

HANDBALL – WALL BALL

Quick introduction

Wall ball is a team game played by throwing a ball against a wall. The aim of the game is for the next player to catch it after it has bounced only once, and throw it back against the wall. Wall ball is a game of strategy where players compete against each other to catch their peers out.

Getting started

- This game is quick and easy to play with just a wall and a ball.
- A group of players form a line facing a wall, (ideally a sports hall, gym or school hall with clear wall space), between 5m and 10m away.
- The first player begins by throwing the ball at the wall, before joining the back of the queue.
- Player two can allow the ball to bounce once before they catch it. They must then throw the ball at the wall before joining the back of the queue.
- Player three repeats, and so on.
- A player is eliminated from the game when the ball bounces more than once.
- The player remaining at the end of the game wins.

Equipment required

- A suitable wall ideally inside but the game can be played outside.
- One handball per team (or any other ball which can be comfortably gripped in one hand).
- Floor lines or safe marker cones.

Health and safety points

- Use a soft ball that can be gripped easily by all the participants.
- Ensure the wall is clear of all windows and signs.
- Ensure the surface of the sports hall is free of any spillages or objects.
- Ensure all the participants in line facing the wall are stood behind a designated distance maker; this can be a pre-existing line in the sports hall.



HANDBALL – WALL BALL

PHYSICAL ME

- Ensure participants are using the 'elbow over shoulder' technique to throw the ball.
- Discourage chest passes or underarm throws.
- Ensure speed of play and quick decision making.
- Encourage participants to outwit opponents.

SOCIAL ME

Leading and volunteering

- Officials and leaders can be used to ensure the smooth running of the competition.
- Officials can check that no players in the line step over the designated distance marker between the wall and the teams.
- Other volunteers can count the bounces and decide when participants are eliminated from the competition.

Think inclusively (STEP)

Space

- Position the targets closer together to make it easier to hit them.
- Use a larger area to accommodate participants in wheelchairs.
- Add zones to the area; each zone for use by participants with differing disabilities.

Task

- Allow players with upper body impairments to use a ramp to send the ball.
- Allow SEN/disabled players to throw underarm or roll the ball.

Equipment

- Use larger objects as targets in the middle third to make the game easier.

People

- Encourage team-mates to give SEN/disabled players a ball if they are unable to pick them up from the floor.
- Support those able to move less freely by using a volunteer to work with them to retrieve balls for them.

THINKING ME

- How can I make sure the ball doesn't bounce more than once before I receive it?
- How can I outwit the opponent behind me by ensuring the ball bounces away from them?
- How hard should I throw the ball?

SPORTING ME

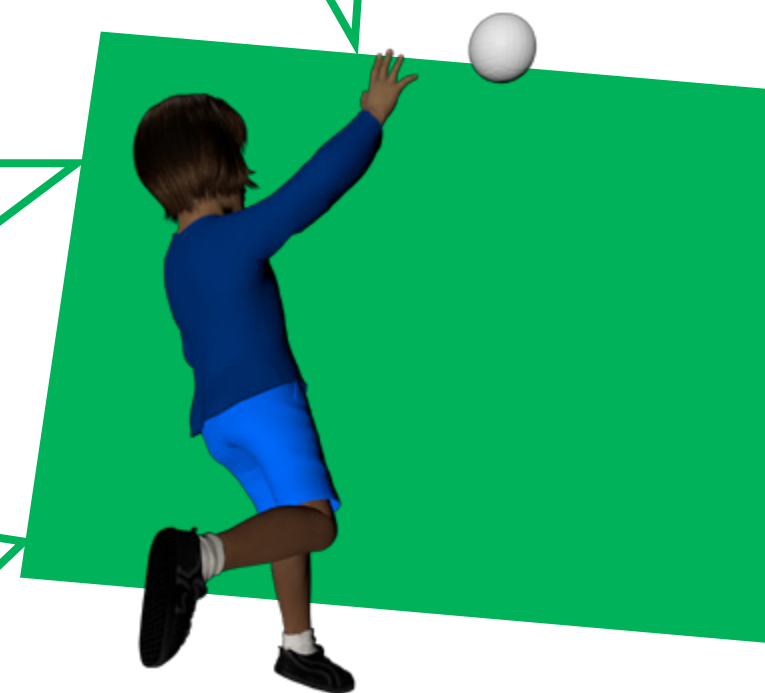
Spirit of the Games



I will always give my best, every time I play.

TACTICAL ME

I always try to read my opponent's throw, so I can be best placed to get to the ball before it bounces more than once.



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HANDBALL – SHOOTING STARS

Quick introduction

Shooting stars is a developmental game focused on the technique of shooting in handball. This competitive challenge can accommodate a large number of participants and be played in nearly any available space (indoor or out). The aim of the game is to shoot at targets, which are placed in the middle of two opposing teams. The winning team is the one that moves more targets into the opposition's zone.

Getting started

- Split the group into two even teams.
- Mark out a large area with a dividing line down the middle, halfway between the two teams.
- Place any objects from your PE store (cones, balls or skittles) on the halfway line.
- Give each team a number of handballs.
- Some players can act as ball retrievers to keep the game flowing.
- The aim of the game is for all players to shoot at the objects in the middle; any object that team one manages to move into team two's half, is a point to team one.
- The game is played for as long as you see fit, but after the allotted time period, the team with the fewest objects in their half wins.

Equipment required

- Several handballs per team.
- Between 15 and 25 objects as targets.
- Floor markers or safe marker cones.

Health and safety points

- Make all players aware that multiple balls will be thrown at any one time.
- Use softer balls for shooting and soft target objects where possible.
- Use brightly coloured objects and balls where possible to increase visibility.
- Ensure the surface of the sports hall is free of any spillages or objects.
- Ensure ball retrievers throw or roll the balls safely back to the players.



HANDBALL – SHOOTING STARS

PHYSICAL ME

- Encourage shooting with one hand.
- Shoot with a high arm and use the 'elbow over shoulder' technique.
- Throw, don't push the ball.
- Balance the need for power with the need for precision.

SOCIAL ME

Leading and volunteering

- Score keepers should work with each team to count how many objects enter their respective halves.
- Volunteers should work around the playing area to retrieve stray balls as soon as possible.

Think inclusively (STEP)

Space

- Position the targets closer together to make it easier to hit them.
- Use a larger area to accommodate participants in wheelchairs.
- Add zones to the area; each zone for use by participants with differing disabilities.

Task

- Allow players with upper body impairments to use a ramp to send the ball.
- Allow SEN/disabled players to throw underarm or roll the ball.

Equipment

- Use larger objects as targets in the middle third to make the game easier.

People

- Encourage team-mates to give SEN/disabled players a ball if they are unable to pick them up from the floor.
- Support those able to move less freely by using a volunteer to work with them to retrieve balls for them.

THINKING ME

- How can I ensure I hit the target with both power and accuracy?

SPORTING ME

Spirit of the Games



Respect your opponents at all times and never try to endanger them during the game.

TACTICAL ME

I always try to know my target before I get the ball.



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HANDBALL – ROB THE NEST

Quick introduction

A ball familiarisation practice where large groups can take part in four teams. Teams must travel from their area, one person at a time, to retrieve a ball and bring it 'home'. The team with the most balls home when the nest is empty wins.

Getting started

- Set up five areas, as shown, with a home for each team and one 'nest' which all the teams face.
- Mark out the areas with floor lines or safe marker cones. Fill the nest with handballs or any other balls which can be easily gripped.
- One participant at once, from each team, races into the nest and retrieves a ball.
- On their return, they place the ball down and another team-mate travels to the nest to retrieve a ball.
- The team with the most balls in their home territory when all the balls have been taken from the nest wins.
- Progress the game by encouraging participants to pass the ball back to their team rather than carrying it.

Health and safety points

- Ensure that the children look where they are going and do not clash when competing for balls in the nest.
- Ensure the surface is dry and clear of spillages.

Equipment required

- Enough balls (handballs or tennis balls) for the size of the teams playing (N.B. It's important to use an odd number of items in the nest in order to produce a winner at the end of the game).
- Floor lines or safe marker cones.
- Coloured bibs to distinguish the teams.



HANDBALL – ROB THE NEST

PHYSICAL ME

- Encourage good co-ordination and ball control skills when approaching the ball and gripping it.

SOCIAL ME

Leading and volunteering

- Volunteers should be used as officials to ensure only one player from each team travels to the nest at once.
- Score-keepers are required to count how many balls each team finishes the game with.

Think inclusively (STEP)

Space

- Decrease the space between each team's home and the nest to make the game easier.

Task

- Place some balls on a chair in the nest zone that can be retrieved by SEN/disabled players.
- Participants with upper body impairments should travel with a guide to aid in collecting the balls from the nest.

Equipment

- Use a range of different sized balls in the nest to enhance SEN/disabled players ability to retrieve them.

People

- Ensure children with visual impairments use a large ball and have a clear run to the nest.
- Allow SEN/disabled players to work with a helper or guide to pick up the balls and return to the home area.

THINKING ME

- I will always be as quick as I can and as alert as possible.

SPORTING ME

Spirit of the Games



I'll always play to the rules. I'll never leave home until my team-mate has returned with a ball.

TACTICAL ME

I should consider which ball is closest, retrieve it and bring it home so I can save time.



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