

Handball



Training plan No. 30

SKILL: - Complex shooting combinations.

OBJECTIVE: -Goal Keeper practice.

WARM-UP

Time: 25 mts

General Warm Up –Jog five paces forward and three paces back. Do the dynamic stretching.

Ball handling –Catching and passing in pairs – overhead, bounce, push, Jump & pass.

Work load Intensity -1minute work out, 45 second recovery. 2 sets each activity

Dribble - slow fast continuous dribble with hurdles/agility sticks.

Work load Intensity - 5minute Slow fast continuous

Ball rolls and Pick up and Shoot –

Work load Intensity – 2 shots from each position.

Use different drills

SKILL DRILL/SKILL DEVELOPMENT

Time: 20 mts

Goalkeeper practice Skills: -

Note - training intensity should be Moderate.

COACHING POINTS –

Instructions –

Position Number

7 – Left wing, 4 left back, 3 center back, 2 right back, 5 right wing, 6 PP

Drills – position throws

1. 7-4-3-2-5-6
2. 7-3-5-4-6-2
3. 7-5-4-2-6-3

LEAD UP GAME ACTIVITY DRILL

Time: 15 mts

7 vs 7 Match

COOL – DOWN

Time: 05 mts

Static stretching

Static stretching involves gradually easing into the stretch position and holding the position. It should be held for 10 seconds.