

# HAND BALL

- Organization:** Two equal small-sided teams, one ball.
- Structure:** If possible, adjust the field size and goals to appropriate size (smaller players = smaller field).
- Procedure:** This is a regular soccer game except you use your hands not your feet to move the ball down the field. Every player can go anywhere on the field, but you can only take one step with the ball in your hands. Move the ball down the field by throwing and catching from teammate to teammate. In order to score one player throws to another player that volleys or heads the ball into the goal. Whoever touches the ball last before it hits the ground loses possession to the other team.
- Coaching:** In order to move the ball the players without the ball need to be moving into supporting positions to receive the ball. Pass and move in order to receive a return pass.
- Try to figure out where you are going to pass next before you receive the ball so you can play fast and catch the opponent off balance. Develops speed of play and helps players get in the habit of thinking ahead and anticipating.