

CIRCLE TIME

EQUIPMENT NEEDED

- One cone each for the inner circle
- One ball each for the runners

(Depending on space and numbers create two or more circles.)

Circle time is a fun game where the basic skills of throwing and catching can be reinforced and movement introduced. Pressure can be added by players running faster and more frequently

To make it easier, make a few more circles with fewer numbers in each.

To avoid the runners getting too close, add cones that they have to run on the outside of.



Runners, line up behind the cone with a ball each.

Change positions regularly, so everyone can be a runner

Don't worry if you drop the ball. Pick it up and continue.

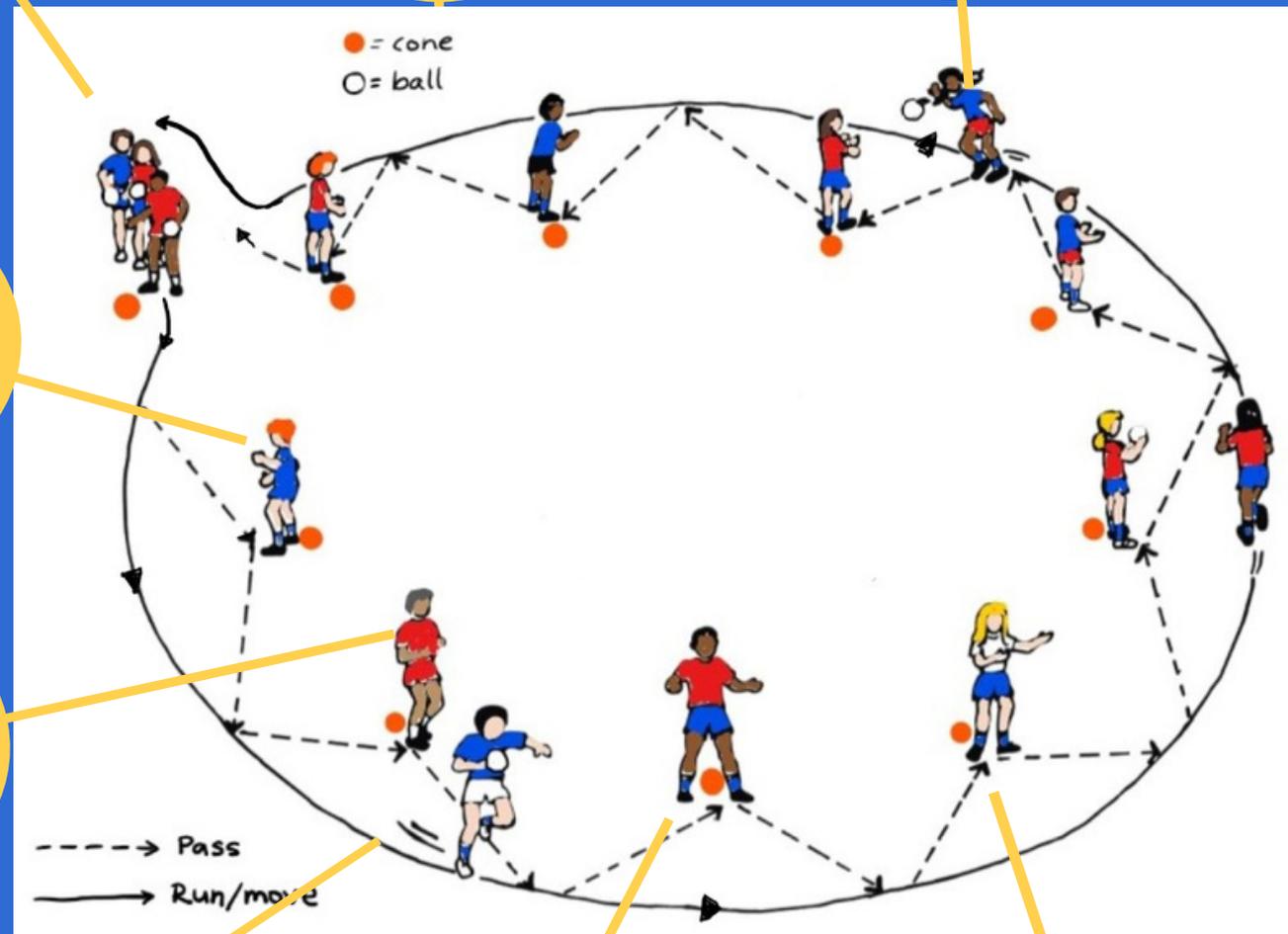
Be ready to catch. Remember the upside down heart.

When you have passed be ready for the next pass.

Max three steps when you have the ball.

Only pass when the catcher is ready.

Take a step forward with opposite leg when you throw the ball



MINI HANDBALL

Mini Handball is played in Primary school as a smaller version of Handball.

- 5 players/team (4 outfield and one goalkeeper)
- Pass the ball in your team and move closer to the opponent's goal.
- Shoot when there is an opportunity
- The team with the highest score is the winner
- No intentional contact
- No dribbling
- You may take three steps whilst holding the ball
- You can hold the ball for up to three seconds
- During a throw-in, free throw and throw off, the opposition has to be three meters away.
- Free throws are taken as a stationary pass (or shot) where infringement happened



Free throw line.
When an infringement happens inside this line, all attackers

move outside and the free throw is taken on the free throw line

You can use mini soccer goals or mats pushed up against the wall

Although goals should be 2.4 m wide and 1.7 m high, use what you have available

The court consists of two halves, a gk area and two goals. You can play inside or outdoors

Goalkeeper area also known as the D. Only the keeper is allowed in here,

unless a shooter lands in the D after a jump shot and exits quickly

The D should be 6m from the goal. If on a small court it can be less

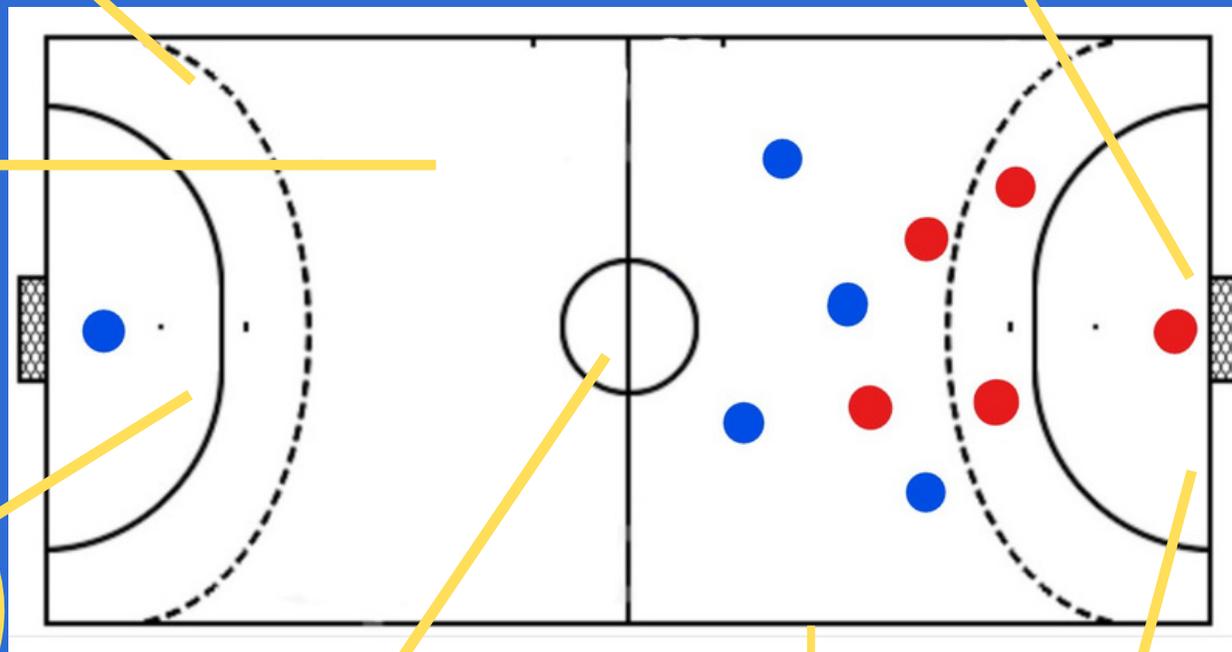
When you have scored a goal you run back to your own goal to defend and

the other team restart (throw off) in the centre

Put one foot on the sideline for a throw-in.

If a ball goes over the outer goal-line after a save or a miss, it's the gk's ball

Unless the ball comes off a defender, then it's a corner throw



TARGET BALL

EQUIPMENT NEEDED

- One large beach ball or small gym ball (size depending on ability)
- Cones or floor markers to make two goal-lines
- One ball each, small enough to grip with one hand

This game is fun and fast and teamwork is encouraged using good communication skills. As well as reinforcing the basic skills of throwing there has to be an awareness of what is happening all around you.

To make it easier, make the centre area smaller.

To make it harder use a smaller target ball, increase centre, and/or use the weak hand to throw.



You score when the ball crosses the opponents goal line

Goal line

Take a step forward with opposite leg when throwing the ball

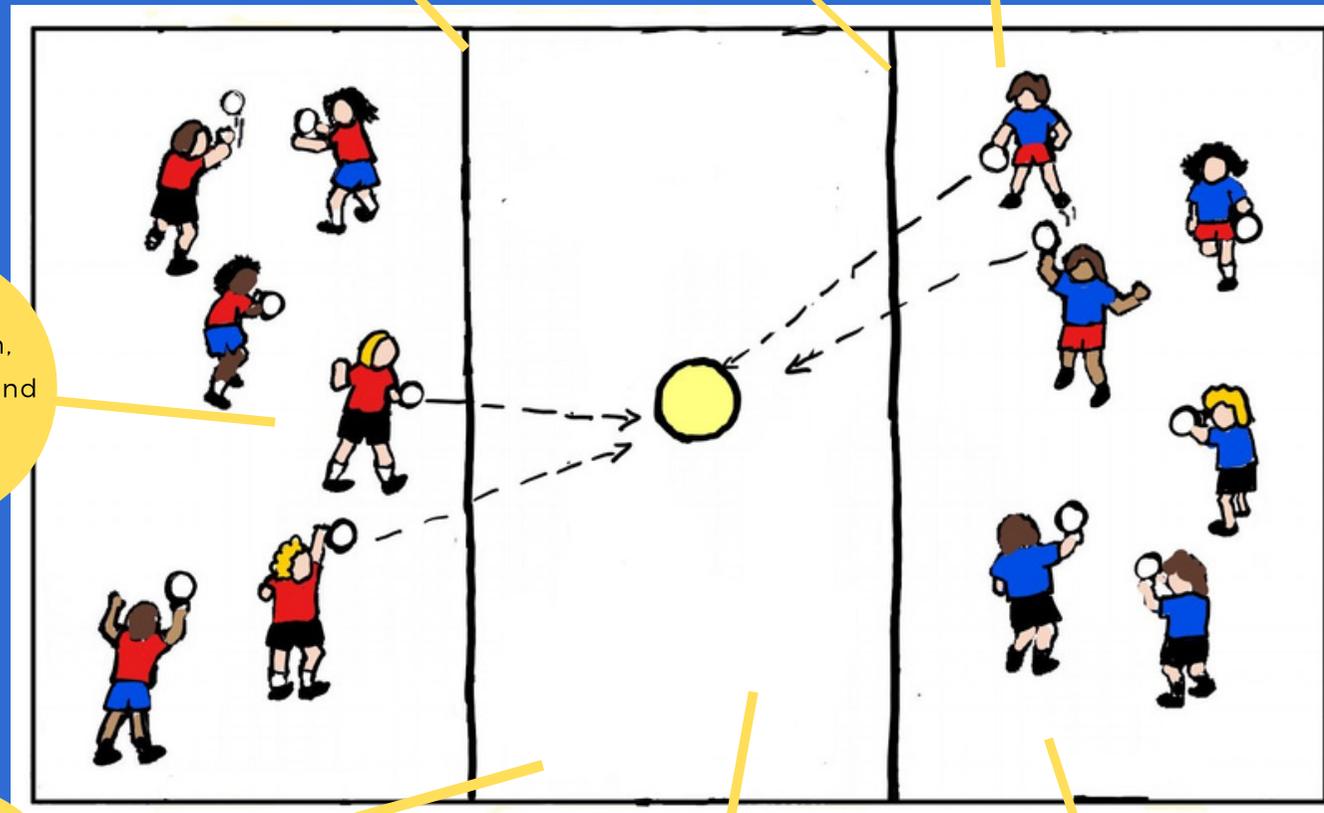
Arm up high, grip the ball and aim

If a ball is on the floor in the centre you can not lean over and pick it up

But if the ball bounces and is in the air you can

Team players are not allowed inside centre during play

Pay attention to incoming balls



THROWING & CATCHING

It is important to learn the basic technique early on otherwise shooting may be difficult.

- Grip the ball with fingers (one hand) leaving a gap between the palm and the ball.
- Lift the arm so that the elbow is level with the shoulder and the elbow at a 90-degree angle.
- Move the arm back
- As you move to throw the ball take a step forward with your opposite leg
- Finish movement with a stretched arm

To catch the ball stretch your arms (slightly bent) out in front of you

- Fingers and thumbs are spread
- Catch the ball
- Absorb the speed of the ball by moving arms to the body



Arm up high, elbow level or higher than shoulder

Make sure your friend is ready to catch, before you pass

Hands and fingers form the shape of an upside down heart

Spread out your fingers and thumbs

Ball should not be so big that you can't grip it. Size down if necessary

Take a step forward with opposite leg

When getting ready to catch stand with equal weight on both feet, knees slightly bent.

The thumbs are placed behind the ball

