



**SCHOOLS**



# School Session Plans

## Beginner Pack

'To play the game is great, to win the game is greater but to love the game is the greatest of all'



## Scottish Handball Association

Scottish Handball's **School Session Plan Pack** is designed to support teachers and coaches introduce handball in a school environment. Sessions are designed to allow participants to develop their handball skills, knowledge, and understanding of the rules through small-sided games and exercises.

Each session has been designed with schools in mind – taking into account available facilities (sessions can be run in both indoor and outdoor areas), class times, and available equipment. The listed handball equipment can be easily swapped out with any school sports equipment.



### EQUIPMENT

**Handballs:** any kind of soft ball, larger than a tennis ball but smaller than a football, which participants can grip.

**Goals:** These can be swapped out for crash-mats/benches turned on their side/ smaller football goals (i.e. 5 or 7-a-side)/ hockey goals/cones.

### SOCIAL MEDIA

Tag us in your handball session posts



@scothandball



**SCHOOLS**



# Introduction to Handball

## BASIC RULES

The following rules are designed for beginners. As their skills improve, rules will develop. To increase skill level, attendance at future coaching courses may be necessary.

- ✔ Only use your hands.
- ✔ You only have 3 seconds when standing still.
- ✔ You can take up to 3 steps when holding the ball.
- ✔ You can dribble the ball without restrictions on steps (continuous bouncing).
- ✔ You can take up to 3 steps before and after you dribble the ball.
- ✘ No contact is allowed.
- ✘ You can't grab, hit or take the ball out of someone's hands.
- ✘ If your team breaks a rule then the other team gets a 'free throw' and you have to stand 3m away.

## THE ROLE OF THE REFEREE

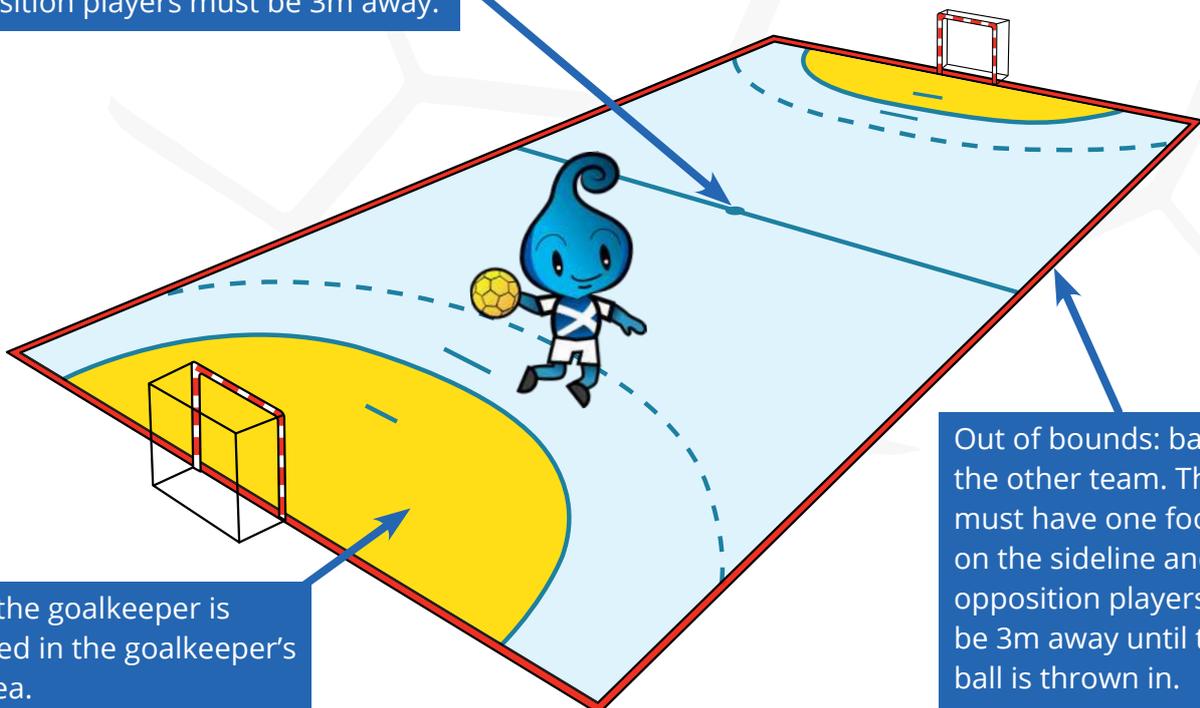
- ✔ Ensure player safety by asking players to remove all jewellery and watches.
- ✔ Encourage teams to high 5 or hand shake before and/or after games.
- ✔ Be confident with the calls you make in games and clearly explain to players.
- ✔ Make sure you have a watch or stopwatch to time the game with.

**Start the Game**, each team must be in their own half. One team is chosen to start with the ball in the centre and passes to someone on their team.

When a team scores, the other team restart from the centre and all opposition players must be 3m away.

Only the goalkeeper is allowed in the goalkeeper's 'D' area.

Out of bounds: ball to the other team. Thrower must have one foot on the sideline and all opposition players must be 3m away until the ball is thrown in.





# Session 1

## Warm up: Standard Tig

Choose the number of catchers dependant on the numbers within the group. If you get caught, you become the catcher.

### Progression

- » Introduction of the ball, when you have the ball you can't be caught (introduction of the 3 second rule).



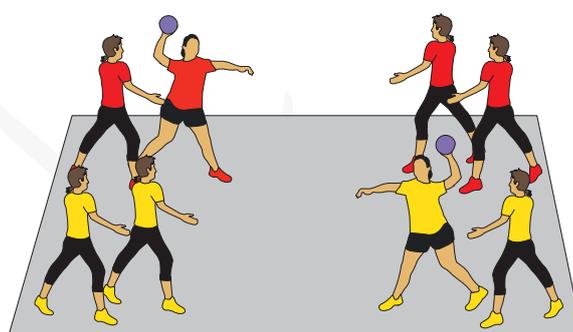
## Skill Session 1: Passing and Moving

In groups of 4 split into 2 groups facing into each other with 1 ball per group.

The player with the ball passes it across to the opposite group and follows their pass.

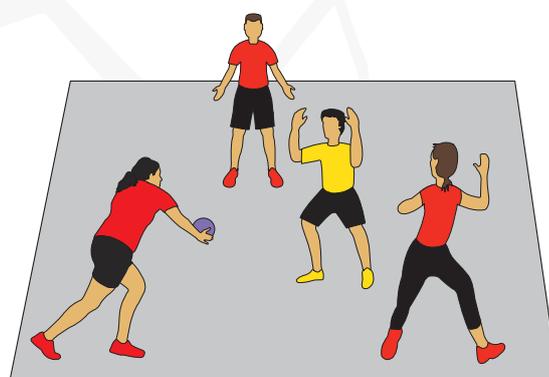
### Progression

- » Start with a short distance between the groups then increase this.
- » How many passes can the group complete in 30 seconds?
  - Repeat – all passes must be overhead.



## Skill Session 2: Intercepting the Ball 'Piggy in the Middle'

In groups of 4, split into 3 players on the outside about 2m apart, and the other one in the middle. The 3 on the outside pass the ball between them, with the player in the middle trying to intercept the ball. If they get the ball, the last person to throw then changes and goes into the middle.

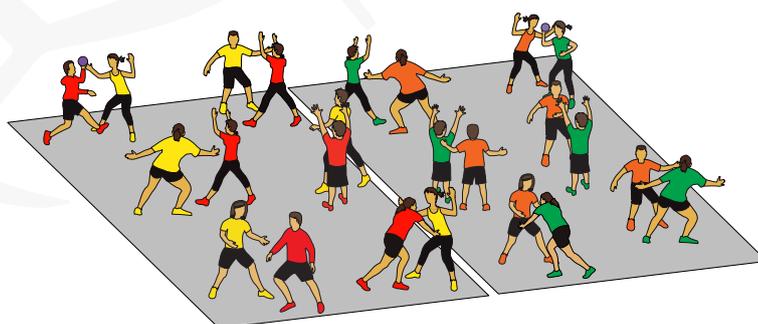


## Game: 10 Passes Game

2 teams are playing within the set area (with multiple teams/ games at the same time for larger classes). If the team get 10 passes in a row without losing the ball the attacking team are awarded 1 goal.

### Progression

- » Encourage the use of the 3 steps when in possession of the ball to get a better position to pass the ball.



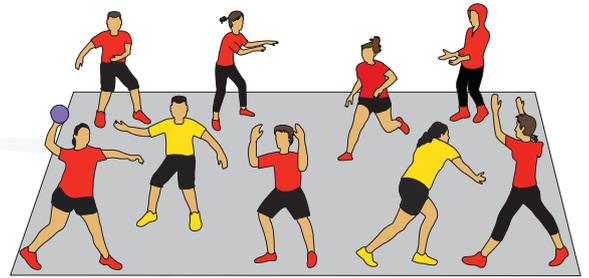


## Session 2

### Warm up: Protect Your Team Mates

Start off with 2 catchers (each with a bib) playing normal tig. If you get caught you take the bib and become the catcher.

After a few minutes add in 1 or 2 handballs (depending on the size of the group), you now can not be caught if you have the ball (you are only allowed to hold the ball for 3 seconds before you need to pass it to someone else). The aim is to get the ball to someone who is being chased.

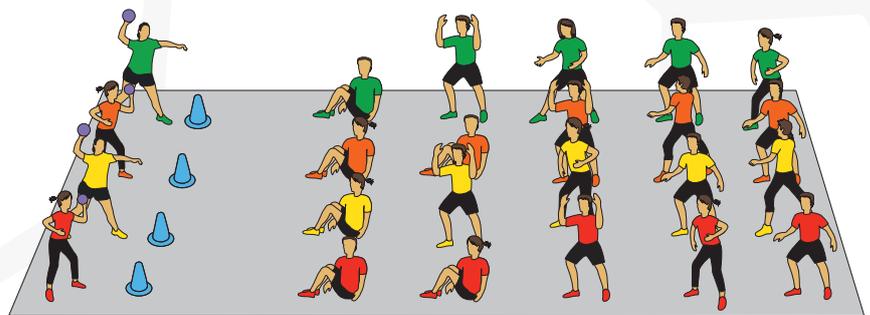


### Skill Session 1: Passing Relay

In Groups of 5/6 (depending on the size of the group), in a line and 1 ball with each group. Pass the ball to the first person in the line, who passes it back and then sits down. Repeat until everyone in the line is sitting down. Then rotate the passer at the front.

#### Progression

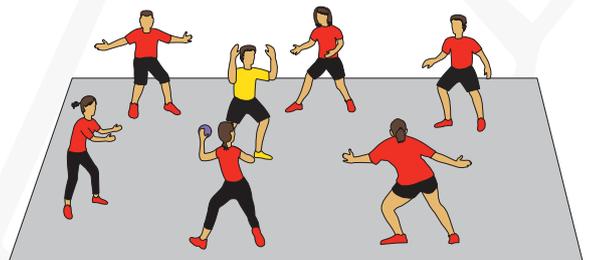
- » Passing overhead only
- » Passing with your opposite hand.



### Skill Session 2: Passing

Split the group into 2/3 smaller groups (depending on class size), with each player having a number. The groups pass and move around their area, 2 numbers are called out - those players switch groups and try to win the ball back, the first team to get the ball gets a point for their team.

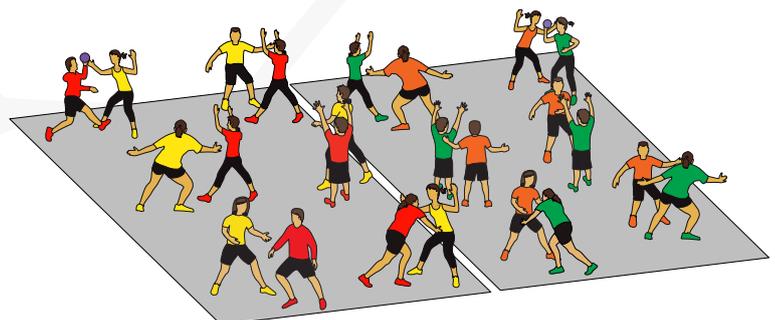
If using 3 groups then each group should be allocated an opposing group to gain the ball back.



### Game: 10 Passes Game

#### Key Focus - Passing Overhead as worked on throughout the session

2 teams are playing within the set area (with multiple teams/ games at the same time for larger classes). If the team get 10 passes in a row without losing the ball the attacking team are awarded 1 goal.





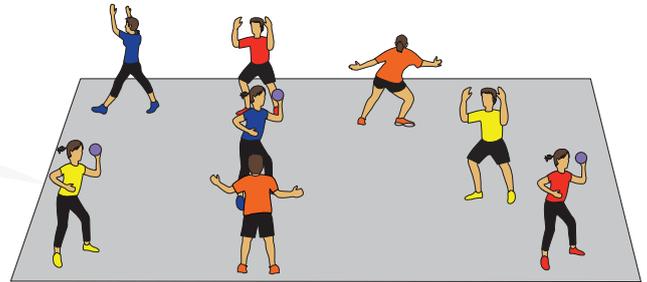
## Session 3

### Warm Up: Keep the Ball

In groups of 2 or 3 depending on the number of balls available, and 2 or 3 groups with no ball.

The aim of the game is for the groups without a ball to win the ball back from another group by intercepting a pass or forcing a rule violation by marking up and stopping a passing opportunity.

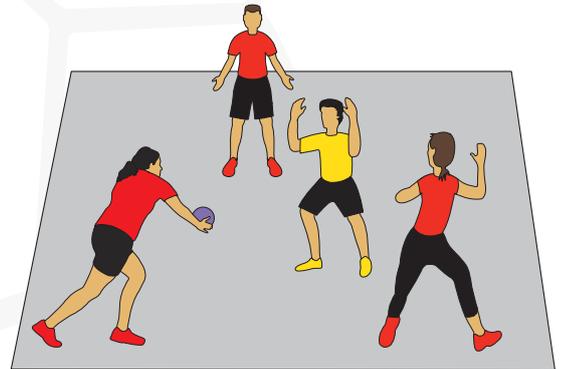
The groups with a ball can move freely within the hall, the players with the ball can move using their 3 steps and have a maximum of 3 seconds when standing still before making a pass.



### Skill Session 1: Intercepting the Ball 'Piggy in the Middle'

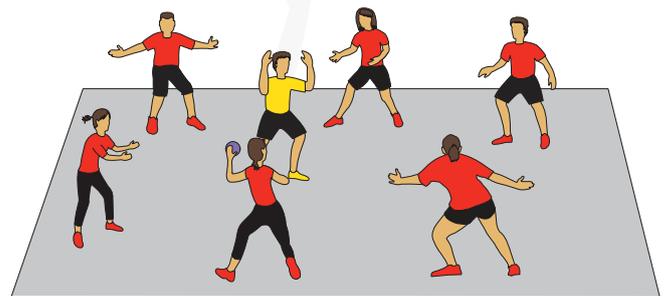
In groups of 4, split into 3 players on the outside about 2m apart and 1 player in the middle. The 3 players on the outside pass the ball between them, with the players in the middle trying to intercept the ball, if they get the ball, the last person to throw then changes and goes into the middle.

**Progression:** If the players in the middle manage to tag the person with the ball they also change (encouraging the players to pass the ball quickly under pressure).



### Skill Session 2: Passing and Moving

Split the group into 2/3 groups (depending on class size), with each player having a number. The groups pass and move around their area, 2 numbers are called out - those players switch groups and try to win the ball back, the first team to get the ball gets a point for their team.



### Game: Touchdown Game

Use the 10 passes game in Session 1, players are to pass and move about the hall. To score you need to put the ball down within a set area, either by catching it inside the area or moving into the area using your 3 steps.

#### Progression:

- » Set a number of passes required before you are allowed to score to encourage more passing.

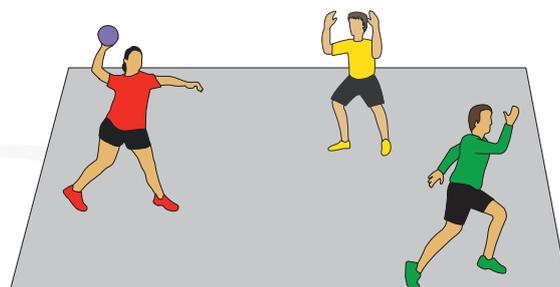




# Session 4

## Warm Up: Build Up Tig

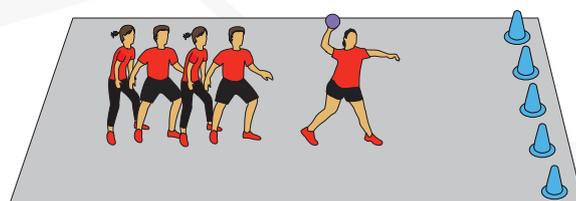
Start with 2 'catchers' and 1 ball. The aim is for the catchers to tag someone with the ball (still in their hand - it is not allowed to throw the ball at someone). If they get caught they also become a catcher. Players with the ball should be encouraged to use their 3 steps where possible, if you have to take more than 3 steps then you need to pass the ball to another catcher.



## Skill Session 1: Throwing at a Target

In groups of 4/5, one at a time the group throws the ball at the cones to try and knock one of them over, retrieve the ball and pass it to the next person. First team to knock over all their cones wins.

**Progression:** Greater distance from the cones.



## Skill Session 2: Catching in the Hoop

Split the hall into 2/3 courts depending on the space and numbers within the group, with 1 hoop at either side of the playing area, and the group split into 4/6 teams.

As with the 10 passes game in Session 1 and 2, the teams pass and move about the area (keeping within the handball rules). However, this time each team will have 1 allocated player within 'their team' hoop and to score you need to get the ball to this player. It is not permitted for this player to leave the hoop or for any other player to enter the hoop. If they catch the ball it is counted as a goal and the ball goes to the other team.

**Progression:**

» You must make 5/7/10 passes before you can score



## Game: Cone Game

Split the hall into 2/3 courts depending on space and numbers in the class with cones along the 2 sides. With the class split into 4/6 teams (2 teams on each court).

The aim of the game is to knock over all the cones in the direction you are attacking, using the skills and rules that you have learned so far.

**Main Rules:**

- » 3 Steps.
- » 3 Seconds (when standing still).
- » Non-contact.





# Session 5

## Mini Handball, Class Festival

Playing games - 5 v 5 (1 goalkeeper and 4 court players), with the class split into teams. Using handball goals where possible (this can be substituted with benches, crash mats, markers).

**Rules:** See the rules on page 14.



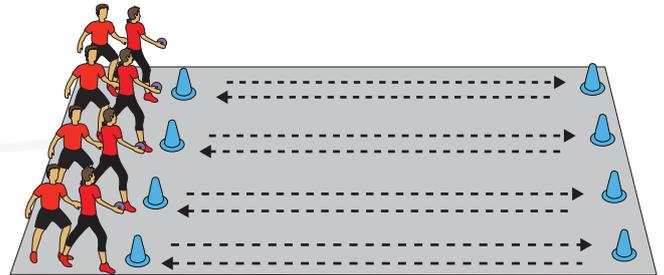


# Session 6

## Warm Up: Dribbling the Ball

Split the group into teams, behind a cone. Each group with 1 ball. One at a time dribbling the ball up and back down – focus initially is on technique and controlling the ball.

- » Free to use any hand.
- » Right hand only.
- » Left hand only.
- » Left hand on way up and Right hand on way back down.



**Next Step:** Choose 1 or 2 of the exercises above and do them as a race looking at increasing the speed of the dribbling.

## Skill Session 1: Bouncing and Moving

Split the group into pairs. Numbering them 1 and 2, starting off with follow the leaders where 2 follows 1 around the hall (encourage lots of Zig Zag Movements and change of direction rather than just running) – after a set time change the leader.

**Progression:** Add in a ball so the player leading must dribble the ball as they are moving.

- » The player without the ball try to steal the ball whilst their partner is dribbling the ball.
- » No contact is allowed with the player.

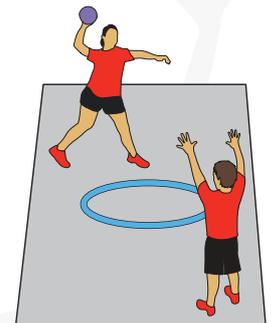


## Skill Session 2: Bounce Passing

In pairs with a ball and a hoop, the players are looking to bounce the ball through the hoop to their partner (if no hoops are available use a set area on the floor).

**Next Step:** Who can get to 10 passes in a row through the hoop first?

**Next Step:** 5 pass challenge – set up 3 distances from the hoop – 5 passes in a row through the hoop, move on to the next distance, if the hoop is missed, start again from that distance.



## Game: In the Hoop

Playing games across court – 5v5 (smaller teams are ok, max of 5v5 to ensure maximum participation in the games) - ideally with 2 or 3 games happening at the same time for larger classes. Each team is allocated a hoop. The aim of the game is to bounce the ball in the hoop to score.



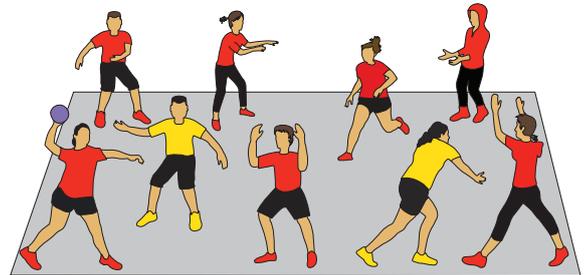


# Session 7

## Warm up: Protect Your Team Mate

### Key Focus - Passing Technique/Quicker Passing to those being chased

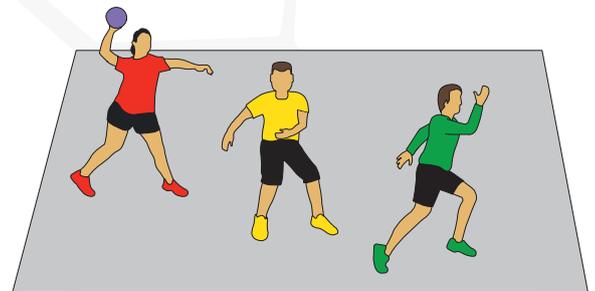
Select 2 - 4 catchers (depending on the size of the group) each with a bib, and 1 - 2 handballs between the rest of the group. The catchers try to catch someone who does not have the ball, if they catch someone, they give them the bib they become the catcher. The aim is for the rest of the group to get the ball to someone who is being chased to stop them being caught.



## Skill Session 1: Build Up Tig

### Key Focus - Passing technique/Quicker Passing

Start with 2 'catchers' and 1 ball. The aim is for the catchers to tag someone with the ball (still in their hand – it is not allowed to throw the ball at someone). If they get caught they also become a catcher. Players with the ball should be encouraged to use their 3 steps where possible, if you have to take more than 3 steps then you need to pass the ball to another catcher.



## Skill Session 2: 10 Passes Game

### Key Focus - Movement into space to be available for the ball

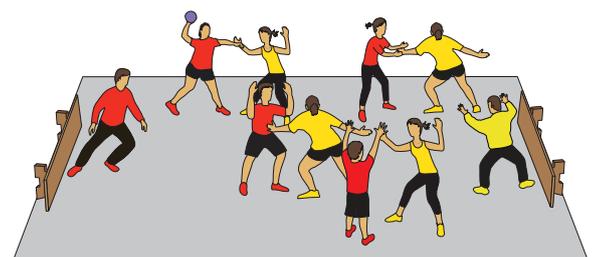
2 teams are playing within the set area (with multiple teams/games at the same time for larger classes). If the team get 10 passes in a row without losing the ball the attacking team are awarded 1 goal.



## Game(s): Handball Game

### Rules on page 14

Playing games across court - 5v5 (1 goalkeeper and 4 court players) - ideally with 2 or 3 games happening at the same time for larger classes.

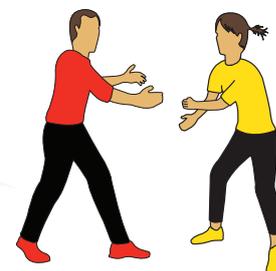




# Session 8

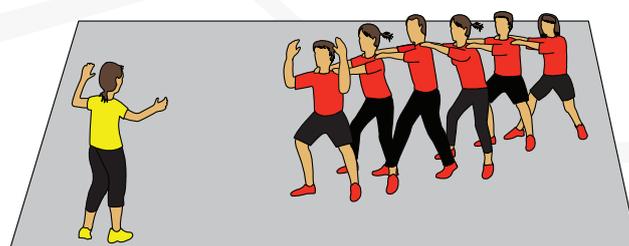
## Warm Up: Chaos Tig

Everyone is a catcher, if you get caught you do '5 star jumps' then join back in (if 2 people catch each other at the same time they play Rock, Paper, Scissors to decide who does the star jumps).



## Skill Session 1: Mother Hen

In a group of around 6 or 7, 1 person at the front facing the rest of the group and the others in a single line (with their hands on the shoulders of the player in front). The aim is for the single player at the front to tag the player at the back of the line. The players in the line are allowed to move to protect the player at the back, but must stay connected and are not allowed to use their hands to stop the player getting past them.



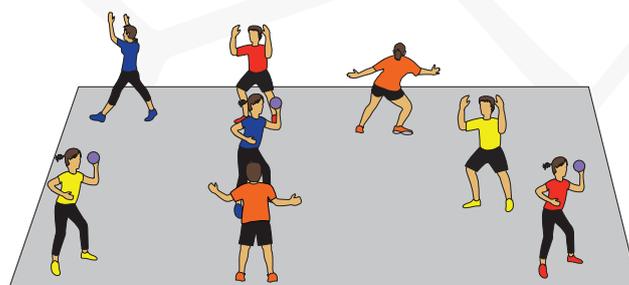
## Skill Session 2: Keep the Ball

### Key Focus - Passing and Moving into Space

In groups of 2 or 3 depending on the number of balls that you have available, and 2 or 3 groups with no ball.

The aim of the game is for the groups without a ball to win the ball back from another group by intercepting a pass or forcing a rule violation by marking up and stopping a passing opportunity.

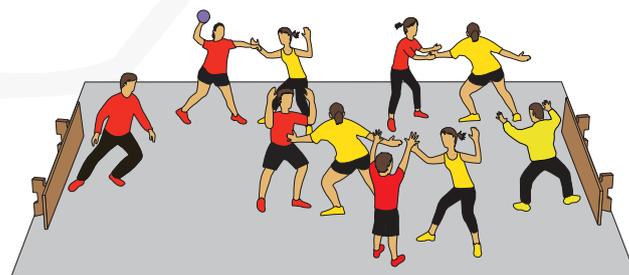
The groups with a ball can move freely within the hall, the players with the ball can move using their 3 steps and have a maximum of 3 seconds when standing still before making a pass.



## Game: Handball Game

### Rules on page 14

Playing games across court – 5v5 (1 goalkeeper and 4 court players) - ideally with 2 or 3 games happening at the same time for larger classes.





# Session 9

## Small sided Games

### Touchdown Game

**Key Focus - Passing and Moving into space/Defense**  
**Marking**

Players are to pass and move about the hall, in order to score you need to put the ball down within a set area, either by catching it inside the area or moving into the area using your 3 steps – with more of a focus on using a lot of the skills that have been learned throughout the sessions.



### Cone Game

**Key Focus - Passing and Moving into space/Defense**  
**Marking**

Split the hall into 2/3 courts depending on space and numbers in the class with cones along the 2 sides. With the class split into 4/6 teams (2 teams on each court).

The aim of the game is to knock over all the cones in the direction you are attacking.



### Handball Game

Playing games in the full hall – 5 v 5 (1 goalkeeper and 4 court players), with the class split into teams. Where possible using handball goals (they can be substituted with benches, crash mats or markers).





# Session 10

## Mini Handball, Class Festival

Playing games - 5v5 (1 goalkeeper and 4 court players), with the class split into teams. Using handball goals where possible (this can be substituted with benches, crash mats, markers).

**Rules:** See the rules on page 14.





# Basic Rules of Handball

## BASIC RULES - GOALKEEPERS

### Allowed

- ✔ Touch the ball with any part of the body inside the goal area
- ✔ Leave the goal without the ball and play as a field player

### Not Allowed

- ✘ Take the ball into the goal area from outside the goalkeepers area
- ✘ Leave the goal area with the ball

### Consequences

- Free throw for the attacking team
- Free throw for the attacking team

## BASIC RULES - DEFENDING PLAYERS

### Allowed

- ✔ Use the hands and arms to block the ball
- ✔ Stay outside the goal area
- ✔ Stay at least 3 metres away from the attacking player when executing a throw to (re)start the game

### Not Allowed

- ✘ Pull or hit the ball out of the hands of the attacking player
- ✘ Use the goal area as a defence position/ prevent a clear scoring chance
- ✘ Prevent an attacking player (re) starting the game being within 3 meters of the player with the ball.

### Consequences

- Free throw for the attacking team
- 7 metre throw
- Progressive punishment

## BASIC RULES - ATTACKING PLAYERS

### Allowed

- ✔ Throw and catch the ball using hands and arms
- ✔ Pass the ball to a team mate
- ✔ Continuous bouncing of the ball with one hand before throwing it
- ✔ Take a maximum of 3 steps with the ball (without dribbling)
- ✔ Move outside the goal areas
- ✔ Touch the ball in the air above the goal area
- ✔ Break through the defence
- ✔ Pass the ball in order to create a scoring chance

### Not Allowed

- ✘ Block or kick the ball using the feet (below the knee)
- ✘ Hold the ball for more than 3 seconds (when standing still)
- ✘ Bounce the ball, catch it and bounce it again = double dribble
- ✘ Take more than 3 steps with the ball (without dribbling)
- ✘ Enter the goal area
- ✘ Touch the ball lying inside the goal area
- ✘ Charge the opponent or run into a defending player = Offensive foul
- ✘ Keep possession of the ball without creating a scoring chance = Passive play

### Consequences

- Free throw for the defending team
- Goalkeeper throw
- Goalkeeper throw
- Free throw for the defending team
- Free throw for the defending team



# Basic Refereeing

## THE ROLE OF THE REFEREE

- ✔ Ensure player safety by asking players to remove all jewellery and watches.
- ✔ Encourage teams to high 5 or hand shake before and/or after games.
- ✔ Be confident with the calls you make in games and clearly explain to players.
- ✔ Make sure you have a watch or stopwatch to time the game with.

## WHISTLES



1 Whistle for a foul



2 whistles for a goal



3 whistles for a time-out

## HAND SIGNALS



### Free throw

A free throw is awarded either when the defending players or the team in possession of the ball commit a rule violation.



### Double Dribble

A dribble fault (e.g. double bounce) results in a free throw for the defending team.



### Steps

Taking more than 3 steps with the ball results in a free throw for the defending team.



### Time-out

The playing time is stopped when necessary.



### Goalkeeper throw

A goalkeeper throw is awarded when:

- » the attacking team enters the goal area
- » a player of the attacking team touches the ball when its rolling or lying on the floor in the goal area.
- » The goalkeeper has control of the ball in the goal area or when the ball has crossed the outer goal line.



### Throw-in

A throw-in is awarded when the ball goes outside the court.



### Offensive foul

An offensive foul results in a free throw for the defending team.



### Keep the 3m distance

While a throw is executed the opponents have to stay 3 metres away from the ball.



**SCOTTISH HANDBALL  
ASSOCIATION**

School Session Plans - Beginner Pack Version 1: 04/2021

Resources courtesy of dragoerhb.dk, eurohandball.com and ihf.info

design by drimlike



## **SCHOOLS**

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**TEAMWEAR**

Preferred Equipment Supplier  
[thefootballnation.co.uk](http://thefootballnation.co.uk)