

2013 Lecturers' Seminar

Carlos Garcia
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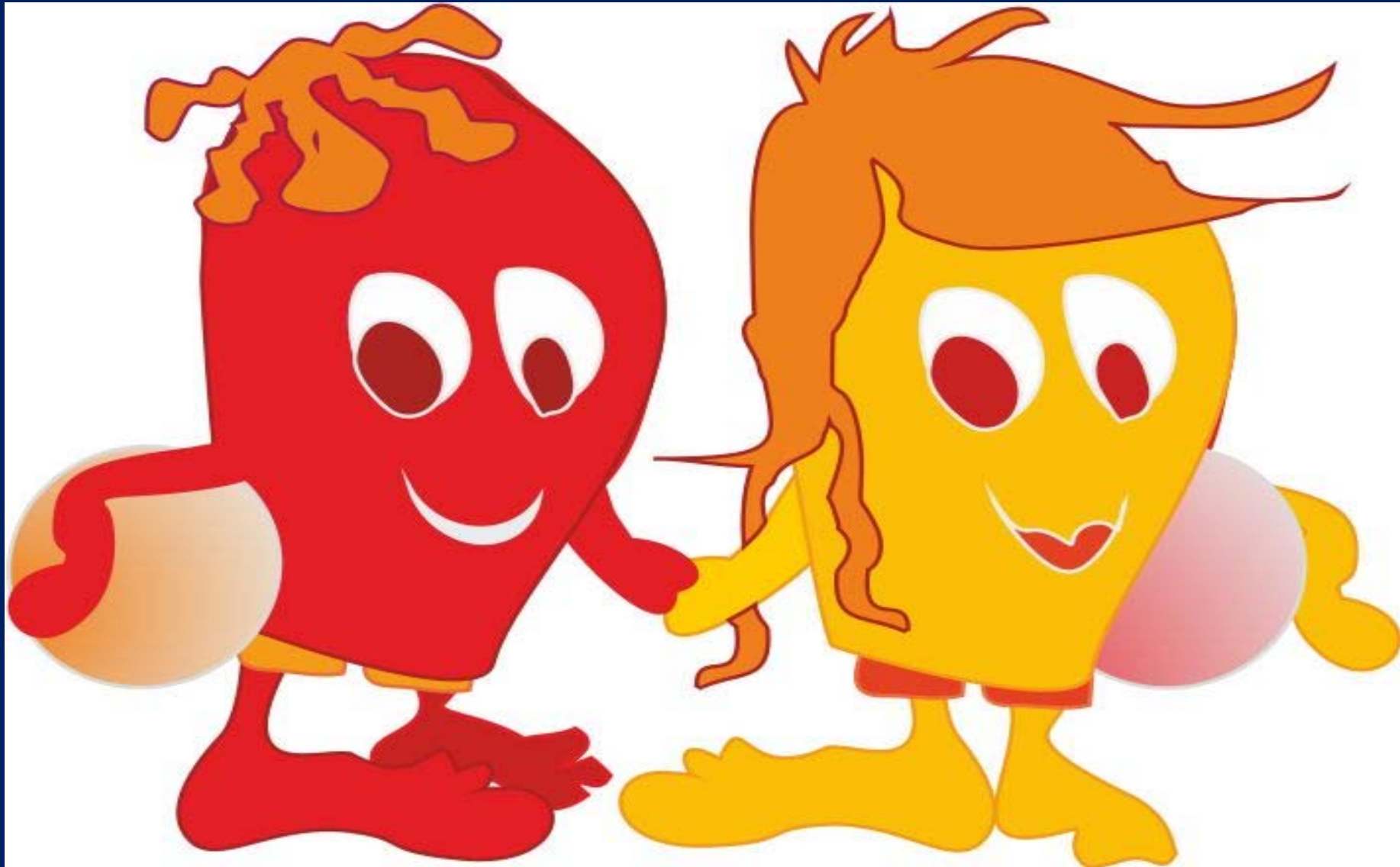
carlosafgarcia@gmail.com





SCHOOL HANDBALL

handball4kids



What usually we found in schools ...

- 1.Sports hall
- 2.Handball field (40 plus 20, 2 goals)
- 3.Some Handball balls
- 4.Little material specific for sports
- 5.Teachers who do not know handball





What we need to do?

“Handball4kids”

New and easy way to go to HANDBALL

Reduced game space.
Reduced number of players
Reduced rules of the game

GET MANY GOALS

MOTIVATION
FOR
CHILDRENS



Always we must have
shooter and goal-keeper



It means ...
we must have
goals...



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“ Game is, at the same time,
start point and arrive point.

The match is the way of
learning handball in the
begeening.”



MOST IMPORTANT RULES

...WHEN WE
PRESENT THE
SPORT

Main purpose of the game

Field and forbidden zone

3 seconds and 3 steps, 2 dribbles, but...

Minimum physical contact

Don't take the ball from the hand of the opponent

...WHEN THEY
ARE PLAYING

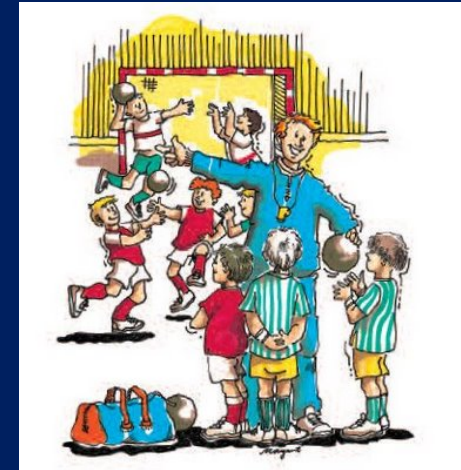
How to start, reposition after goal and out of the field

Free throw

Attack fault

How play the goal-keeper

...if you are refereeing...



RIGOR

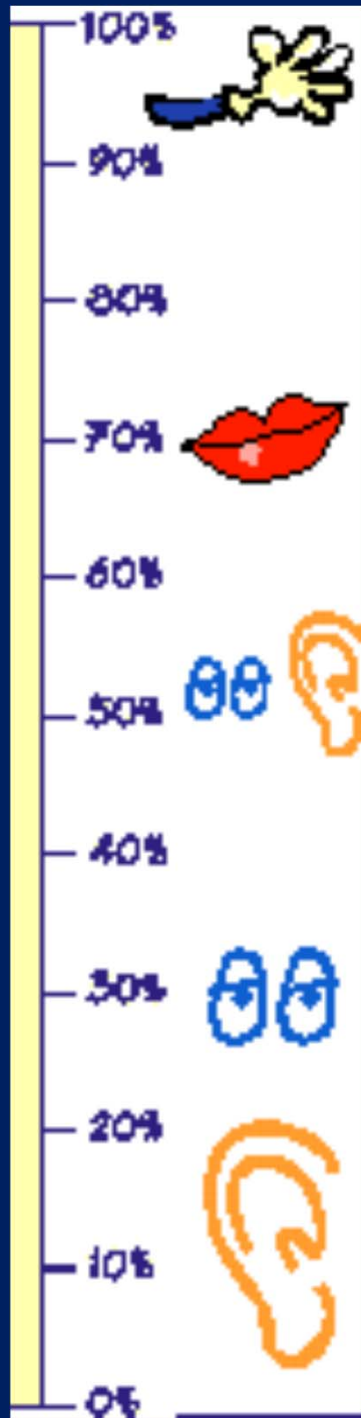
Violation of goal-keeper area

SOME RIGOR

Steps, dribbling, time in hand

GREAT RIGOR

How you play with your team and other team



I HEAR AND I FORGET

I SEE AND I REMEMBER

I DO AND I UNDERSTAND



PEDRO SEQUEIRA

CARLOS GARCIA

LUÍSA ESTRIGA

JOSÉ BENTO

JOSÉ PAIS

MÁRIO BERNARDES

FERNANDO PAIS

JOAQUIM ESCADA

PEDRO VASCONCELOS