



EUROPEAN HANDBALL
FEDERATION

2014 EHF Youth Coaches' Course – Gdańsk Poland

Jumping and running with the ball

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Jumping and running with the ball

1. With the medicine ball (3kg)

- variety of shooting/passing techniques
 - variety of jumping techniques
 - variety of running techniques
1. Various passes while scampering around the court in pairs
 2. Pushing out the ball From the chest height and a forward bend
 3. Skip forward - both hands passes
 4. Skip sideways - both hands passes
 5. Pushing the ball out and bending forward in sitting position
 6. Both hands passes in unbalanced sitting position (legs up)
 7. High jumps (8-10) while passing the ball
 8. Pass from/to the side with the torso rotation, afterwards acceleration 3-4m
 9. While lying down, face to the floor – backward bend, receiving the ball, tagging the floor within the ball, pulling the ball up and pass forward from over the head position.
 10. Push ups with changing arm supported on the ball
 11. Ball kept above the head – both hands pass – quick move around the back – rotation and another pass (8-10)
 12. Ball kept high above the head and strong pitch against the floor

2. With regular ball

Various jump patterns

The ball held in one and both hands

Jumping with direction changing

Jumping between team mates lying flat

3. With the ball 500 – 1000g

- various techniques of moving and passing all over the court

4. With regular ball

- various techniques of moving and passing the ball in static attack

for example

