variations like jumping passes or creative passing styles).</p>	<p>One ball per pair.</p> 
Relay: A)  B) 	5 min	<p>A) The team lines up in a row, all facing the same direction, standing about one arm's length apart. The first person starts by passing the ball between their legs to the player behind them (not rolling it). Then the ball is passed back over the heads to the front. The row must stay in place while the passes are made. Repeat about 3 rounds.</p> <p>B) The last person rolls the ball forward through the legs of the players (standing with legs apart). The front player picks up the ball and runs forward to round a cone placed approximately 10 meters away.</p>	<p>One ball and two cones per line/team.</p>
"Around the World 2" 	10 min	<p>Set up two teams in opposite corners, practicing finishing moves. (Have 2 players as goalkeepers at each end and 2 supporting players in the middle. Place a cone where the finishing move should occur.) Focus on taking 3 steps.</p>	<p>One ball per player (or share as needed).</p>
"The Penguin Game" 	15 min	<p>Turn over cones: Who can knock over the cones first? Approximately 5 cones are set up in the center.</p> <p>Two teams stand at opposite ends. (Court size should be comparable to a volleyball or badminton court.)</p>	<p>One ball each, or use the balls available (alternatively, use 5 cones or other things there can tip.</p>
RockPaperScissors, Ball: 	5 min	<p>Everyone has a ball, the players go around the field and look for a duelist for Rock, Paper, Scissors. The winner gets the ball and continues. Loser goes behind the winner in a long line. The player with the most balls at the end wins.</p>	<p>Everyone has a ball. If someone doesn't have a ball, they play anyway.</p>
Street Handball for Fun: 	20 min	<p>Divide the group into teams of 4 players (optionally with about 3 substitutes). Play according to fair play rules:</p> <ul style="list-style-type: none"> No physical contact. - No dribbling. Maximum 3 steps while holding the ball for a maximum of 3 seconds. - Played against 2 goals. Defensive players must stand on the goal area line and to do defence. More rules streethandball.com 	<p>One ball and training bibs.</p>

