

# Handball



Handball is a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins. Modern handball is played on a court of 40 by 20 metres, with a goal in the middle of each end. The goals are surrounded by a 6-metre zone where only the defending goalkeeper is allowed; goals must be scored by throwing the ball from outside the zone or while "diving" into it.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

## Key Stage 1

In this particular stage of development we would be looking at the progression of the Fundamental Movement Skills of our participants whilst integrating with Sport Specific Skills. Our emphasis will be placed on providing fun activities that evolve around themes which the children can relate to such as superheroes, cars, animals etc. Our games are aimed at developing critical skills for the children such as Agility, Balance and Coordination. Whilst also developing key psychological skills such as Confidence, Commitment, Control, Communication, Concentration.

## Key Stage 2

In this particular stage we focus more on Sport Specific Skills with some underlying emphasis still placed on Fundamental Movement Skills. Our activities are always engaging and we aim to allow the athletes to transfer their football skills into game related scenarios and also provide them with the tools to transfer their skills into other sports.

## General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.