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Warming up games and small games

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EUROPEAN HANDBALL
FEDERATION



*The worst, the most ugliest,
the most boring beginning
of training is - running*

- The worst, the most ugliest, the most boring beginning of training is – *running*. Few minutes, few laps, never mind,
- “Reason” of this exercises is – “to prepare” players for main part of training,
- But, I don’t know any player who *likes* this beginning of training and who thinks that it’s *interesting*.
- In this case, is this running *useful* as beginning of training, as preparation of players, as *worm up*?
- *Physically* – maybe, but it’s big question are the players and *mentally* ready for serious work in main part of training.

- In my opinion every exercises during the training have to be *useful* but also *interesting* to motivate players for training.
- Therefore my recommendation is: *don't use (boring) running for worm up, use different types of games.*
- Small games can solve and *physical* and *mental* preparation of players during worm up and can be in function of main part of training (what is important for every trainer).
- Instead of a boring and monotonous running we can use wide variety of different and interesting games, with them we can prepare players and create

good atmosphere for work.

- With small games we can prepare players exactly how we want, depend what we'll practice in main part of training.
- Because that we can talk about fun games, games for coordination, agility, fast reaction, endurance, technique, tactic etc.....
- *Let's show some of them:*

Classification of games

- I. Fun games
- II. Dexterity and agility games
- III. Games for physical preparation
- IV. Preparatory games for tactics
- V. Tactical games
- VI. Playing on two goals
- VII. Strengthening collective

I. Fun games

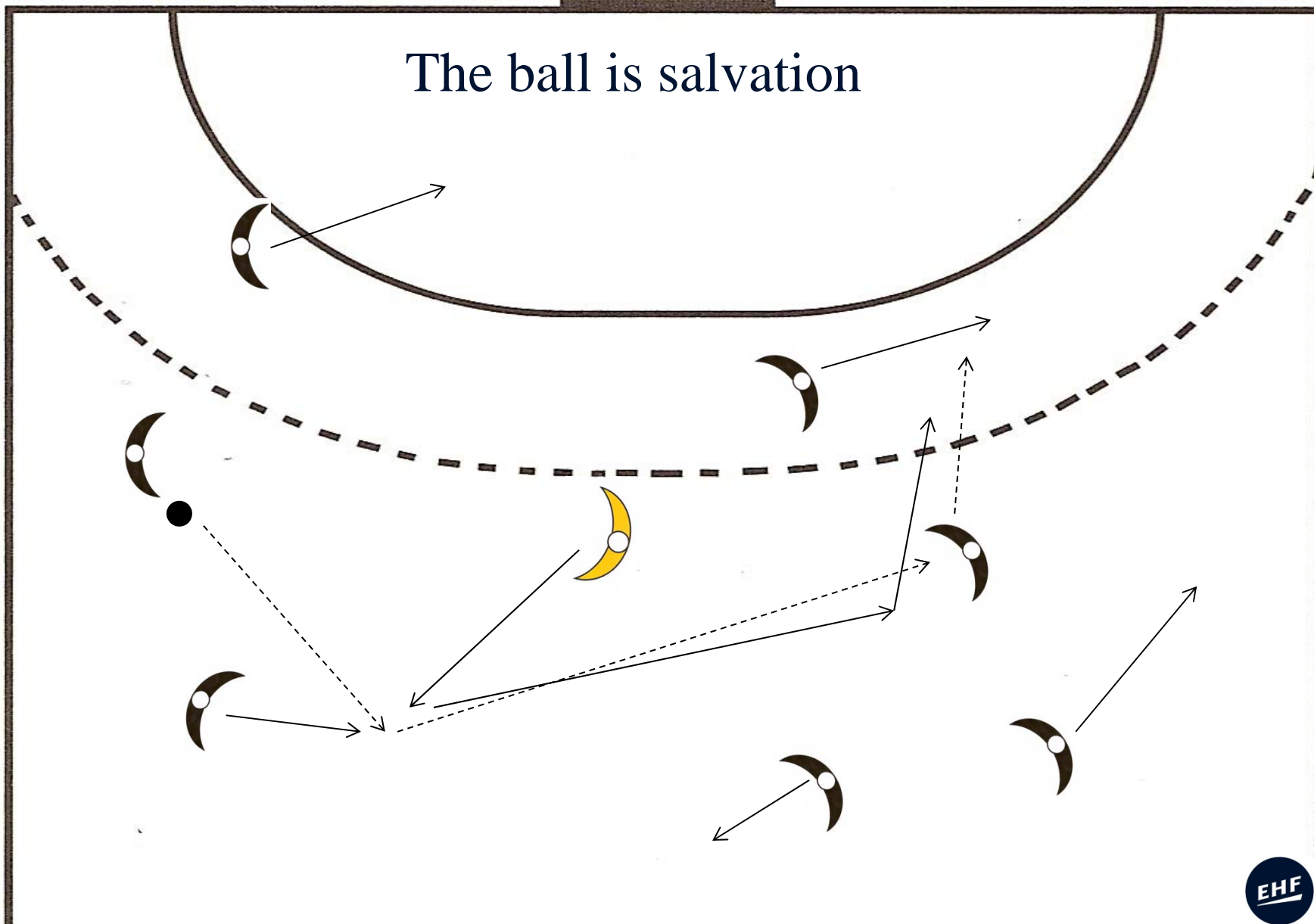
- Hitting (striking) by T shirt (jersey)
- The ball is salvation
- Two players with ball catch other
- Two players with ball catch the third one
- *ZZZZZ.....*
- In 9 m, all players keep arms behind back, one is trying to catch others
- Doubles players holding hands, one couple tries to catch other

Fun games

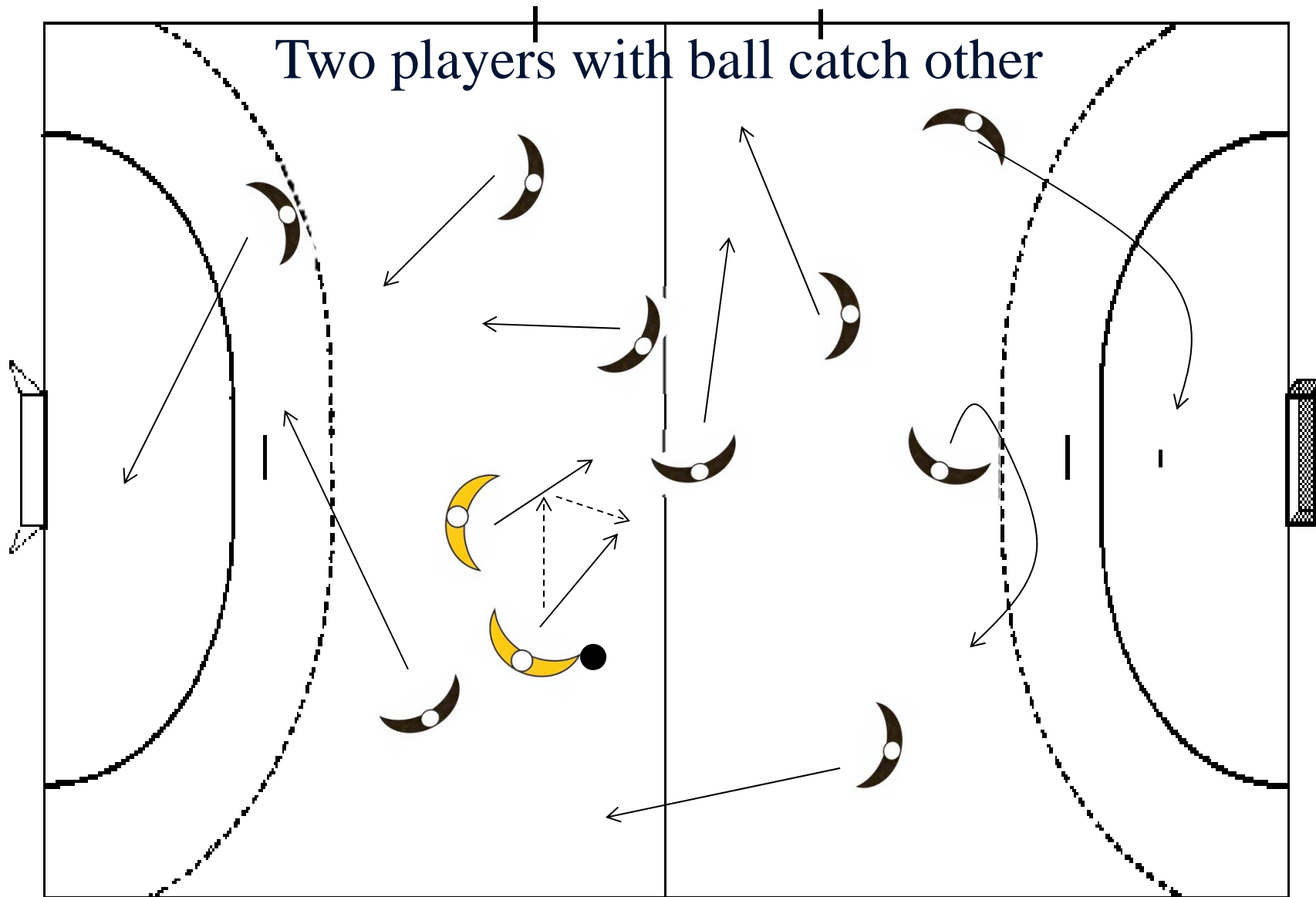
Hitting (striking) by T shirt (jersey)

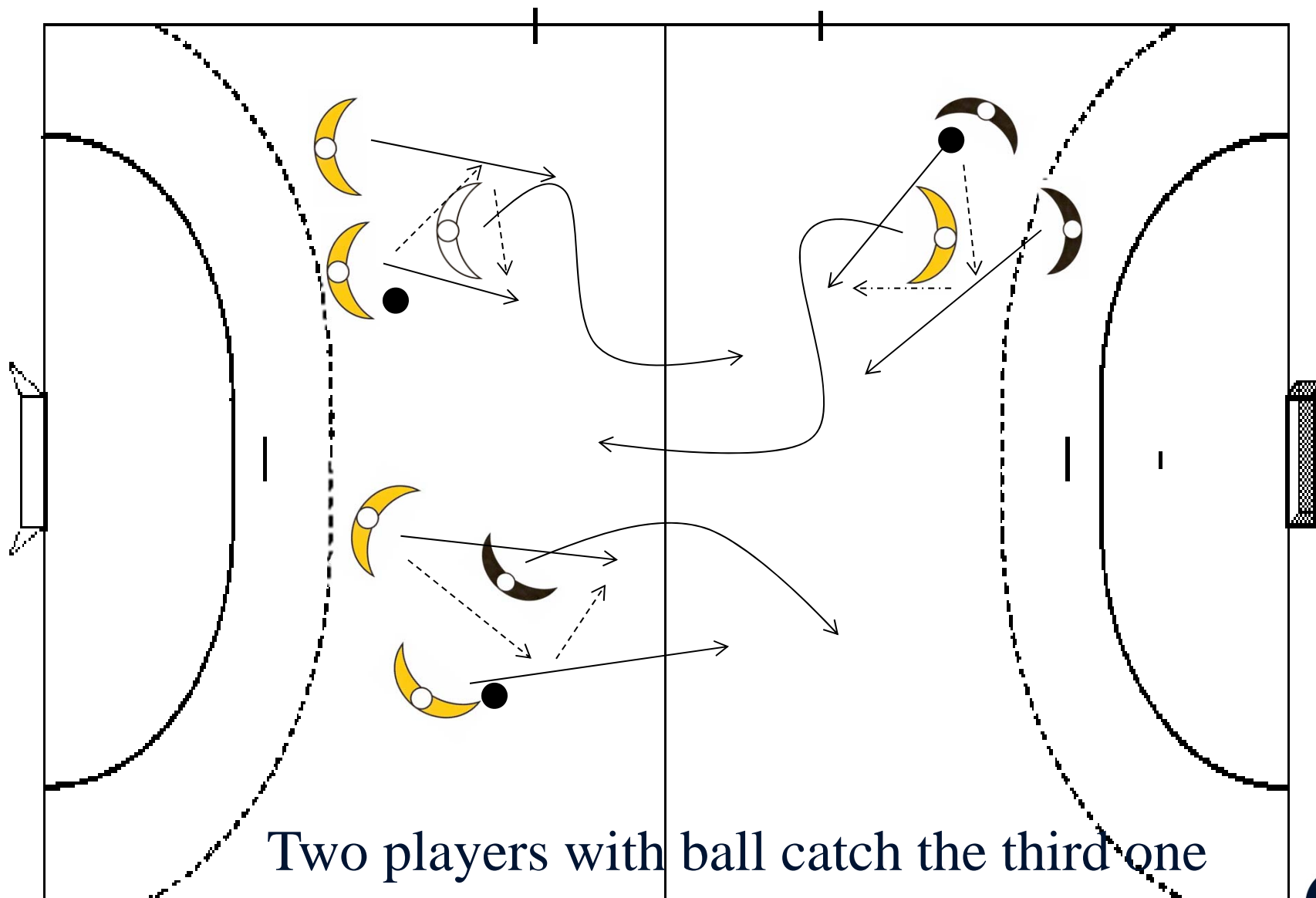


The ball is salvation



Two players with ball catch other





Two players with ball catch the third one

ZZZZZ.....



In 9 m, all players keep arms behind back, one is trying to catch others



Doubles players holding hands, one couple tries to catch other



II. Dexterity and agility games

Various relay

- Ball through the legs, slalom....
- Ball through the legs, skipping (over jump)...
- Ball over the head, through the legs, slalom (or running)...
- “Eight”, slalom (or running)...
- Dribble, somersault (roll forward), dribble...
- Dribble, roll back, dribble...
- Dribble with 2 balls: a) straight b) around mat
- Dribble with 2 balls, somersault (roll forward), dribble...
- Dribble with 2 balls (one by feet, one by hand)
- Couples, ball transfer by head (chest)...

II. Dexterity and agility games

Various relay

Ball through the legs, slalom....



Ball through the legs, skipping (over jump)...



Ball over the head, through the legs, slalom (or running)...



“Eight”, slalom (or running)...



Dribble, somersault (roll forward), dribble...



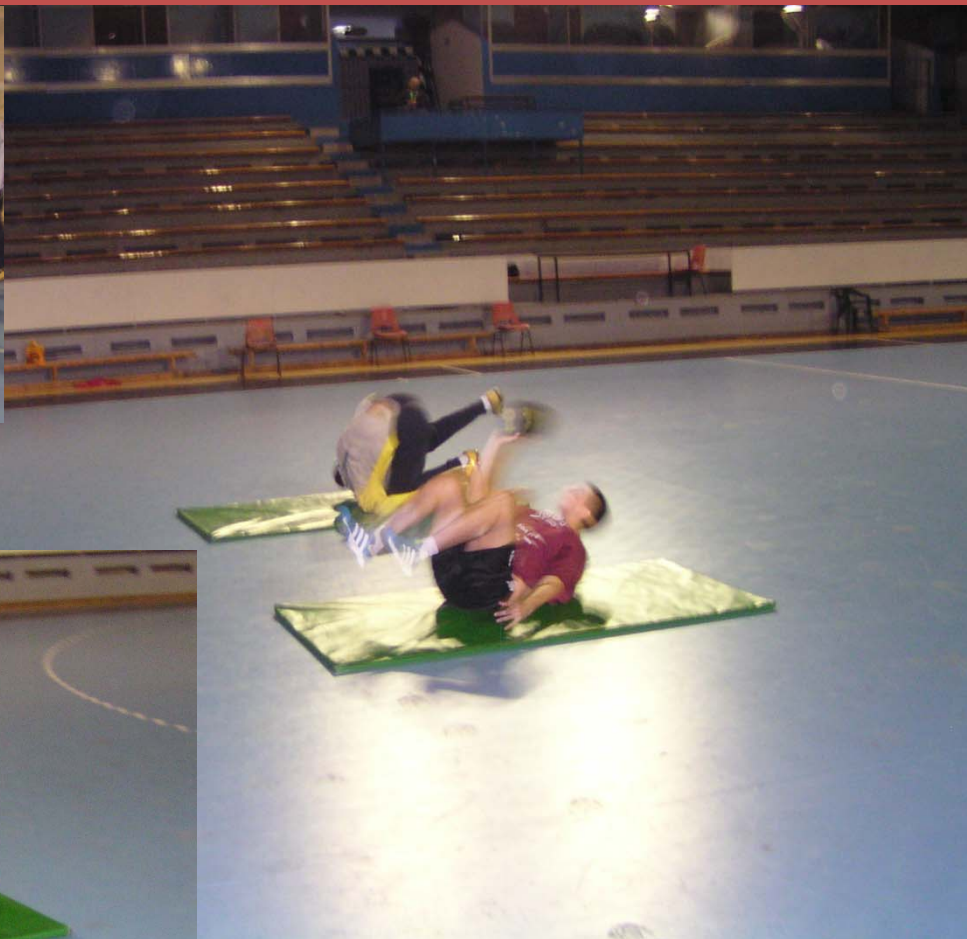
Dribble, roll back, dribble...



Dribble with 2 balls: a) straight b) around mat



Dribble with 2 balls, somersault (roll forward), dribble...



Dribble with 2 balls (one by feet, one by hand)



Couples, ball transfer by head (chest)...



Couples, ball transfer by head (chest)...



III. Exercises for physical preparation

- Red gloves,
- Step feet: a) holding for hands b) free
- “Cockfight”: a) two players (one leg), b) two players in squat, c) all players, strict space,

Relay

- Rabbit jumps
- Carrying the ball in lap,
- Cart,
- Carrying on back,

III. Exercises for physical preparation

Red gloves



Step feet: a) holding for hands b) free



“Cockfight”: a) two players (one leg), b) two players in squat, c) all players, strict space



“Cockfight”: a) two players (one leg), b) two players in squat, c) all players, strict space



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Rabbit jumps



Carrying the ball in lap



Cart



Carrying on back



IV. Preparatory games for tactics

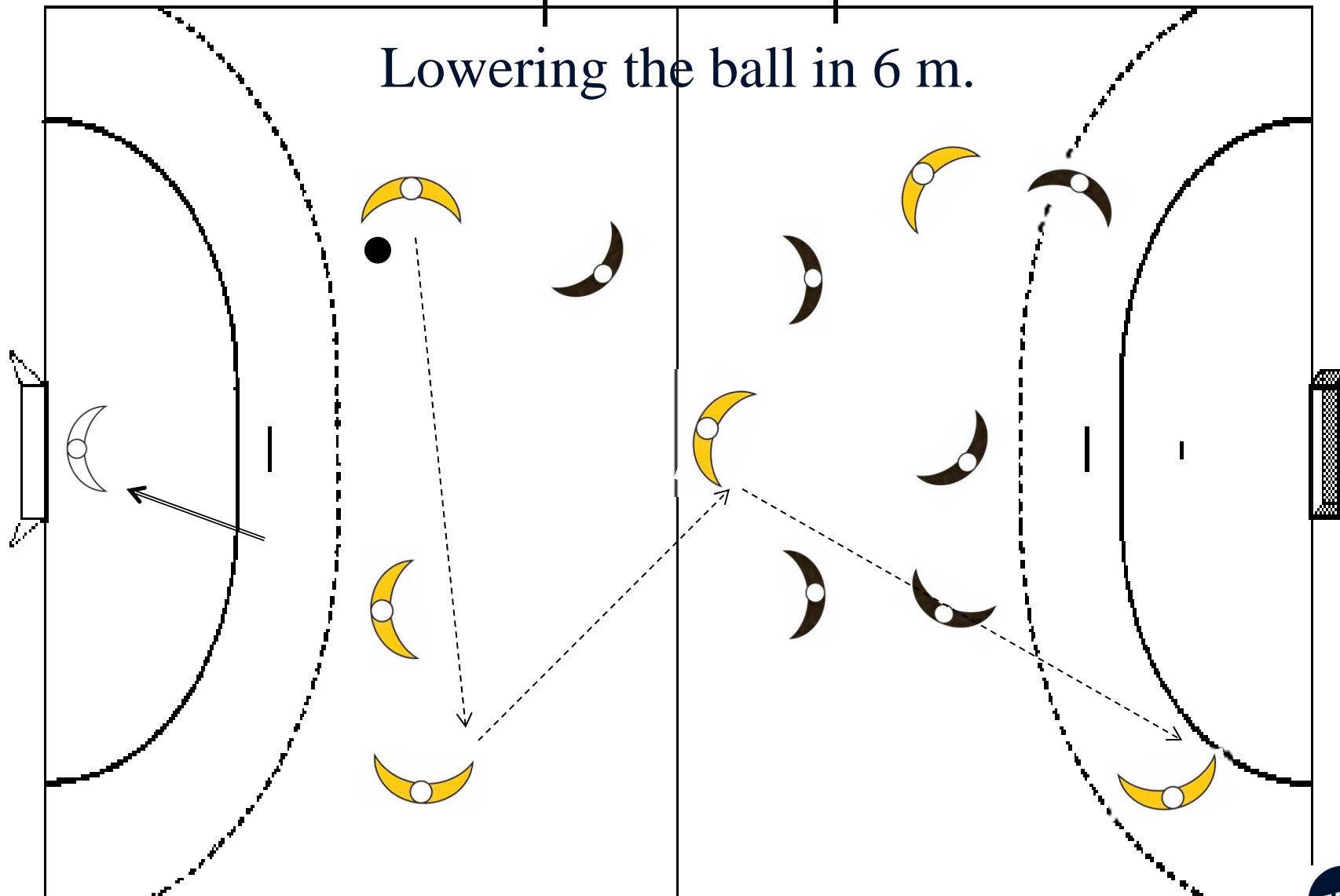
Football with 2 balls



Football with rugby ball



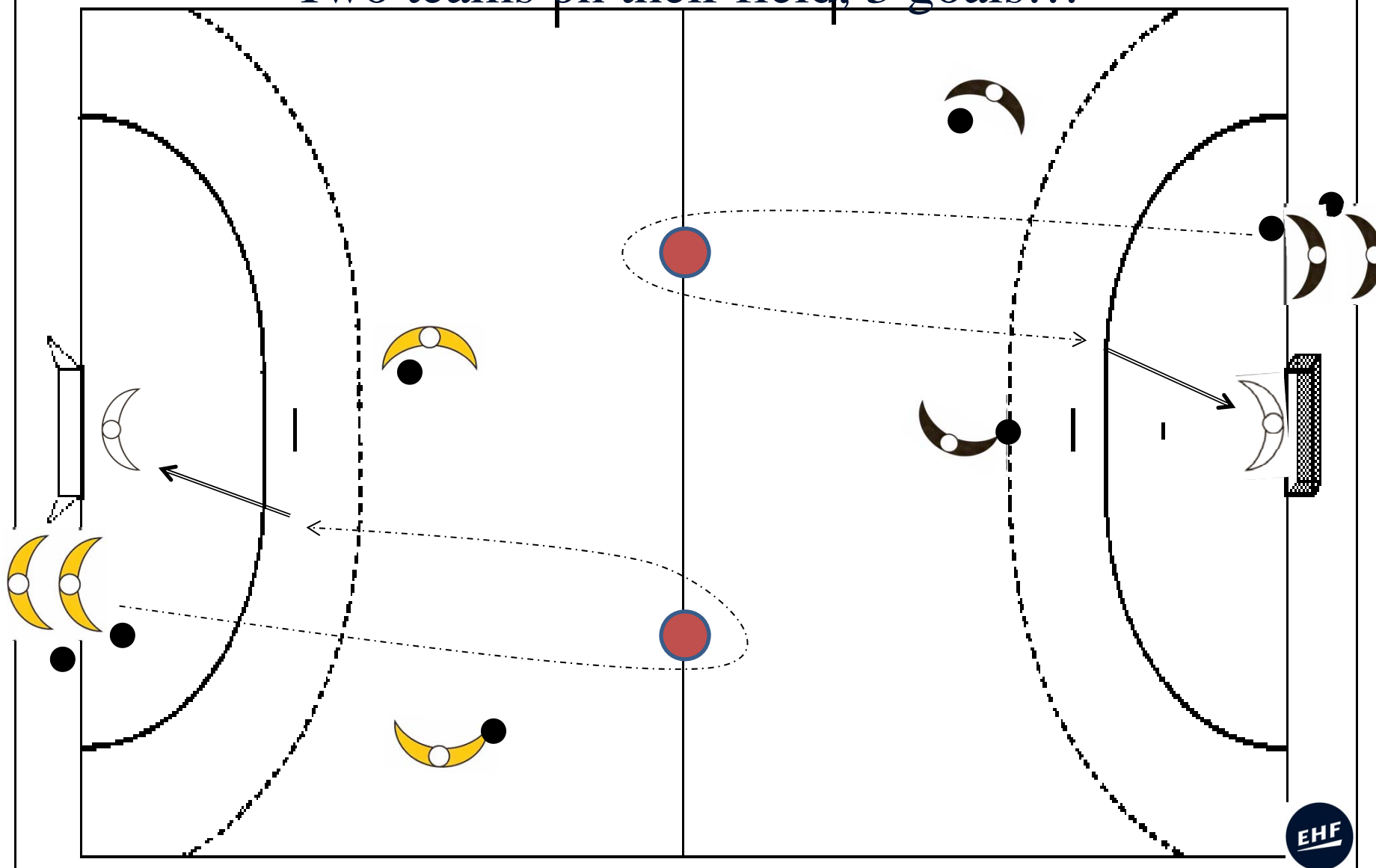
Lowering the ball in 6 m.

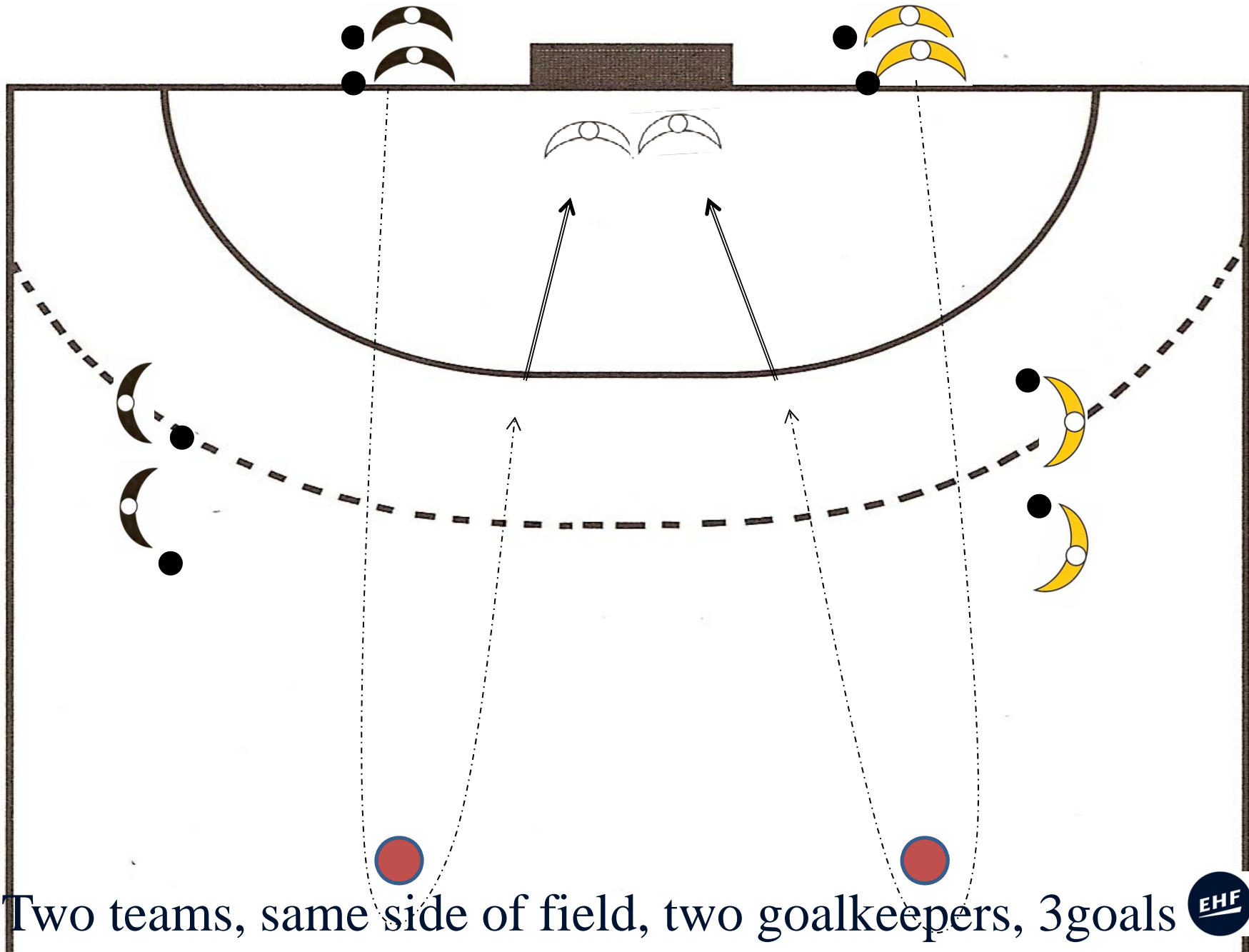


V. Tactical games

- Attack, defense: playing 1:1; 2 : 2; 3:3
- Two teams on their field, 3 goals...
- Two teams, same side of field, two goalkeepers, 3 goals...

Two teams on their field, 3 goals...





Two teams, same side of field, two goalkeepers, 3goals

VI. Playing on two goals

- After goal from counterattack team remains in attack,
- Goal after using some elements (or combination) is worth 2 points,
- One team plays attack (or defense) 2 min. How many goals they will give (or receive),
- Certain result, the playing is determined by the time (2; 3; 4 min)
- Situation 6:5 (5:6): one player remains on the center of the field,

VII. Strengthening collective

- Transfer of players
- Shifting of players

VII. Strengthening collective

Transfer of players



VII. Strengthening collective

Shifting of players

