

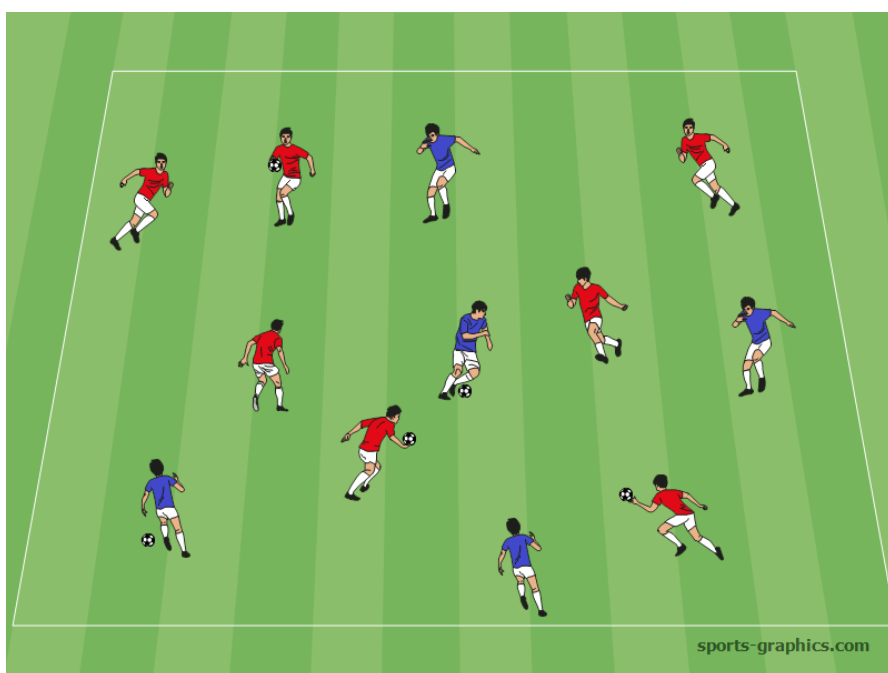
FOOTBALL AND HANDBALL

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Ball Manipulation



Create an area up to 30x30 or modify the size depending on the number of players. Divide players into one team of five football players and one team of seven handball players.

The football team has two balls and the handball team has three balls.

Place as many balls as possible around the area for fast restarts.

The football players pass and dribble their balls between the team.

The handball players play combinations between themselves and try to hit the football players' balls by throwing their own balls at them.

Play two or three rounds of three minutes each and get players to stretch during breaks (two minutes duration).

The football players gain one point each

time one of their balls is hit.

The team with the lowest score wins.

Rotate players to ensure that each player gets an even number of turns at football and handball.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor players performance and application to the task

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Demand good technique with passing and receiving.
- Ensure players are moving fluently and looking to receive the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Players should be busy and communicating while passing the ball in the group.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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