

Beach Handball

A mixture of scenes from the last EChs in Italy and methodical drills indoors to demonstrate how to prepare and train for the play on the sand.

The shots in question are **In-flights**, **Spin shots** and **Creative shots**.

You will always see basic drills in triangles followed by application of the moves as shots on the goal. Watch the set up of the material to give jump support on one hand (boxes and mini-tramps) and preserve the necessary safety aspects as well (mats and soft mats).

Remarks:

According to our experience the good indoor preparation of the game can be done by using the lines of a full tennis court. The sideline is a little too short in this case but you can use the serve line for the 6m line by putting the goals 1.5 m behind the baseline approx.

This will enable you to start the game with a minimum of marking work.

Dribbling of course has to be disallowed but wrong catching might remain without turnover.

If you don't have regular beach handballs available use low inflated gymnastic balls, the handling will be as tricky as on the sand.