

HANDBALL LESSON 1

Target audience:

Secondary education, 2nd grade

Topic:

Overarm throw, passing in game

Material:

- handballs
- cones

Movement goals:

- Students can keep their elbow above shoulder level during an overarm throw.
- Students can fully follow through with their arm when performing an overarm throw.
- Students can make decisions as attackers based on the position of the defenders.

Personal goals:

- Students pass to everyone within the group.
- Coaches can identify the most common mistakes during coaching and discuss them with their peers.

Warm-up: Cone Throwing

Game Concept

Students form groups of three, standing opposite each other with five cones placed in the middle. Each group starts with two balls. The game ends when all cones are knocked over. The team with the fewest cones knocked over wins.

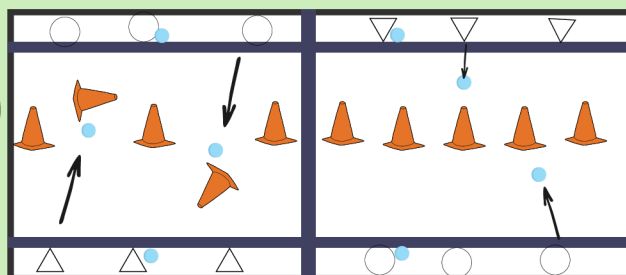
Rules

- Players can throw using the four balls in play but cannot use balls from other fields.
- Both teams must stop throwing once the last cone is knocked over.
- Throws must be made from behind the throwing line.

After one round, teams switch opponents and play again.

Lay-out

(2 playing fields)



Exercise 1: Aufsetserbal

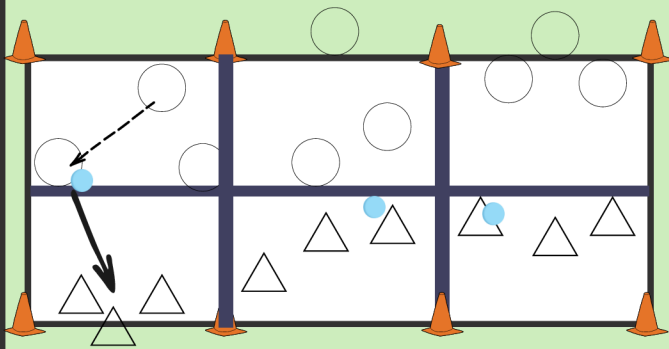
The students stand in groups of 3 opposite each other, with two cones on the backline. Each team stays within their own zone. They score a point by throwing a bouncing ball between the opponent's cones. The ball must bounce before the backline.

In the defending team, one player steps out of the field (3v2) to retrieve the ball when it goes over the backline. The ball always starts from the backline. Using passing, the attackers try to throw past the defenders.

Cues teacher

- Elbow above shoulder
- Make quick passes within your team to find a player with a scoring opportunity
- Be ready in defense

Lay-out (3 playing fields)



Exercise 2: Majority 5-ball

Game concept

The same groups of 3 are maintained. The students stand in a designated zone with a ball. One defender from another group starts inside the zone.

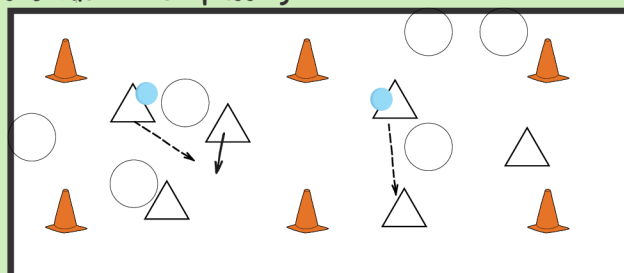
- If the attackers complete 5 passes, a second defender joins the game.
- If they complete another 5 passes, they play 3 vs. 3.
- If they complete 5 more passes in this even situation, they score a point, and the attacking and defending teams switch ball possession.

If the ball is intercepted at any stage, possession switches immediately, and both teams reset to start again.

Cues teacher

- Make yourself available for a pass as a player without the ball, create/restore a triangle
- Elbow above the shoulder when passing

Lay-out (2 fields)



Exercise 3:

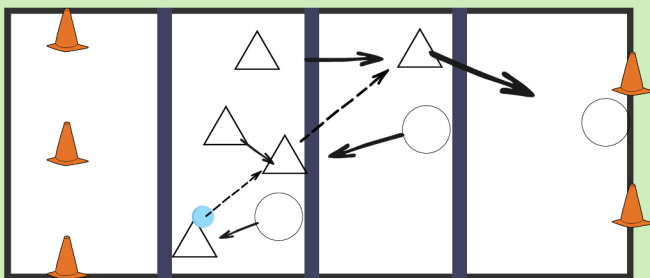
Game idea

A group of 3 positions themselves behind the cones with a ball. Another group sets up in defense, with one defender per defensive zone and a goalkeeper. The attackers work through the two overload situations using passing play and finish on goal. After 5 turns, attackers and defenders switch roles.

Cues teacher

- Elbow above the shoulder
- Bouncepass next to a defender
- Fast, short passes

Field lay-out



HANDBALL LESSON 2

Target audience:

Secondary education, 2nd grade

Onderwerp:

Building an attack with a circle runner 4v2

Materials:

Handballs
Cones

BMovement goals:

- Students can keep their elbow above shoulder height during an overhand throw.
- As attackers, students can use the full width of the field to stretch the defense.
- As defenders, students can shift positions to obstruct the attack as effectively as possible.

Personal goals:

- Students pass to every member within the group.
- During a guided learning moment (GLM), the coaches can identify the most common mistakes during an exercise and discuss them with their fellow students.

Warming up: Give the ball

Game idea

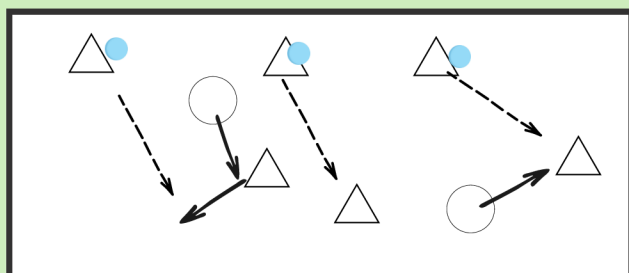
Students pass the ball in pairs within a marked zone. They may not hold the ball for longer than 3 seconds. The taggers try to tag students who don't have the ball.

When someone is tagged, they switch roles with the tagger. If the group is uneven, one group will play with three students.

Game rules

- Do not hold the ball for more than 3 seconds
- Taggers may not wait next to a player holding the ball
- As a pair, students must stay at least 3 meters apart

Field lay-out



Exercise 1:

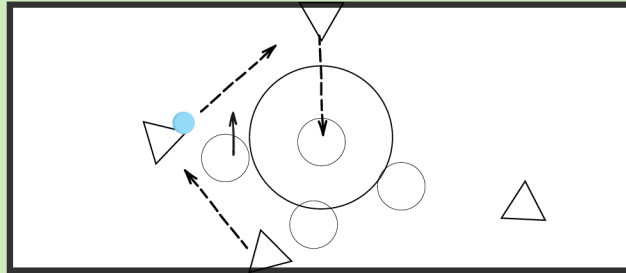
Game idea

Students stand around a circle with one attacker in the middle. The attackers try to pass the ball to their teammate on the circle. The defenders form a moving wall to block the pass.

Cues teacher

- Quick passes or bounce passes past the defender to reduce the chance of interception.
- Shift as a unit in defense.

Field lay-out



Exercise 2: Building an attack with a circle runner

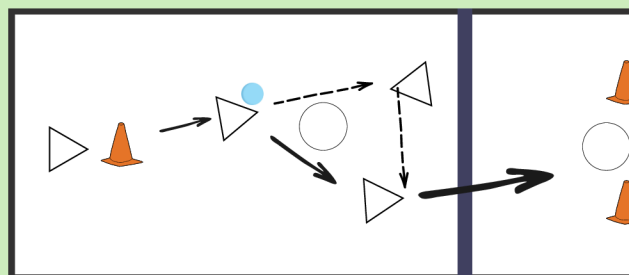
Game idea

The attacker passes to the circle player and engages in a 1v1 with the defender without the ball. The circle player passes the ball back, and the attacker finishes on goal. Skilled students can attempt a jump shot. After 5 attacks, the defender, circle player, and goalkeeper switch roles.

Cues teacher

- Do a feint without the ball to get past the defender.
- Give a bounce pass past the defender to reduce the chance of interception.

Field lay-out



Exercise 3: Bouncerbal

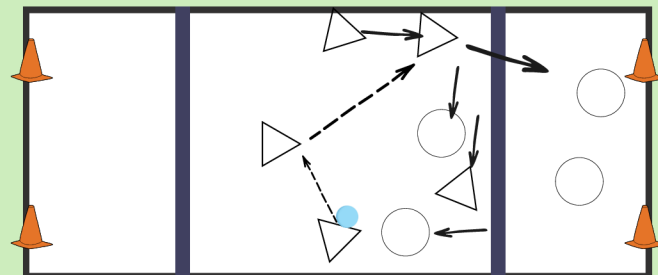
Game idea

Students play a 4v4 game. You score a point by throwing the ball with a bounce over the goal line. Each team has 2 goalkeepers who also join the attack. Only the goalkeepers are allowed to enter the goal area. If the defending team intercepts the ball, they gain the right to attack by making a pass from within their goal zone.

Cues teacher

- Play out the outnumbering situation by using a circle player.
- Quickly switch between defense and attack.
- Use the full width of the field to stretch the defense.

Field lay-out



HANDBALL LESSON 3

Target audience:

Secondary education, 2nd grade

Topic:

Cutting to circle runner position, using a dribble to pass a defender, 4v4

Material:

handballs
cones

Movement goals:

- Students can keep their elbow above shoulder level during an overarm throw when aiming at the goal.
- Students can use the space behind the defense by cutting without the ball or dribbling with the ball.
- Students can use dribbling to get past defenders.

Personal goals:

- Students pass to everyone within the group.
- Coaches can identify and discuss the most common mistakes during coaching with their peers.

Warming-up: zone 5-ball

Game concept

The students play in teams of 4. The defenders are spread across the zones. The attackers start in the first zone and try to complete 5 passes against 1 defender.

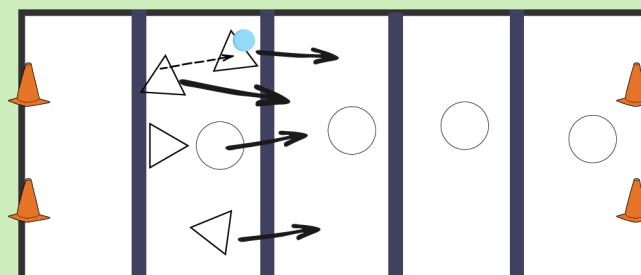
- After 5 passes, they move to the next zone, where an additional defender joins.
- After another 5 passes, they advance to the final zone and play a 4v3 situation to attempt a shot on goal.

If the ball is intercepted, possession switches to the defending team, and the attackers transition into defense.

Rules

- The attackers must stay within their designated zone.
- The game starts only after the defenders have positioned themselves across the zones.

Field lay-out



Exercise 1: Dribble as feint

Game idea

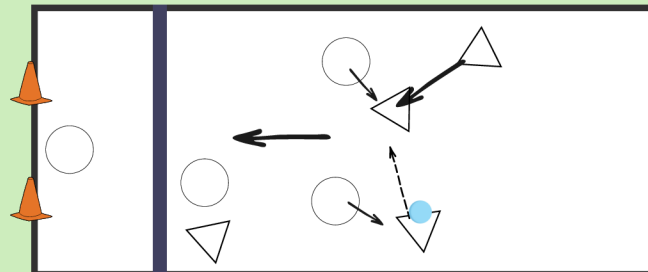
There are two offensive defenders (2-3 meters from the goal line) and a circle defender staying close to the pivot. The teams play a 3v3, where attackers dribble past the defenders. The defenders do not actively defend against the dribble but focus on staying between the attacker and the goal. After the attack, the goalkeeper makes a long pass to the waiting attacking player.

As an extension of the exercise: attackers are allowed to cut to circle runner position. When an attacker cuts towards the circle position, their team has the option to either pass or take advantage of the created chaos and drive forward using a dribble.

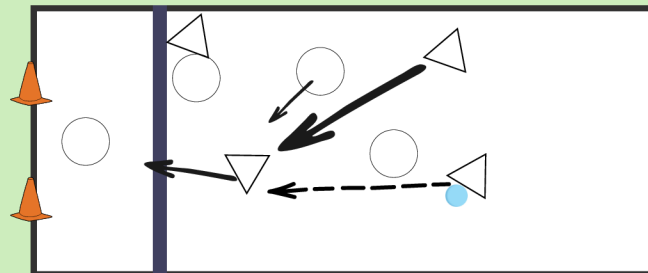
Cues teacher

- Dribble on your 4th step so you can take 7 steps with a single bounce.
- A dribble is more effective after a fake pass or another deceptive move.
- Defend with one foot forward and let the attacker make contact with your body.

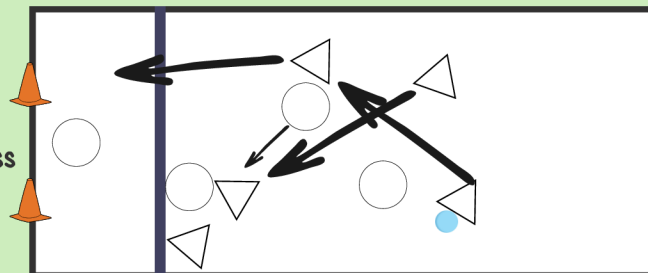
Field lay-out



Extension option 1: Pass to the cutting player



Extension option 2: Use a dribble to pass the defenders



Exercise 2: Match 3v3 with dribble

Game concept

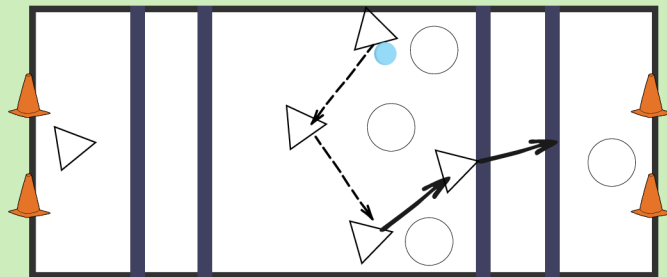
Students play a 4v4 match. Defenders are not allowed to move behind the defensive line (2 meters in front of the goal line), and attackers cannot receive the ball behind this line.

- Scoring after a dribble earns 2 points.
- After each shot attempt, the goalkeeper of the defending team switches.

Cues teacher

- Initiate your movement before receiving the ball.
- Dribble with the hand furthest from the defender.

Field lay-out



HANDBALL LESSON 4

Target audience:

Secondary education, 2nd grade

Topic:

Touching in defense, preparation for test

Materials:

Handballs

Cones

Mats

Movement goals:

- Students can execute correct handball contact, placing one hand on the throwing arm or shoulder and the other on the attacker's hip.
- Students can defend with one foot forward and maintain a slight bend in the knees.
- Students can pass the ball around without losing possession.

Personal goals:

- Students make safe and responsible contact.
- Coaches can identify and discuss the most common mistakes during coaching (guided independent learning) exercise with their peers.

Opwarming: Matbal

Game concept

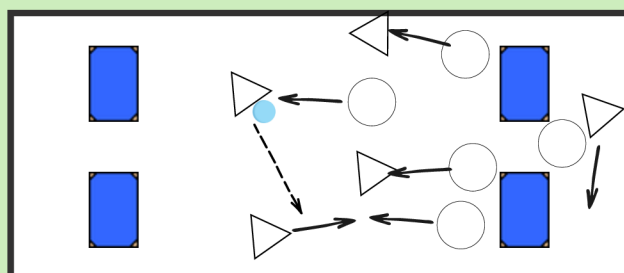
The students play 5v5. They score a point by placing the ball on one of the opponent's mats. After scoring, they leave the ball on the mat, and possession switches to the opposing team.

After 3 minutes, contact defense is introduced. If a defender can hold an attacker in place for 3 seconds, they gain possession of the ball.

Game rules

- Only make contact on the front of the body, avoiding contact above the shoulders or below the hips.
- If there is incorrect contact, the attacker receives a free pass, and the defender must wait on the sideline until possession switches.

Field lay-out



Exercise 1: Mirror the attack

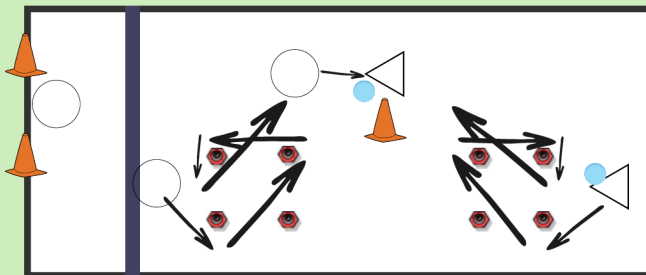
Students stand in two lines: one with a ball (attackers) and one without a ball (defenders).

- The attacker dribbles around three cones of their choice, then around the main cone, and attempts to finish on goal.
- The defender mirrors the attacker's movements by sliding, then runs around the main cone and tries to stop the attacker.

Cues teacher

- Keep a slight bend in your knees while sliding.
- Don't wait for the attacker, move towards them to make contact.

Field lay-out



Exercise 2: Match 5v5

Game concept

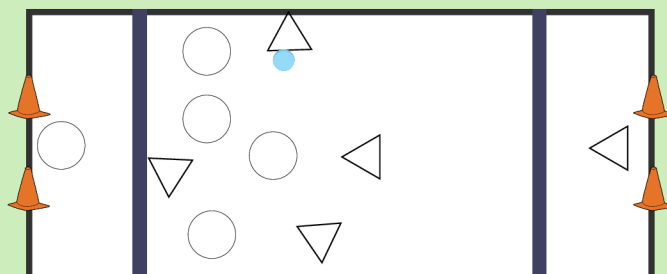
The students play a 5v5 match following official handball rules.

- Goalkeepers switch every three attacks.
- Each team has a player acting as a referee, and together, these players ensure fair play.

Cues teacher

- Use the full width of the field to stretch the defense.
- Make frequent off-the-ball movements to create space.
- Defend beyond your own position—prioritize the attacker with the ball, especially during transitions.
- Always stay between the player and the goal or between the player and the ball as a defender.
- Aim for quick transitions to prevent the defense from getting set.

Field lay-out



Exercise 3: penalty's

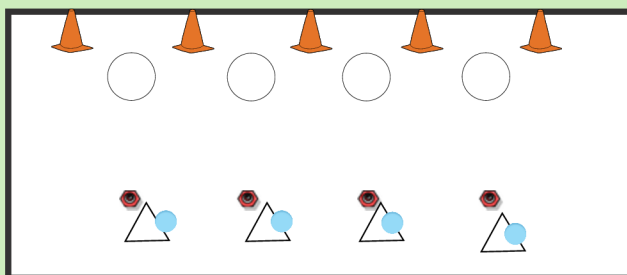
Game concept

A penalty is awarded for defensive fouls such as contact from behind or the side and defending inside the goal area. Each student takes 5 penalty throws. They count how many they score and how many they miss. The students who score the most goals win.

Cues teacher

- Throw with crossed coordination (left foot forward for right-handers, right foot forward for left-handers).
- Front foot points toward the goal and must stay still until after the throw.
- Keep your elbow above shoulder level and bring your arm fully back.
- Don't reveal your target to the goalkeeper.
- The hardest shots to save are low shots or those with a bounce.

Field lay-out



HANDBALL LESSON 5

Target audience:

Secondary education, 2nd grade

Onderwerp:

Test, game

Materiaal:

Handballs

Cones

Movement goals:

see evaluation protocol

Personal goals:

- Students treat teammates, opponents, and the referee with respect.
- Students can coach each other.

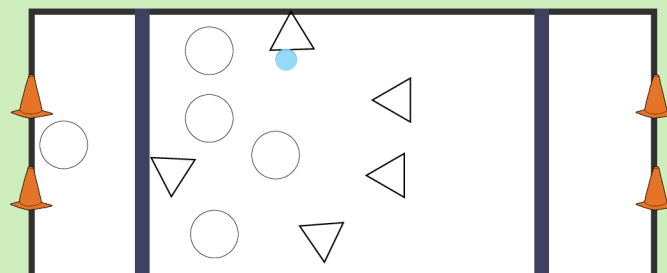
Testsituation:

The students play 5v5 handball matches, with substitutes if needed. The teacher acts as referee. Students not playing support one of the other teams. Each match lasts 10 minutes, then the teams switch. The goalkeeper joins the attack to create an overload situation, and goals may only be scored from the opponent's half.

Game rules

- In defense, make contact only on the front of the body and not above the shoulders or below the hips.
- For illegal contact or circle defense, the attacker receives a penalty.
- The ball goes to the other team if: the ball crosses the sideline or endline, the ball hits a foot, the attacker takes more than 3 steps, a dribbling error occurs (carrying or double dribble), or an attacker enters the goal area.

Field lay-out



Evaluationprotocol

	Beginner	On-my-way	Professional
Functional use of basic techniques	<p>I am unable to give accurate passes.</p> <p>I often do not participate in building up an attack or in defense.</p>	<p>I can give a good pass.</p> <p>Under pressure, I sometimes struggle to maintain possession. I actively participate in the game.</p>	<p>I can give accurate and bouncing passes under pressure from the opponent. I have control of the ball when dribbling and can apply safe and effective defense.</p>
Offensive principles	<p>I often make the wrong decision between passing and shooting, which slows down the game. There is a lot of ball loss.</p>	<p>I sometimes make good decisions, allowing the team to create an attack and/or a goal attempt.</p>	<p>I respond quickly and appropriately in different scenarios, allowing my team to create a goal attempt.</p>
Defensive principles	<p>When losing possession, I do not run back or defend. I lose a lot of my defensive 1v1 duels. I do not make contact or make many defensive mistakes.</p>	<p>I run back when my team loses possession. I can follow my opponent in man-to-man defense. However, I still lose many of my defensive duels.</p>	<p>I run back when my team loses possession. I can follow my opponent in man-to-man defense. I win my defensive duels and can stop the attack by making safe and effective contact.</p>
Fair-Play and social behavior	<p>I am not familiar enough with the game rules, which means I don't know what to do in common game situations.</p>	<p>I know most of the game rules, but I react to them too late.</p>	<p>I know the game rules and apply them during the game.</p>
Team-player	<p>I focus too much or only on my own game, which makes me not involved in the flow of the game.</p>	<p>I can have a respectful and open discussion with my teammates. I ensure the team has optimal chances by combining team play with creating opportunities for myself.</p>	<p>I can give constructive feedback to my teammates and also process team feedback as a player. I encourage my teammates.</p>