

Handball Year 7&8 / 9&10

BUCKS
AND MK



SQUAD

7 players per team

Year 7&8 Girls

Year 7&8 Boys

Year 9&10 Girls

Year 9&10 Boys

You can enter up to 3 teams per event.

A player can only be in 1 team.

EQUIPMENT

Goal: 3m wide x 2m tall

Cones / lines for 6m mark

Handballs

Stop watch

SCORING

How many times can the team hit the crossbar in 90 seconds?

1 point every time the crossbar is hit.

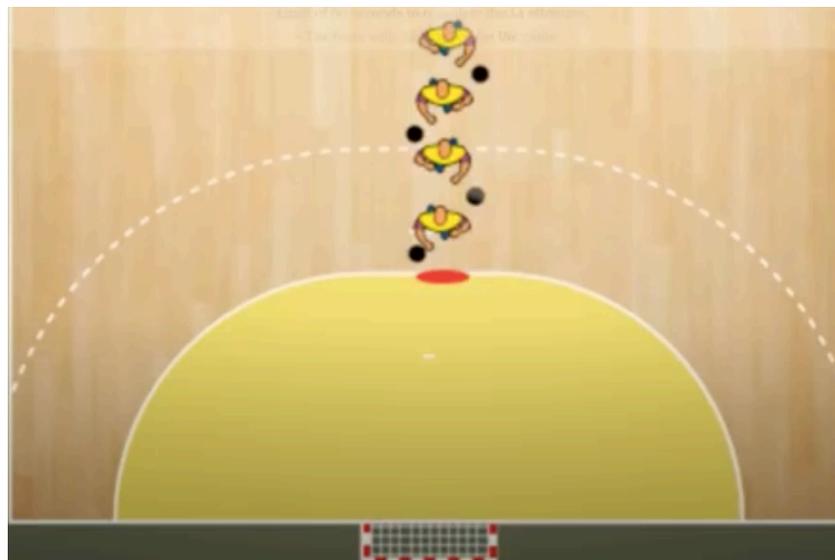
INSTRUCTIONS

Mark 6m away from the centre of the goal

Players take it in turns to throw the ball from the 6m line.

Players must rotate in the same order.

The team has 90 seconds to see how many points they can score.



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