

# MINI-HANDBALL



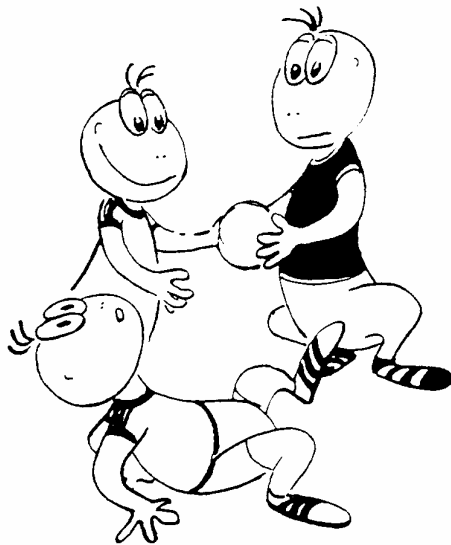
CANADIAN TEAM HANDBALL FEDERATION  
FÉDÉRATION CANADIENNE DE HANDBALL OLYMPIQUE

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# MINI-HANDBALL

Mini-handball is a pamphlet from the European Handball Federation (EHF) and the International Handball Federation (IHF).

The original pamphlet is presented in French, English and German simultaneously. We retyped it in English to make it more readable for Canadian coaches and teachers.



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# 1. FORWARD TO MINI-HANDBALL

Mini-Handball or Children's Handball should be understood as a "philosophy", the basis of which is essentially a ball game for children. This philosophy should on the one hand bring value to the children's game, i.e. involving fun, enjoyment and positive experiences, but on the other hand it should also bear reference to the methodic and didactics of sport tuition for children of primary school age (about 6-10 years old). Mini-Handball is therefore in our opinion, just as suitable for the school as for the handball club, but indeed particularly good for sports festivals and camps.

What is offered to boys and girls of primary school age should be oriented around play, practicing in the form of game, and the integration of goals in guidance towards social awareness. For our game this means that experiencing exercise, basic motor skills and coordination are just as important as is the development of specific games concepts such as "Team Spirit" or "Fair Play" ("With Each Other" and "Against Each Other"). The game and the experience should always be kept in the foreground, the result and achievement further in the background. Mini-Handball is not adults' Handball. Training and tactics should not be involved. Simple rules should help the children to "play ball". Mini-Handball is animation.

Our international working group has tried to define the most important corner-stones of the framework of the philosophy behind "Mini-Handball". The EHF/IHF pamphlet "Mini-Handball" should give some practical recommendations as to the direction in which the ball game should be practiced with children. It should also provide the stimulation to create activities in the field of Children's Handball. This pamphlet is also a supplement to the EHF/IHF promotion video "Mini-Handball".

We are aware that many countries have already been working very intensively and for a long time in this area. Every national association should therefore develop its own strategies in setting activities for children. The specific requirements in individual countries may differ - but so do the possibilities of what can be put on offer to the children in the way of ball games. Let us not forget that finding time for the smallest members of our handball family could one day bring its rewards. Our brochure should be of help in finding an effective and practical way of doing this!

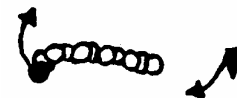
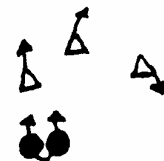
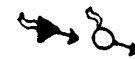
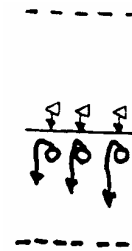


## 2. MINI-HANDBALL-IDEAS FOR TEACHING

### A. Level 1: "Me and the ball"

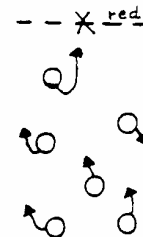
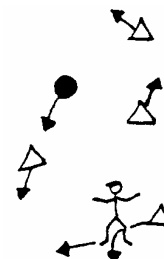
#### Warming-up

1	<p><b>Day and Night</b> Two teams stand facing each other on either side of a line. Upon the call "Day!" the "Day"- team chases the "Night" -team, which must then try to cross over a line to safety.</p>
2	<p><b>Stealing the colored bands</b> Each player secures one end of a colored band in his/her waist band. Who can steal the most bands before the end?</p>
3	<p><b>Catching in pairs</b> A pair tries to catch the other players in the gym. When they catch someone they form a group of three. On reaching a fourth person they than split into two pairs etc..</p>
4	<p><b>Hen and Hawk</b> 5-6 players stand in a line behind done "hen", holding on to each others waists. Now a "hawk" tries to catch the hen at the back.</p>





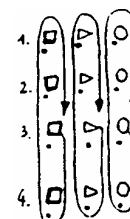
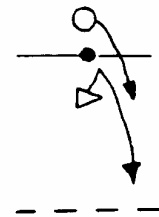
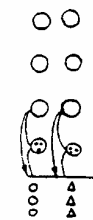
5	<p><b>Head bites tail</b> Same formation as for 4. The player at the front must try to "tig" (touch) the player at the back.</p>
6	<p><b>Double-bed</b> The players lie in pairs, spread out on the floor of the gym. One player chases a "rabbit". When the rabbit lies down in a "double-bed", the player lying the furthest away becomes the new "rabbit".</p>
7	<p><b>Catch and rescue</b> One player tries to tig as many others as possible. A "tigged" player must then stand still with his/her legs apart. S/he is rescued when another player crawls through his/her legs.</p>
8	<p><b>Colours game</b> The players run at random around the gym. Upon the command of the coach or one of the players, a certain color must be touched as soon as possible.</p>



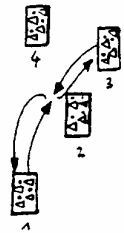
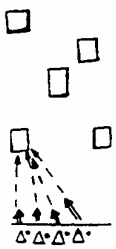
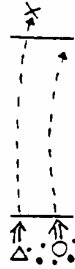
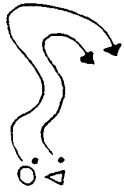
## Learning

Carrying, rolling, throwing, passing

1	<p><b>Get the ball</b> In pairs. Each player takes it in turns with his/her partner to get a ball from the area on the other side of the gym. Which pair has the most balls?</p>
2	<p><b>Operation transport</b> Groups of 3-5. Each player must move one ball from the nearest ring to the next one along. The next player may start when the previous player hits his/her hand.</p>
3	<p><b>Steal the ball</b> The players stand in pairs on either side of the centre line. They are not allowed to cross it. Each player must try to take the ball to behind his/her base-line without being touched by his/her opponent.</p>
4	<p><b>Rolling slalom</b> The players must roll the ball around posts, skittles and other obstacles.</p>
5	<p><b>Numbers race</b> Groups of four. Each player has a ball. The players whose number is called out must run around their group, carrying or rolling their ball.</p>



6	<p><b>Master and his dog</b> Each pair has a ball. The "master" runs around the gym, rolling the ball. The "dog" must do his/her best to keep up with the master.</p>
7	<p><b>Throwing over a distance</b> Each player tries to throw a ball over a certain distance. If s/her succeeds, s/her may use a larger ball (e.g. tennisball, mini-handball, handball, football, basketball, heavy ball etc..).</p>
8	<p><b>Target practice</b> Each player must hit the secured targets with his/her ball from the base-line., Each hit earns one point. The winner is the player with the most points.</p>
9	<p><b>Swapping balls</b> The children stand in groups of equal size on mats in the gym. Upon the command, the children called out must exchange their balls with those of another group.</p>
10	<p><b>Parcours</b> Groups of three. A runs with the ball, puts it down, turns head-over-heals, picks up the ball and gives it to C etc..</p>

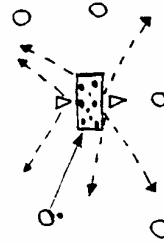




## Putting it into practice



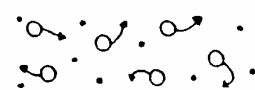
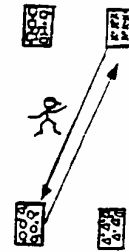
1	<p><b>Empty the box</b> One or two players must try to empty the box by throwing the balls out in all directions. The other players must try to put the balls back into the box as quickly as possible.</p>
2	<p><b>Transport to the stars</b> All the balls are placed in the box in the middle of the gym,. Upon the command, each team must try to take as many balls as possible over to its own box.</p>
3	<p><b>Transport competition</b> Team A tries to take as many balls as possible over to box B, and Team B vice-versa. After a certain period of time, the game is stopped and the balls counted.</p>
4	<p><b>Transport competition 2</b> Same game as transport competition1, but each half of each team is only allowed to move in one half of the gym. In the middle of the gym the balls must be passed to a partner who is allowed to carry them to the destination box.</p>



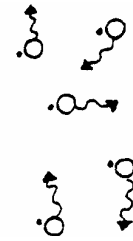
## B. Level 2: "With Each Other"

### Warming-up

1	<p><b>Traffic policeman</b> Four groups stand on a mat, one in each corner of the gym. Each player holds a ball. The traffic policeman in the middle of the gym indicates which groups are allowed to swap places.</p>
2	<p><b>Save yourself, if you can</b> Each player rolls his/her ball between the mats and around the gym. Upon the leader's whistle, the players must pick up their ball and reach safety on a mat island.</p>
3	<p><b>Look for the ball</b> Each child puts his/her ball on the floor and must run at random around the gym. At the command of the leader, each must find a ball.</p>
4	<p><b>Who doesn't get a ball</b> Same game as 3, but in the meantime the leader must remove one ball so that there is one too few on the pitch. Who doesn't get a ball?</p>
5	<p><b>Gold rush</b> Each player must get a ball from the other side of the gym as quickly as possible. Start off from a kneeling position, curled in a ball, lying on tummy or back etc..</p>



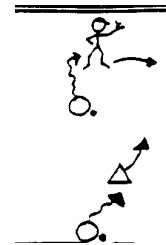
6	<p><b>Rolling the ball</b></p> <p>The players must roll the ball around the gym according to ideas and suggestions from the children (with their heads, elbows, tummies, whilst walking in a crab etc..).</p>
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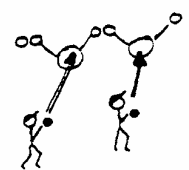
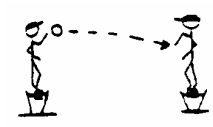
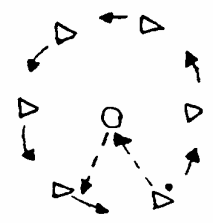
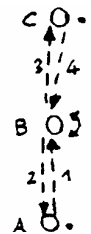
### Learning

Bouncing, passing, catching, aiming

1	<p><b>Count the number of fingers</b> In pairs. One player bounces the ball along, and without stopping, must try to count the number of fingers his/her partner is holding out.</p>
2	<p><b>Master and his dog (bouncing)</b> In pairs. Each player keeps a ball bouncing. The "master" takes a walk around the gym, while the "dog" must keep as closely to his/her master's side as possible.</p>
3	<p><b>Bouncing in a ring</b> In pairs. Both players stand around a ring and must try to bounce the ball over to each other. The ball may only bounce once, and further more only on the floor inside the ring.</p>
4	<p><b>Chain of rings</b> Each player must try to bounce the ball as far along the chain of rings as possible. The ball may only be bounced once in each ring!</p>

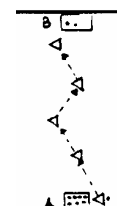
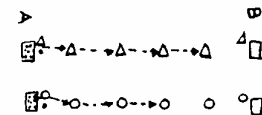
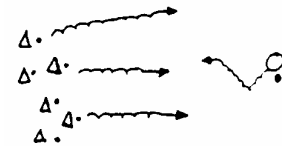
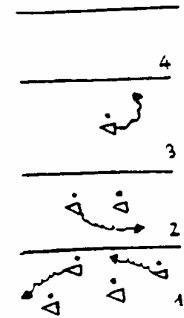
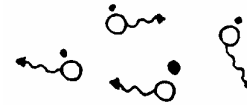


5	<p><b>Passing in threes</b> Player A plays a double pass with player B, after which player B turns round and plays a double pass with player C etc..</p>
6	<p><b>Passing in a circle</b> The King in the middle must play a double pass with each player on the outside as quickly as possible. The outside players can also start to go round slowly in a circle,</p>
7	<p><b>Balancing and passing</b> In pairs. Each player stands on a bench and must pass the ball to his/her partner. In between passes each player must quickly try to touch the bench with his/her hand.</p>
8	<p><b>Throwing through rings</b> The players must try to throw the ball through the rings hung up somewhere in the gym. Vary the height and distance!</p>
9	<p><b>Throwing at a target</b> The players must try to shoot down all the skittles, bats, boxes or other objects off the bench.</p>
10	<p><b>The monster</b> The coach, covered by a mat, moves from box to box. Who can shoot the monster?</p>

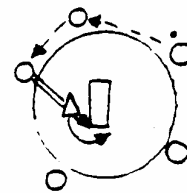
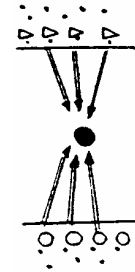
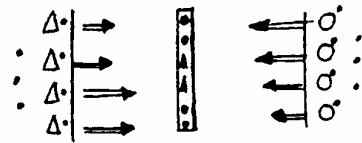
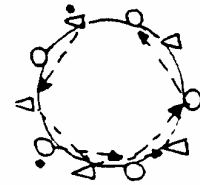


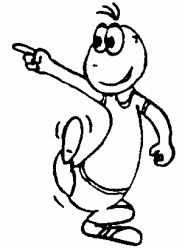
## Putting it into practice

1	<p><b>Catch (with bouncing)</b> Every player bounces a ball. The "chaser" bounces a special ball. Whoever is caught must swap his/her ball with the chaser.</p>
2	<p><b>King bouncer</b> Each player bounces his/her own ball. Everyone starts off in the first lane. Whoever loses control of his/her ball must move into the second lane. It is allowed to try to play another player's ball out of his/her control. Who can stay in the first lane the longest?</p>
3	<p><b>Wicked man (with bouncing)</b> The players must try to bounce their balls from one side of the gym to the other. The "wicked man" tigs the players. Whoever ist tiggged, helps the "wicked man".</p>
4	<p><b>Passing along a conveyor belt</b> Each team must try to transport the balls from A to B as quickly as possible, by passing the ball from player to player.</p>
5	<p><b>Zig-zag passing</b> Same game as 4. This time the balls are passed from A to B in a zig-zag line.</p>



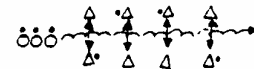
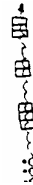
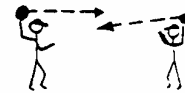
6	<p><b>Heated passing around a ring</b> Two teams stand in a ring (A, B, A,B, A, B etc..) Team A must pass the ball around the ring as quickly as possible. Team B begins on the opposite side and must try to be quicker than team A.</p>
7	<p><b>Knock the balls off the bench</b> Benches are lined-up in the middle of the gym, with heavy balls on top. From the base-lines, two teams with equal numbers of balls must aim at the targets. Who can hit the most heavy balls?</p>
8	<p><b>Shifting the ball</b> A single light-weight ball is placed in the middle of the gym. Two teams must try, by shooting accurately from the outside lines, to push the ball over their opponent's line.</p>
9	<p><b>Siege in a ring</b> A player in team A hides behind a box. Team B must play the softball in an attempt to hit player A. If player A is hit s/he is immediately replaced by the next player from team A.</p>



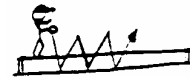
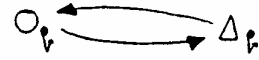


**C. Level 3: "Against Each Other" Warming-up**

1	<b>Differentiation 1</b> The players throw two different-sized balls to each other, either at the same time or in turns.
2	<b>Differentiation 2</b> Bouncing the ball over different surfaces (e.g a track covered at intervals by mats).
3	<b>Orientation 1</b> The players must throw a ball up, turn head-over-heels and try to catch it again.
4	<b>Orientation 2</b> Bouncing a ball along a lane of heavy balls. The heavy balls should be rolled to and from across the lane.
5	<b>Reaction 1</b> In pairs. Both players face a wall, one behind the other. The player at the back must throw the ball against the wall, while the one at the front must try to catch it.



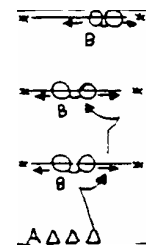
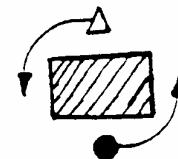
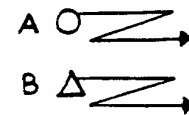
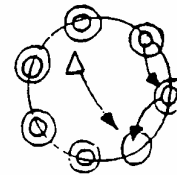
6	<p><b>Reaction 2</b> In pairs. Both players bounce their balls. As soon as one of them changes his/her position, the other one must do the same.</p>
7	<p><b>Balancing 1</b> In pairs. The players must pass the ball across to each other whilst standing on the narrow (e.g. bottom) side of a bench.</p>
8	<p><b>Balancing 2</b> The players must bounce a ball whilst balancing on the narrow side of a bench.</p>
9	<p><b>Rhythm 1</b> The players must run through the hall, whilst simultaneously passing two balls to each other.</p>
10	<p><b>Rhythm 2</b> The players must jump from one ring to the other, whilst at the same time bouncing a ball in the rings at the side.</p>



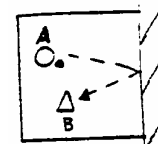
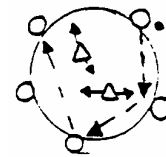
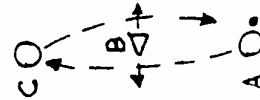
## Learning

Seeking unmarked positions, feinting, defending

1	<p><b>Find yourself in a ring</b> Each player stands in a ring which has been laid out in a circle with the others. One ring remains empty. The player in the middle must try to occupy the empty ring. The players on the outside must try to stop him/her by moving along to the next empty ring.</p>
2	<p><b>Touch the post</b> In pairs. A post is placed to the left and right of the "defender". The attacking player must try to pass the defender and touch one of the two posts.</p>
3	<p><b>Reflection</b> Player A moves sideways. Player B must try to copy his/her movements as closely as possible.</p>
4	<p><b>Catch around the mat</b> Two players stand opposite each other, on either side of a mat. By means of side-steps one must try to catch the other. They must not tread on the mat.</p>
5	<p><b>Fish and net</b> The players of team A try to slip trough team B's net. The players of team B join hands and are only allowed to move sideways.</p>

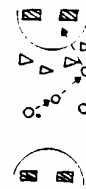
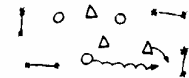
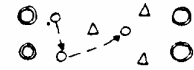


6	<p><b>Tiger ball 2:1</b>A and C pass the ball to each other. The ball may also be passed by bouncing.</p>
7	<p><b>Tiger ball in a circle</b> The players standing in a circle pass the ball to each other. The player(s) in the middle try to stop it.</p>
8	<p><b>Rebound game</b> Player A throws the ball against the wall above a mark. Player B tries to catch it before it reaches the ground (possibly also within a marked-out area).</p>
9	<p><b>Coconut shy</b> The goalkeeper stands in front of two boxes, on top of which are skittles and tins etc.. The players must try to knock the targets off.</p>
10	<p><b>Goalkeeper and shooter</b> Two players stand facing each other, about 8 m apart. Each player defends a mat or box, and must at the same time try to score a goal in his/her opponent's goal.</p>



## Putting it into practice

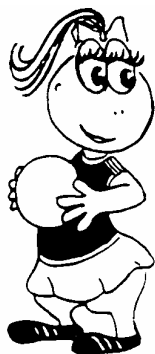
1	<p><b>Snap the ball</b> 3:3 / 4:4. One team tries to pass the ball from one player to another for as long as possible, without the opponent team knocking it away.</p>
2	<p><b>Eggs in the basket</b> 2:2 / 3:3 / 4:4. One team tries to put the ball in one of the rings in the opponents's area, without being touched.</p>
3	<p><b>Defend your city</b> 4:4. The attackers try to play the ball for as long as possible, until there is a break in the chain and the heavy ball can be hit.</p>
4	<p><b>Bench ball</b> 4:4. Game on Mini-Handball pitch. A point is earned every time the ball can be passed to a fellow-player standing on a bench in the goal area.</p>
5	<p><b>Bouncing the ball</b> 3:3 / 4:4. A point is earned every time the team manages to bounce the ball trough the goals. The ball must bounce in front of the goal-line.</p>
6	<p><b>Box ball</b> 4:4. On the Mini-Handball pitch. A goal is scored every time the opponent's box is hit directly (parts of the box could be removed once being hit).</p>
7	<p><b>Game with boxes</b> 3:3 / 4:4. An open box standing on end serves as a goal, which may be guarded by the goalkeeper.</p>



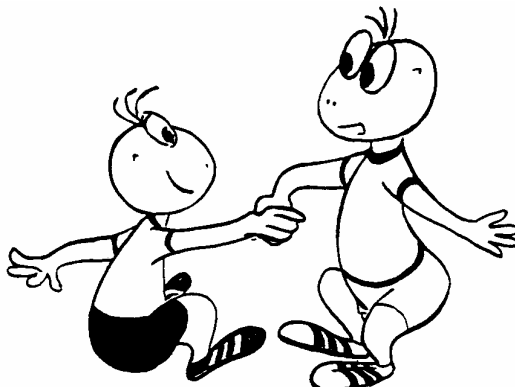
### 3.

## MINI-HANDBALL - THE GAME

presented by/



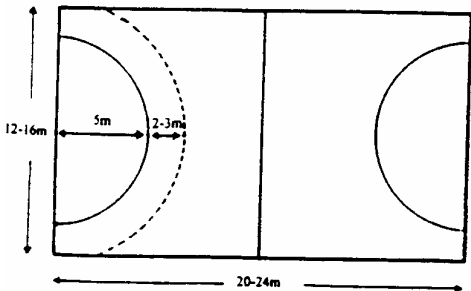
JOSY



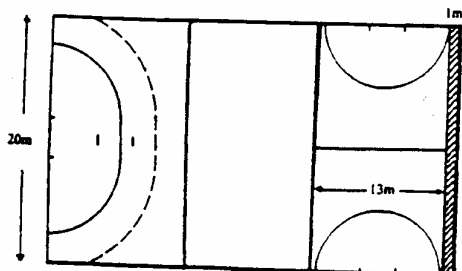
HARRY

MAX

#### THE PITCH

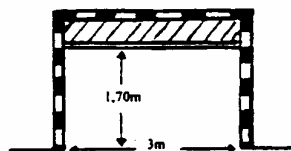


security distance (handball goal removed)

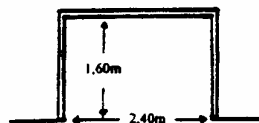


#### THE GOAL

height reduced by board or plastic sheeting (Mind security!)



cross-bar installed in the normal handball-goal





## **EHF/IHF Recommendations for Mini-Handball**

The philosophy of our game is described in more detail in the "foreword to Mini-Handball" (pages 1 and 2 of this pamphlet). Here, under the heading "Rules" we want to set out some recommendations from the EHF/IHF working group for Mini-Handball for the basic format of the game. First of all, however, the most important principles:

**There can be no uniform "Mini-Handball" game. Each country must have the freedom to play and promote Mini- or Children's Handball according to its own resources and requirements! Mini-Handball should encourage animation and motivation for the game and for sport in general in our smallest members.**

**Sex:** Boys and girls in mixed teams (co-education!). **Age:** 5/6-10 years (or possibly one year older!).

**Number of players:** 4 outfield players and 1 goalkeeper (4 + 1); possibly also 5 + 1 as a variant for practiced children.

**Length of game:** According to age; every player should be involved for roughly the same length of time (perhaps also once in the goal).

**Referee:** Not a referee dressed in black, but a coach or teacher.

**Rules:** Made extremely simple, to allow the teacher (coach) to make fair and uncomplicated decisions, which the children can understand.

**Organization:** Schools, "Mini-sections" of clubs, sport days, Mini-Handball Summer camps.

**Ball:** Suitable for children (colorful), soft, not too heavy, must bounce well, be easy to grasp, possibly with a textured surface, and should facilitate a "fear-free" game. Circumference of 44 cm to 49 cm.

**Pitch:** Smaller than usual - 12m to 16m wide, 20m to 24m long (e.g. 20 X 13m being one-third the size of a normal handball pitch).

**Goal-area:** A semi-circle of 5m radius from the middle of the goal.

**Goal:** Smaller than usual - 2.4m x 1.6m, or the basic handball goal of 3m x 1.7m (1.8m)

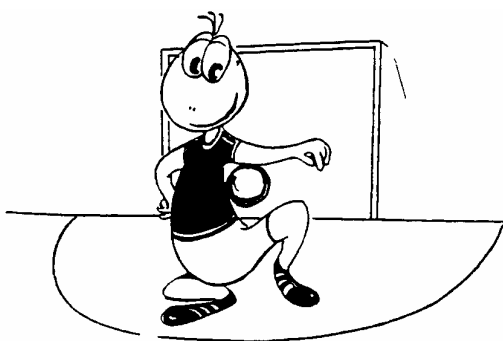
## EHF/IHF - MINI-HANDBALL

WE DO IT LIKE THIS!

The goalkeeper may leave the goal area without the ball.

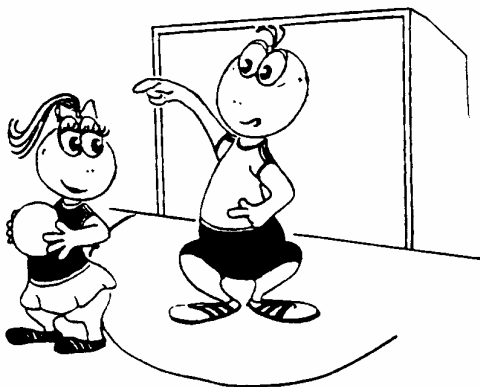
NOT LIKE THIS!

The goalkeeper is not allowed to leave the goal area with the ball in his/her hand.



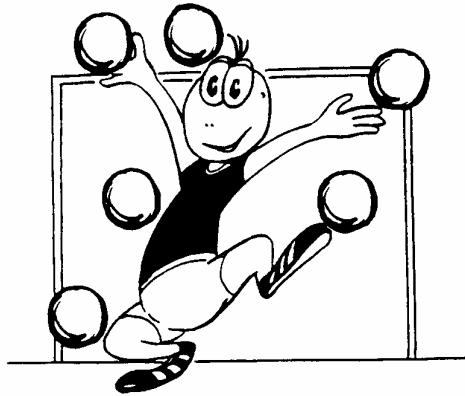
You must pass the ball to a member of your team.

You are not allowed to pass the ball back to the goalkeeper. He/she is not allowed to collect it from outside the goal area and bring it back either.



The goalkeeper may block the ball with any part of his/her body!

The rules of "how to play the ball" do not apply to the goalkeeper!



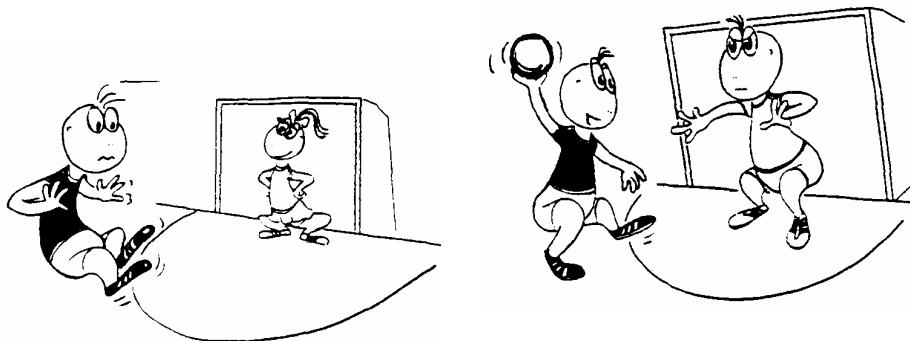
If the goalkeeper deflects the ball from the goal s/he may throw it back into play!

If a player on the same team deflects the ball from the goal, the opponent team may throw it back into play!



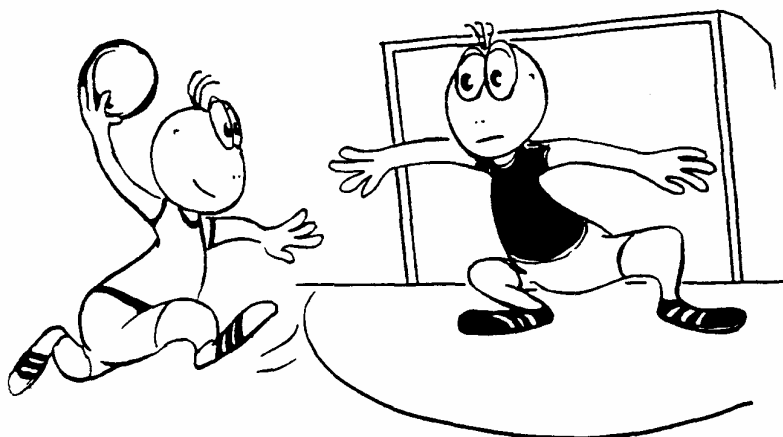
You can move about everywhere on the pitch except for the goal area!

You are not allowed to step into the goal area!



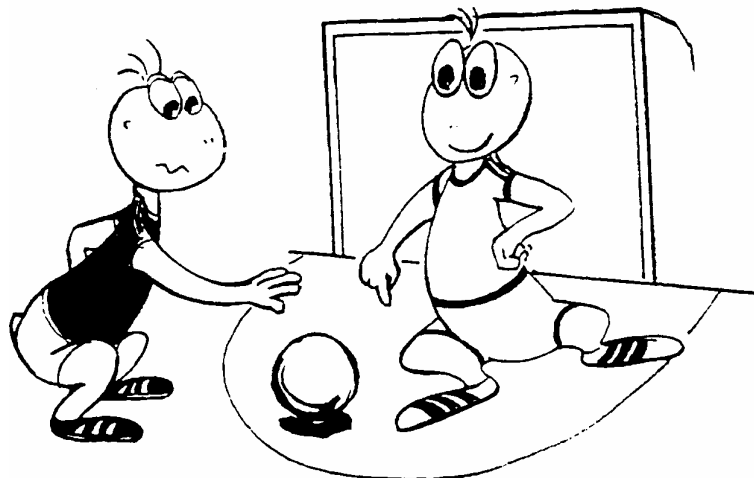
You may jump into the goal area if you jump before you cross the line and throw the ball before you land again!

You are not allowed to step into the goal with the ball in your hand!



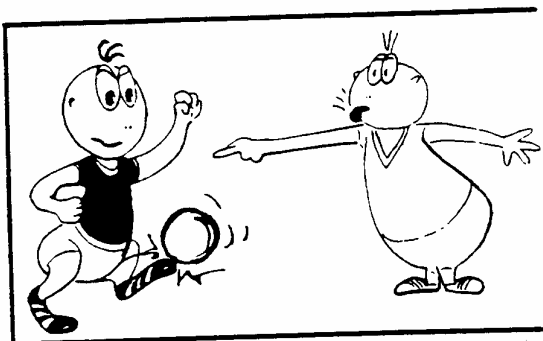
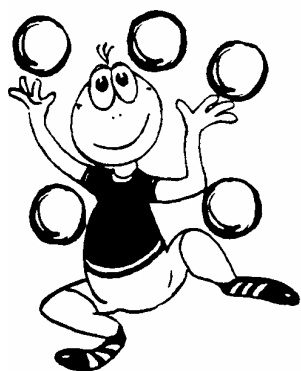
If the ball lies in the goal area, it belongs to the goalkeeper!

You are not allowed to collect the ball from the goal area!



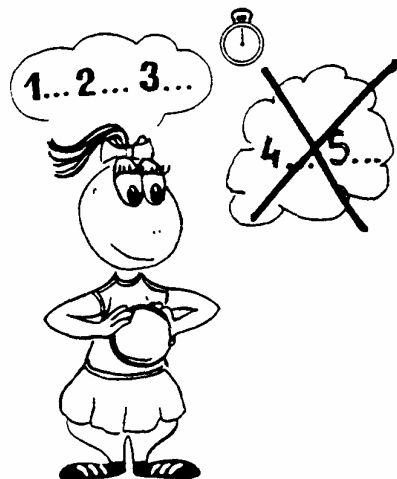
You may play the ball with your head, upper body, arms, hands,

You are not allowed to play the ball with your calves, shins or feet! thighs and knees!



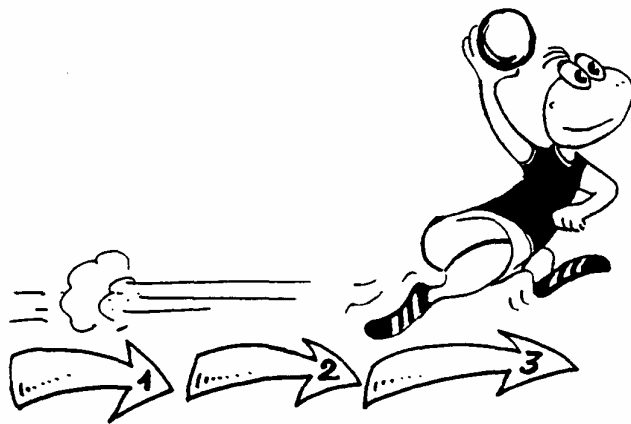
You may hold the ball for three seconds!

You are not allowed to hold onto the ball for any longer than three seconds!

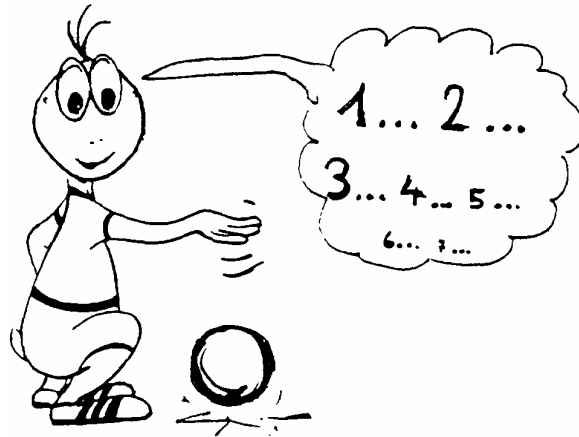


You may move three paces whilst holding the ball in you hand!

You are not allowed to move more than three paces whilst holding the ball in your hand!

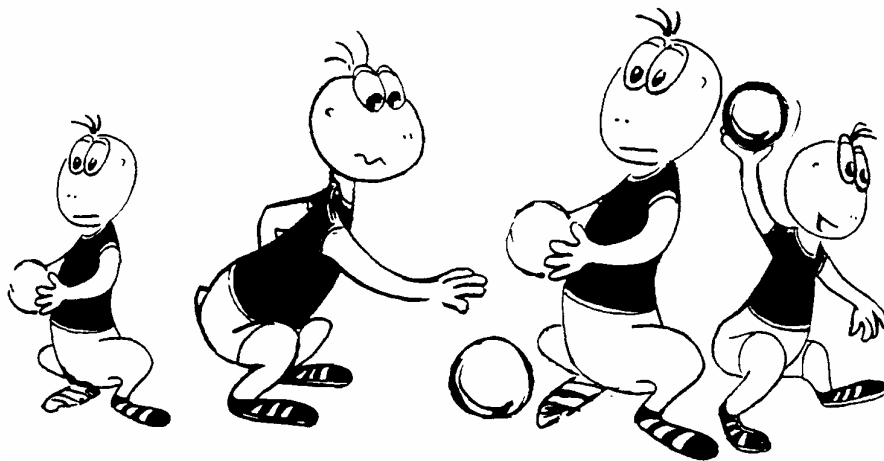


You may bounce the ball as often as you like!



You may hold the ball with both hands on two occasions!

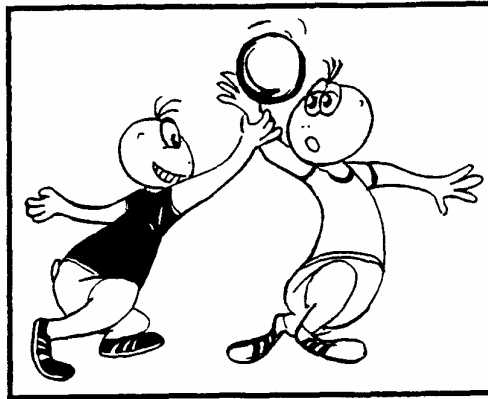
You are not allowed to hold the ball with both hands a third time!



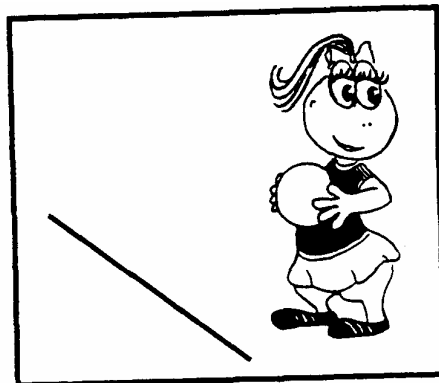
You may play the ball out of an opponent's hand!



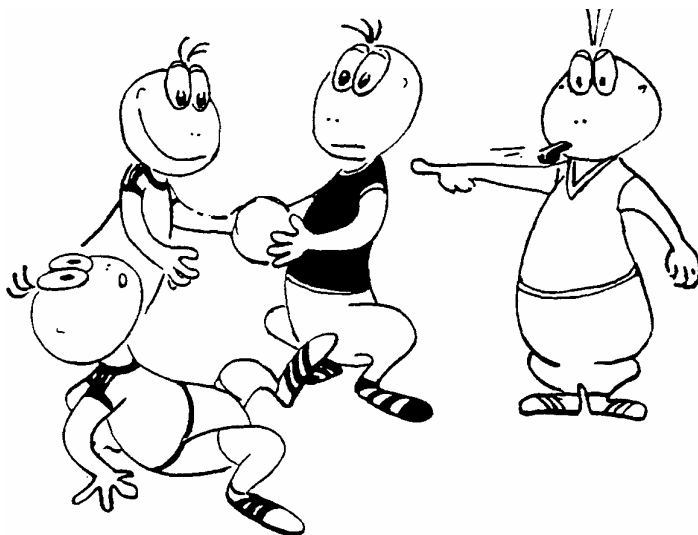
You are not allowed to hinder an opponent!



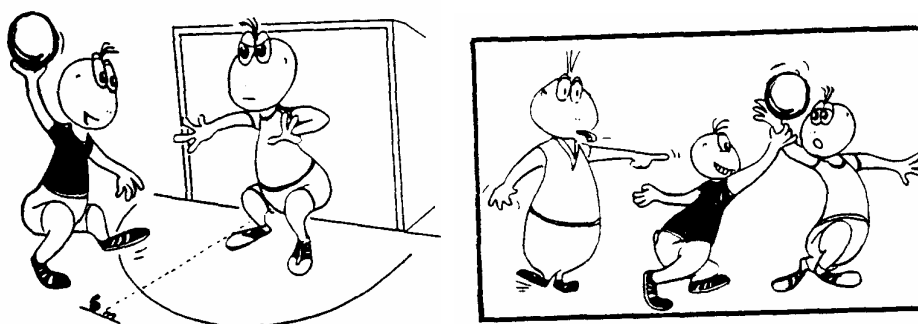
If the ball goes "out" it may be thrown in again by the opponent team. Foot on the line!



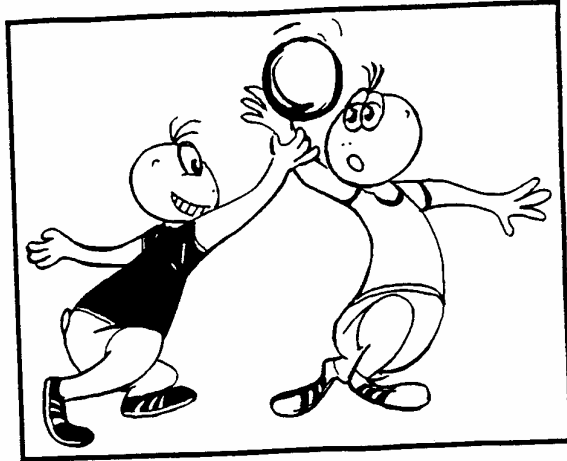
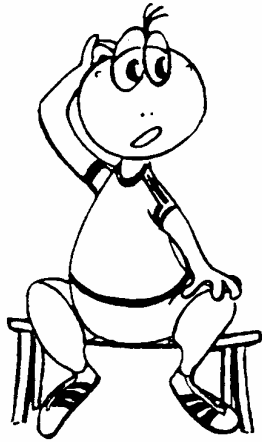
If a player receives a foul, the ball is handed over to his/her team!



If you prevent an obvious chance of a goal, the opponent team is awarded a penalty shot!



If you behave unfairly you will be Pushing, pulling, hitting, holding onto/ replaced by a fellow-player for two grabbing other players is not allowed! minutes!



Be fair!

