

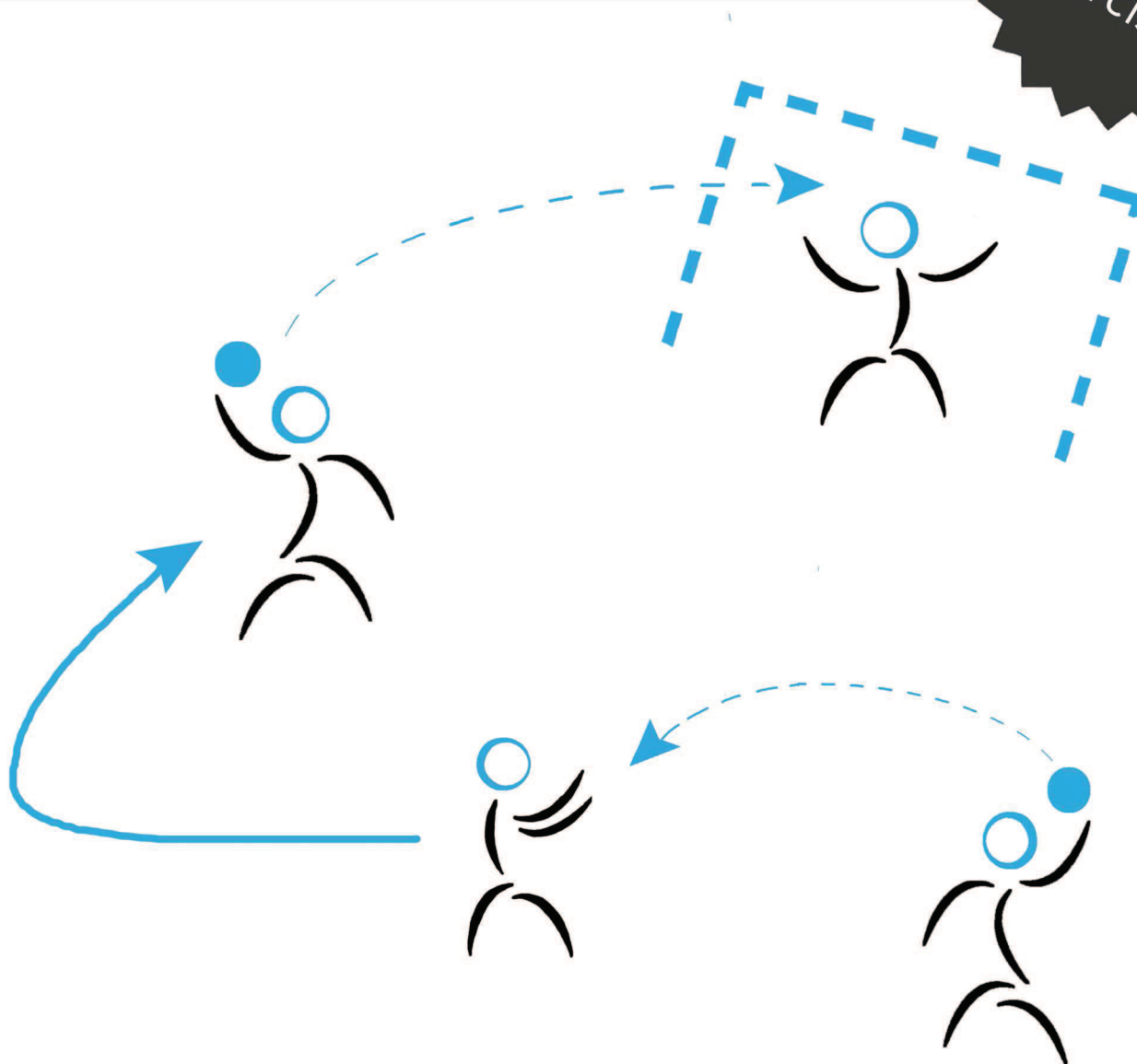


Jörg Madinger

Varied handball shooting drills

60 exercises for every handball training unit

60
Exercises



Introduction

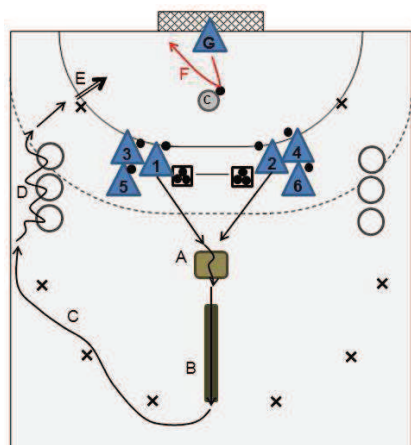
Shooting is a central component of team handball and must be practiced and improved regularly. Therefore, it is reasonable to integrate shooting series into training units from time to time. This collection of exercises contains 60 comprehensible practical drills focusing on this subject. They can be integrated in every training unit.

The exercises are divided into the following six categories and three difficulty levels (easy, medium, difficult):

- Technique
- Shooting at fixed targets
- Series of shots at the goal
- Shooting training for specific playing positions
- Complex series of shots
- Shooting competitions

With these options, you can easily make your shooting trainings more diverse and create new approaches for every age group. Additional notes and possible variations should inspire you to further modify the exercises and to adjust them to your players' level of performance.

Sample figure:



1st English edition released on 18.03.2017
German original edition released on 04 Nov 2015

Published by DV Concept
Editors, Design and Layout: Jörg Madinger, Elke Lackner
Proofreading and English translation: Nina-Maria Nahlenz
ISBN: 978-3-95641-088-8

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Editor's note

Further reference books published by DV Concept

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|----------------------------|---|---|---|
| No. 10 | Series of shots at defined targets | 7 | ★ |
| Equipment required: | 1 large vaulting box, 2 cones, 1 deck of playing cards, 1 handball per player | | |

Setting:

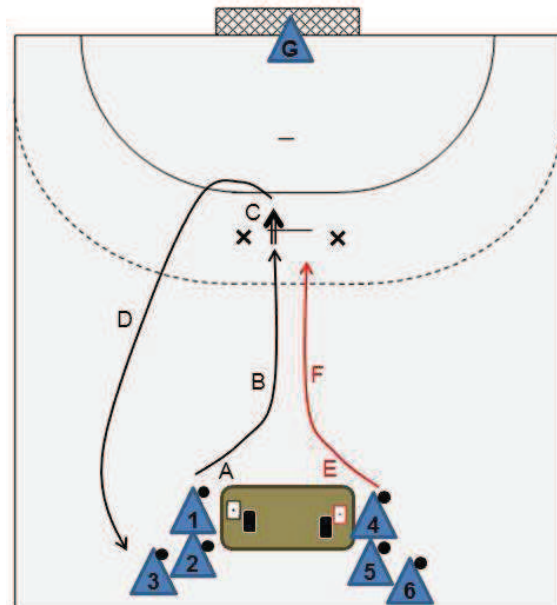
- Put two piles of cards upside down on top of the large vaulting box.
- The shooting corridor is defined with two cones.
- Each card suit is assigned a goal corner.

Course:

- **1** starts and flips the first card (A).
- **1** dribbles towards the cones and shoots at the goal (B and C).
- **1** tries to hit the corner assigned to the card suit.

If **1** succeeds, he gets three points for his team. If **1** hits one of the other corners, he gets one point for his team. If he does not hit the goal at all, he does not get a point.

- Afterwards, **1** runs back to his team (D) and **4** starts (E and F).



Competition:

- Which team gets the most points with their pile of cards?

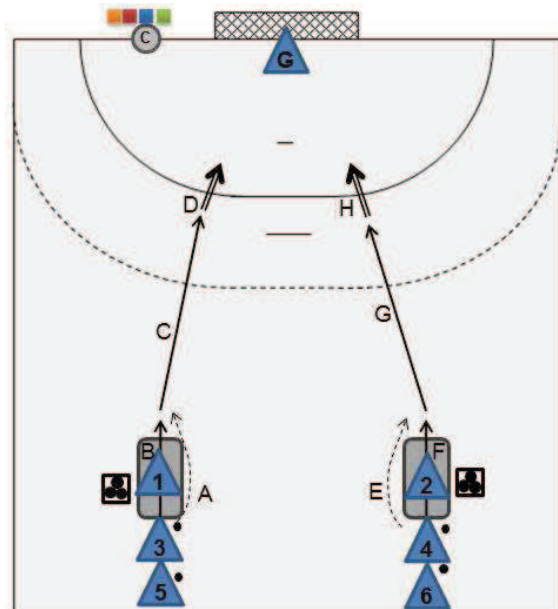
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| No. 16 | Series of shots at defined corners | 7 | ☆☆ |
| Equipment required: | 2 small gym mats, 4 cards in different colors, 2 ball boxes with sufficient number of handballs | | |

Setting:

- Position the mats as shown in the figure.

Course 1:

- **1** and **2** stand on the mat with their feet shoulder-width apart.
- **3** throws his handball over **1** (A), crawls through the legs of **1**, and catches his handball (B).
- Afterwards, **3** dribbles towards the goal (C) and shoots (D).
- While the player approaches the goal (C), the coach shows one of the colored cards, which indicates the goal corner at which **3** must shoot (e.g., green: bottom right, blue: top right, red: bottom left, orange: top left).
- While **3** is shooting (D), **4** starts the same drill on the other side (E-H), etc.



Variant on the mat:

- **1** and **2** stand on the mat and bend forward with their arms resting on their knees.
- **3** throws his handball over **1** (A), jumps over **1**, and catches his handball. (B) → leap.

! The players should catch their handball in the air immediately after the crawling/leaping, if possible.

! Even if they made a mistake in the previous exercise, the players should nevertheless secure their ball quickly and shoot at the goal (according to the card shown).

! Substitute **1** and **2** regularly.

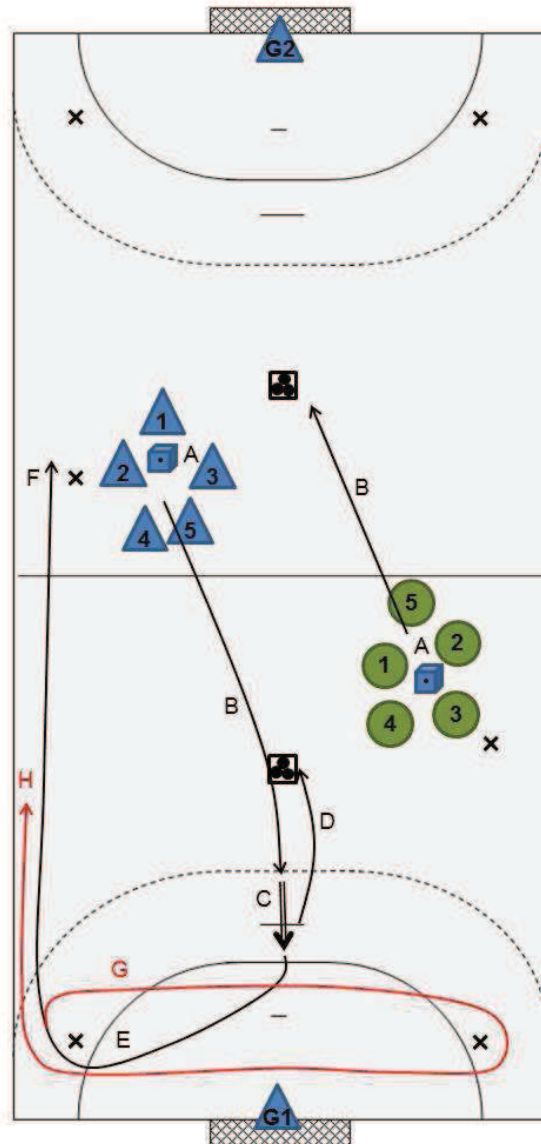
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| No. 60 | Sprint-and-shoot relay race with dices | 12 | ☆☆☆ |
| Equipment required: | 6 cones, 2 dices, 2 ball boxes with two handballs each | | |

Setting:

- Two teams stand as shown in the figure, each with a dice and a ball box containing two handballs.

Course:

- On command, both teams start the course in parallel.
- **1** and **1** roll the dice (A), run to the ball box, pick up a ball (B), and shoot at the goal from the 9-meter line (C).
- If the dice shows an even number, they may only shoot once. If the dice shows an uneven number, they run back to the ball box, pick up a second ball, and shoot at the goal once again.
- After the shot/the two shots, the players must put the balls back into the ball box first.
- If they hit the goal with each shot, they run around the cone and back to their team immediately (E) and the next player starts the drill (F).
- For each missed shot, the shooter must run around the two cones once (G) and afterwards sprint back until he arrives at the other cone (H).
- The players of which team manage to complete the drill once (twice) first?



! If the dice shows 1, 3, or 5: shoot once. If the dice shows 2, 4, or 6: shoot twice.

! If the player scored once/twice: run back immediately (F). If the player missed once: run around the cones once (G). If the player missed twice: run around the cones twice (G).