

TRAINING EQUIPMENT

Small-sided games, as well as exercises to develop skills and abilities of children with equipment (cones, ladder, obstacles, hoops, etc.) can be more fun and effective during the learning process. A few ideas:

- Chalk drawings can represent all kinds of training equipment
- Stones are dangerous, so use a plastic bottle or paper box as cones filled with heavy object
- Strips of cloth can be sewn together to make a ladder or hoop
- Use plastic strips (e.g.: linoleum)
- Use PVC pipe

CONCLUSION

The creativity and ingenuity of PE teachers and trainers is without limit.

Therefore, we hope that these basic ideas will inspire you to work with children and create other handball tools for your Handball at School programme.



HANDBALL AT SCHOOL

FACILITIES AND SELF-MADE
MATERIALS FOR HANDBALL



For more information and complete rules of mini handball and handball, please go to:

www.ihf.info

Articles, exercises, and other educational materials are available at IHF Education Centre:

www.ihfeducation.ihf.info



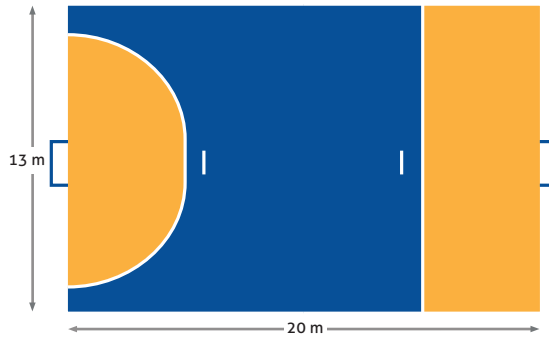
How to mark the field?
How to make a ball?
How to make training equipment?

**FUN, CREATIVITY,
LEARN AND PLAY**

MINI HANDBALL COURT

We can use any space for training or playing handball at school. Handball can be practiced on grass, sand, concrete or any other surface.

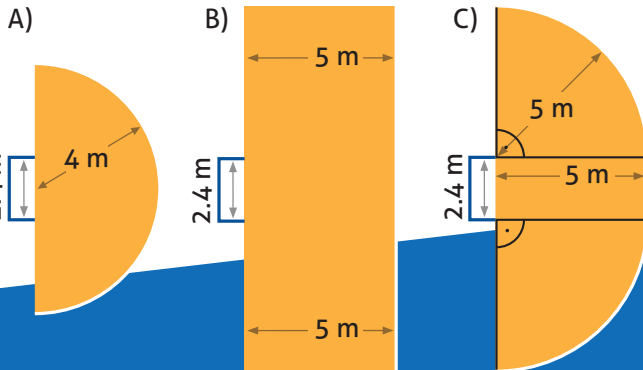
The mini handball court is usually 20 m long and 13 m wide, but many alternative fields designs can be used, including a beach handball court



The penalty line is 6 m away from the goal line.

GOAL AREA

The goal area is defined by the goal area line (circle or rectangle) at a distance of 4 to 5 metres. There are three possibilities when marking the goal area:



LINE

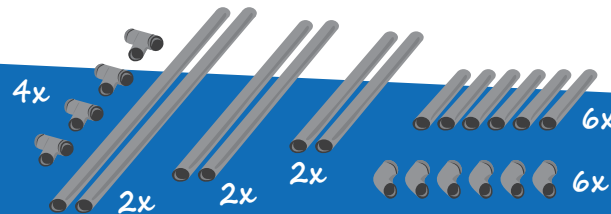
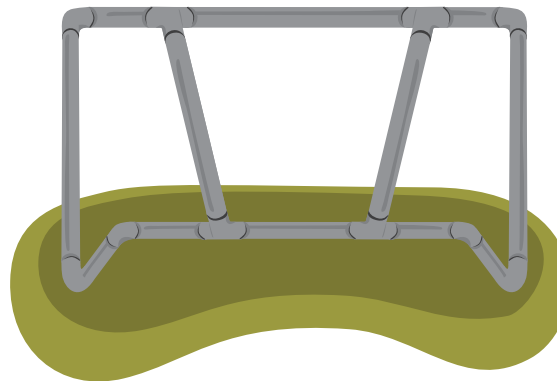
The lines are usually **5 cm wide**, and we can use different materials:

- Adhesive tape,
- Chalk, sand (light / dark),
- Fabric lines, plastic lines, etc.
- Trim line in grass with mower

GOAL

The goals have a height of 1.6 metres and a width of 2.4 metres. It is appropriate when the goal is firmly attached to the floor or to the walls behind them. As the goal, we can use

- Wooden, iron or plastic goal
- Inflatable portable goal from beach handball
- PVC pipe goal
- Goal painted on the wall
- Various items: mats, box, brooms, rope, trees, etc.
- Alternative goals such as bench, cone, circle, wrapped sticks, etc.



BALL

Students can play the game and learn to throw correctly with balls whose sizes correspond to the size of their hands. For Handball at School programme we use these three ball sizes:

- **Size 0:** 46-48 cm, 225-275 g; for women's and men's youth under 8/10 y
- **Size 1:** 50-52 cm, 290-330 g; for women's (8-14y) and men's (8-12y) youth
- **Size 2:** 54-56 cm, 325-375 g; for women's (14y and older) and men's (12-16y) youth

HOW TO MAKE A BALL?

To produce a ball, we need a plastic bag or sock, a filler (paper, cloth, foam, styrofoam, or something soft and light) and adhesive tape.



REMARKS:

Small-sided games can be played with many different balls or objects made from diverse materials, but for beginners the most suitable are soft balls.