

## Practising units



### Development of jumping ability by means of specific handball drills

Notes: Planned for 14 players (12 fieldplayers and 2 goalkeepers)

Material to be used: balls (12), cones (4-6), differring shirts (minim. 7), benches (6), mats (2-3)

1. Theoretical introduction (jumping power, training opportunities)

**5 minutes**

2. Warming up – canter, running alphabet, coordination exercises on benches

**15 minutes**

3. Exercises without equipment – multiplied jumps, repetitive shooting

**25 minutes**

4. Exercises using equipment – plyometric drills

**10 minutes**

5. Exercises using a combination of static and dynamic power

**10 minutes**

6. Little games – „putting down“ with jump, „Kempa“ game

**10 minutes**



## **Development of „playing ability“ by means of little games**

Notes: Planned for 14 players (12 fieldplayers and 2 goalkeepers)

Material to be used: balls (12), cones (12), differing shirts (minim. 7), chairs (2)

### **1. Theoretical introduction**

Using of little games - tactical skills

- motor skills
- specific handball skills in variable conditions

Advantage of little games - simplification of the game situations

- „freedom“ of the rules

**5 minutes**

### **2. Solving of the game situations – „snap the ball“ (variants)**

- „passing to sitting position“ (variants)
- „passing trough the goals“
- „touching the cones“
- „chair ball“

**20 minutes**

### **3. Handball in combination with other sport games**

- rugby-handball
- baseball-handball
- hand-leg game
- headhandball

**20 minutes**