

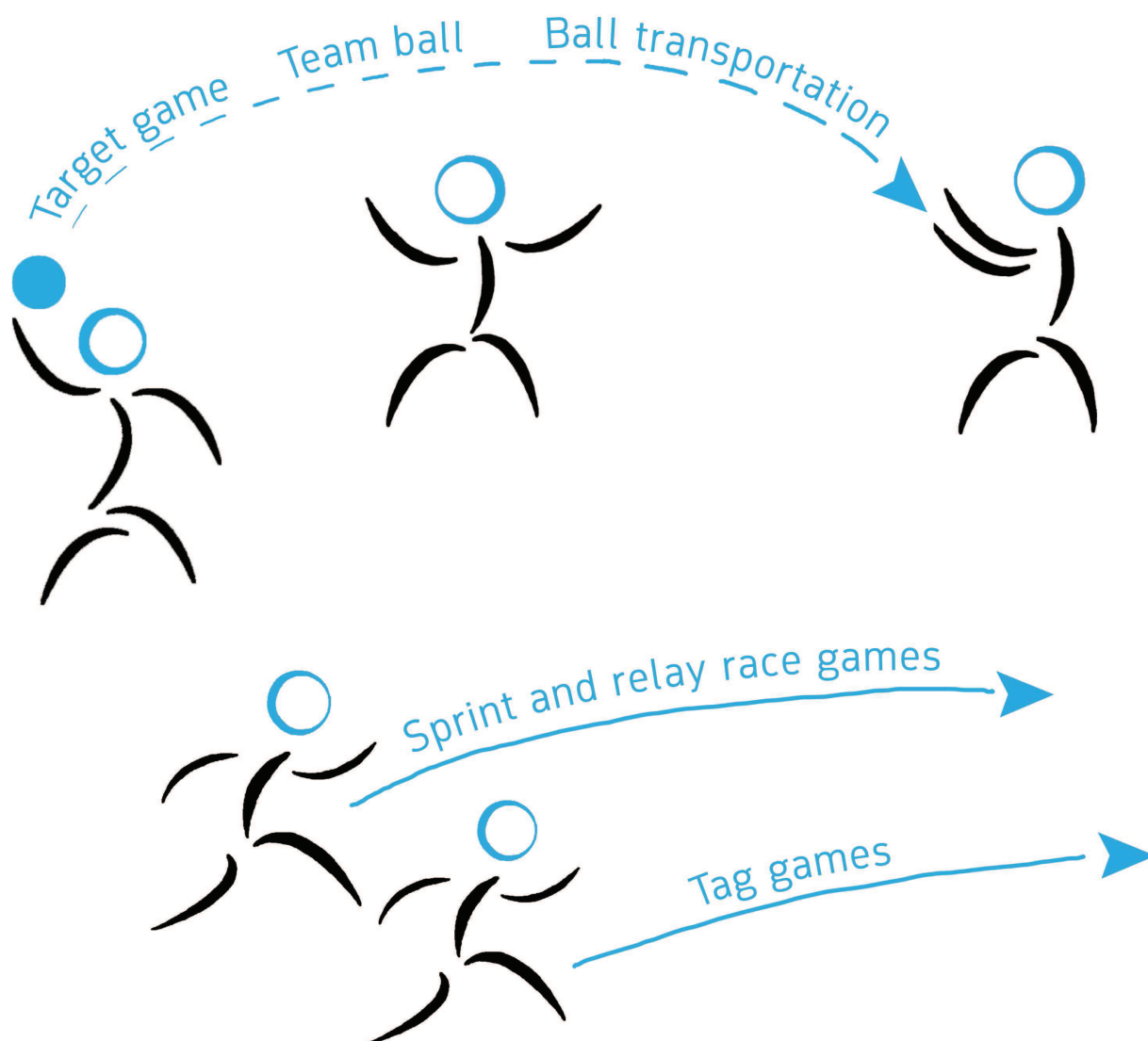
Jörg Madinger



Competitive games for your everyday handball training

60 exercises for every age group

60
exercises



handball-uebungen.de
Training units and exercises for your training!

Introduction

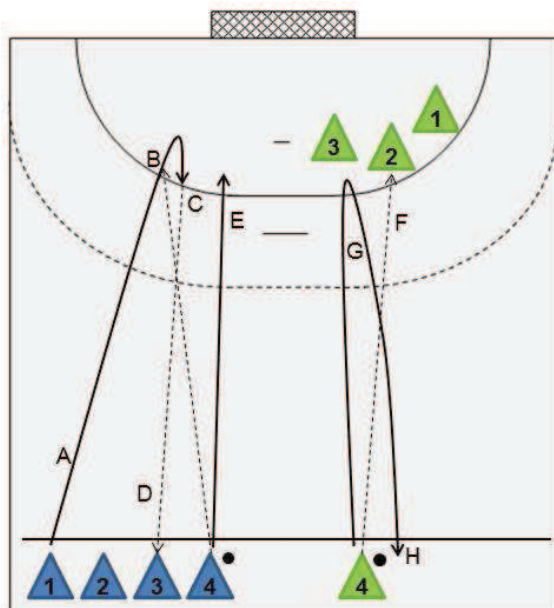
Handball needs quick and correct decisions in each game situation. This can be trained playfully and diversely through handball-specific games. These 60 exercises are divided into seven categories and train the playing skills.

The book deals with the following subjects:

- Team ball variants
- Team play with different targets
- Tag games
- Sprint and relay race games
- Ball throwing and transportation games
- Games from other types of sports
- Complex closing game variants

The exercises are illustrated and described in an easy, comprehensible manner. They can be immediately integrated in every training unit. Various difficulty levels, additional notes, and possible variations allow for adjustment to each age group and group size.

Sample figure:



1st English edition released on 31 Mar 2017
German original edition released on 18 Sep 2015

Published by DV Concept
Editors, Design and Layout: Jörg Madinger, Elke Lackner
Proofreading and English translation: Nina-Maria Nahlenz

ISBN: 978-3-95641-186-1

The book and its contents are protected by copyright. No reprinting, photomechanical reproduction, storing or processing in electronic systems without the publisher's written permission.

Contents:

No.	Name	Players	Difficulty level	Page
Category: Team ball variants				
1	Team ball: Basic version and variant	6	★	5
2	Team ball with additional running exercises	6	★	6
3	Team ball with moving 1	8	★	7
4	Team ball with mats	8	★	8
5	Team ball with hoops	8	★	9
6	Team ball with boxes	8	★	10
7	Team ball with 4 targets	8	★	11
8	Power team ball	8	★	12
9	Team ball on four side lines	12	★★	13
10	Team ball with subsequent action	10	★★	14
11	Team ball with two different exercises	12	★★	15
12	Team ball with subsequent exercise	16	★★	16
13	Team ball with change of playing field	8	★★	17
14	Team ball with fast break	9	★★	19
15	Team ball with cone goals and team exercise	8	★★	20
16	Team ball with moving 2	8	★★	21
Category: Team play with different targets				
17	Bucket ball	8	★	22
18	Pyramid ball	6	★	23
19	Pass to player behind the line	10	★	24
20	Kempa with safety mat	8	★	25
21	Playing with 3 vaulting boxes	8	★	26
22	Touch ball with safety mat	8	★★	27
23	Diagonal team ball in 4 teams	10	★★	28
24	Laying down the ball and bridging playing fields	10	★★	29
25	3:2-outnumbered competition	12	★★	30
26	Dice ball with additional exercise	10	★★	31
Category: Tag games				
27	Tag rally	6 (12)	★	33
28	Team tag on two fields	10	★	34
29	Sprint competition with playing cards	6	★	35
30	Chasing competition	6	★	36
31	Rope tag	8	★	37
32	"Ball holding means safe" play tag	9	★★	37
33	Play tag with ball	8	★★	38
34	1-on-1 play tag	6	★★	39

No.	Name	Players	Difficulty level	Page
Category: Sprint and relay race games				
35	Game of pairs with sprint	6	★	40
36	Sprint course with playing cards	6	★	41
37	Medicine ball relay race	3	★	42
38	“Going to Jerusalem” rope skipping	6	★	43
39	Collecting playing cards and throwing at the basket	6	★	44
40	Corner sprint on command	6	★	45
41	Sprint competition with two groups and different exercises	10	★★	46
42	Team pendulum relay race	8	★★	47
43	Sprint relay race with passing	8	★★	48
44	Coordination sprint competition	8	★★	49
45	Medicine ball transportation with sprint relay race	8	★★★	50
Category: Ball throwing and transportation games				
46	Ball throwing competition	8	★	51
47	Pushing the ball	6	★	52
48	Transportation relay race	6	★	53
49	Ball transportation and shooting	8	★	54
50	Ball transportation by passing	12	★	55
Category: Games from other types of sports				
51	Soccer in pairs	8	★★	56
52	No-look ball	6	★★	57
53	2-on-2 intensive soccer variant	12	★★	58
54	Endurance run with basketball	8	★★	59
55	Dribbling-and-passing soccer	8	★★	60
Category: Complex closing game variants				
56	Competition with defensive/offensive action	9	★★	61
57	3-on-3 with running player	14	★★	62
58	Competition with defensive/offensive action 2	12	★★	63
59	Handball with team completion	11	★★	64
60	Beach handball variant	12	★★	65

Editor's note

Further reference books published by DV Concept

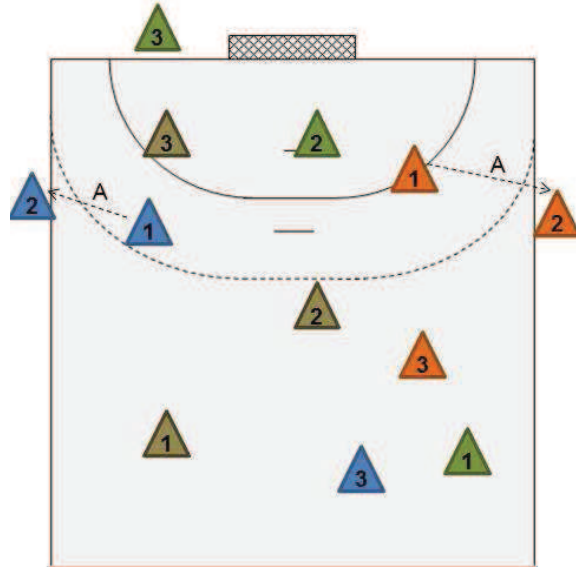
No. 9	Team ball on four side lines	12	★★
Equipment required:	1 handball, ½ playing field		

Setting:

- Make 4 teams of at least 3 players.

Course:

- The teams play team ball against each other.
- The players play towards one of the side lines; they score points by laying down the ball behind the line (A).
- Which team will play towards which side line will be figured out during the game.
- The players who manage to lay down the ball behind a free line “own” this line throughout the whole game.
- The players who laid down the ball must leave the ball there immediately for the other teams.
- A player of another team may now pick up the ball and start playing towards his team’s line.
- Dribbling is allowed.



Exercise/objective:

- The players must adjust quickly and fetch the ball swiftly in order to succeed again with their team. The individual tasks change permanently.

Variants:

- Jump shot passes.
- Passing with the non-throwing hand.

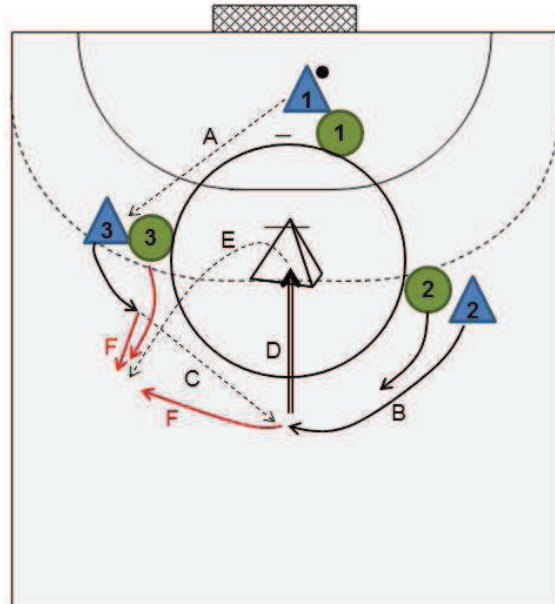
No. 18	Pyramid ball	6	★
Equipment required:	1 handball pyramid, 1 handball		

Setting:

- Draw a circle on the court floor or use already existing lines.
- Put a handball pyramid into the circle (or use a large vaulting box).

Course:

- Two teams play against each other.
- By passing quickly (A and C) and moving in a well-coordinated manner (B), the team in ball possession tries to put a player in a good position so that he can shoot at the pyramid (D).
- Every time a player hits the pyramid, the team scores a point.
- Both teams may try to win the ball (F) as it bounces back from the pyramid (E). The team who catches the ball is the attacking team and tries to score more points. If the team who just scored catches the ball again, they get an extra point.
- Which team scores highest?



Editor's note

In 1995, a friend convinced me to join him in coaching a handball youth team (male, under 13 years of age).

This was the beginning of my career as a team handball coach. Ever since I enjoyed working as a coach and had high requirements concerning my exercises. Soon, the standard pool of exercises wasn't enough for me anymore and I started to modify and develop drills myself.



Today, I coach a broad range of youth and adult teams with different performance levels and adjust my training units to the individual needs of the teams.

A few years ago, I started selling my exercises and drills online at handball-uebungen.de. Since, in handball training, there is a tendency towards a general athletic training that focuses on coordination work – especially in the training of youth teams –, a large number of my games and exercises can be applied to other sports as well.

Get inspired by the various game concepts, be creative, and rely on your own experiences!

Milestones of my career as a coach

- As of July 2012: A-License, DHB
- As of November 2011: Editor (handball-uebungen.de, Handball Practice, and Special Handball Practice)
- 2008-2010: Youth coordinator and youth coach, SG Leutershausen (Germany)
- Since 2006: B-License

Yours sincerely,
Jörg Madinger