



# Handball for Speed and Co-Ordination

Promoting Athletic Development in  
Young Players

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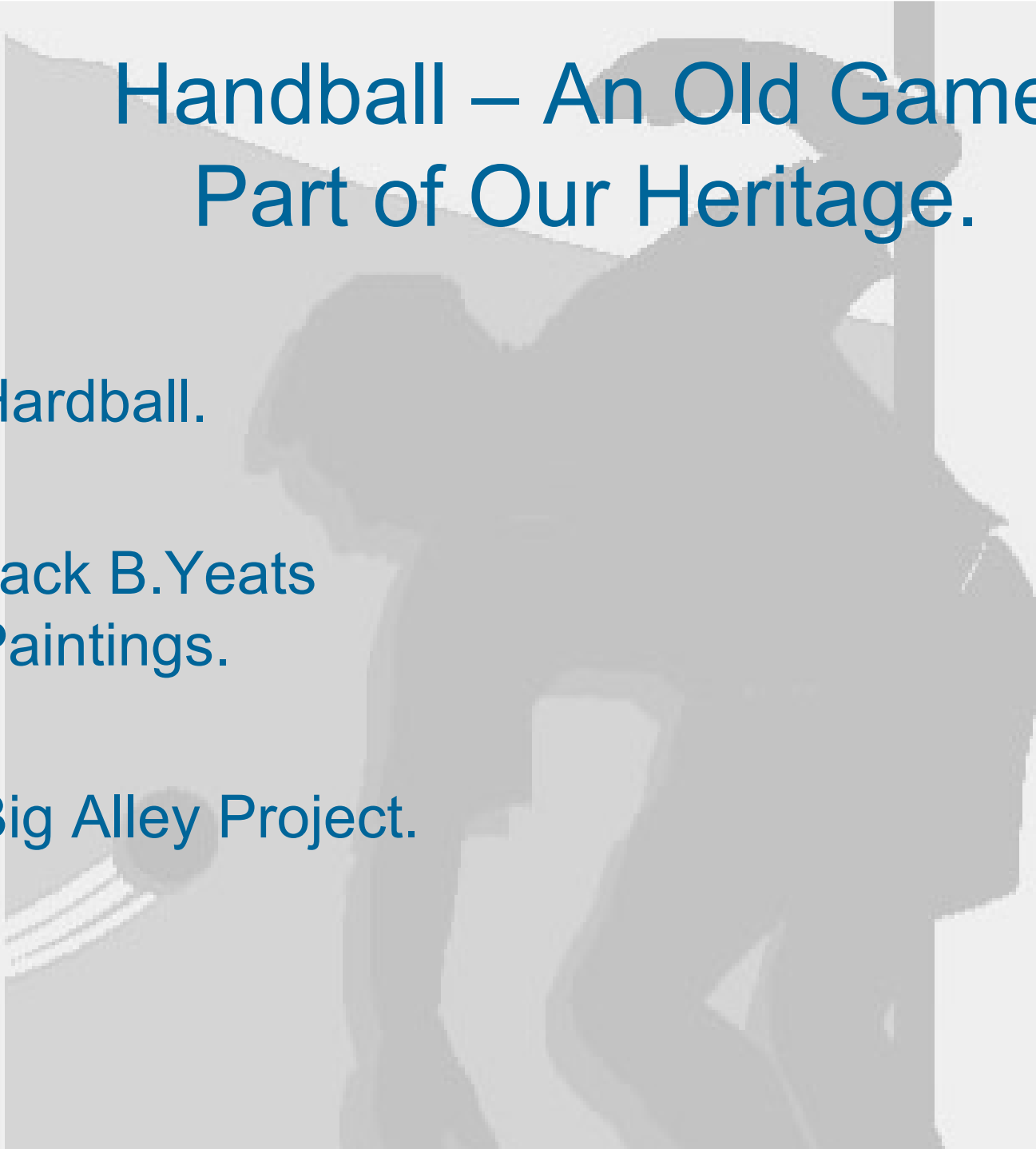
# Introduction

- Background and Introduction to Handball
- The components of the game.
- How these components are developed by playing Handball
- How the skills learned in Handball contribute to overall athletic development and are transferable



# Handball – An Old Game Part of Our Heritage.

- Handball.
- Jack B. Yeats  
Paintings.
- Big Alley Project.



# Physical Education.



- My Game in School.
- PE Teacher
- PE College in Limerick – No Handball Courts
- Alleys in Schools.

# Teachers Courses.

- Mini Handball
- Fun Games
- Class Setting
- Variety of Different Balls
- Challenger 1
- Can be played on any suitable wall.
- Schools / Clubs / Hurling Walls.



# The Ball is Key.



- Slow, Soft.
- Beginners experience success from start.
- Minority Game – Hard / Fast Ball.

# Ambidexterity

- Hand Eye Co-ordination – Fundamentals.
- Balance of Both Sides.
- Footwork crucial. – [Dartfish Video](#)
- Football – Both Hands Both Feet
- Top Hurlers and Footballers – Handballers.

# Learning Skills



- Skills are learned – Practiced.
- Children naturally Right or Left sided.
- Early Age – Coach/Teacher set up situations where OTHER hand or foot is used.
- Motivation.



# Breaking the Skill Down



- Throwing the Ball. Overhand.
- Key Teaching Points – 1) Stand Sideways.  
2) Lead with Elbow.
- Recent GAA Developments -  
Fundamentals

# Summary

- Our Heritage – GAA Game.
- Wonderful Game - Development of Fundamental Motor Skills.
- Fun – Fitness – Life Long Game.
- Hurling Walls -Vid1- [DJ Carey talks Handball](#)
- Vid 2 – [Kids enjoy the game](#)

# The Components required

- Hand-Eye Co-ordination
- Speed
- Ambidexterity
- Multi-Directional Movements
- Agility
- Balance
- Fast Footwork
- Strength
- Power
- Flexibility
- Endurance





# Speed

- More than 1 type of speed required for Handball...
- Forward / Backward/ Multi-Direction
- Hand & Hand-Eye
- Reaction
- Decision making



# From The Beginning!

- The same motor skills are used playing handball from the beginners very first shot to the elite level.....WHY?
- The Ball moves so you have to move
- If you want to hit the ball you have to make adjustments
- Video 3 – Beginners Handball
- Video 4 – Simple Beginners Footwork



# Development over time

- Co-ordination is made up of several elements and not necessarily a singularly defined ability.
- Balance, rhythm, spatial awareness and the ability to react to both auditory and visual stimulus have all been identified as elements of coordination.
- Good co-ordination is a sequence that progresses from skills performed with good spatial awareness **but without speed**, to skills performed **at increased speeds** and in a constantly changing environment.
- Handball Develops Speed and Co-Ordination
- Video 5 – From Beginner to Elite.



# Transferable Skills





**Q&A**

**Thank you for  
attending!!**

