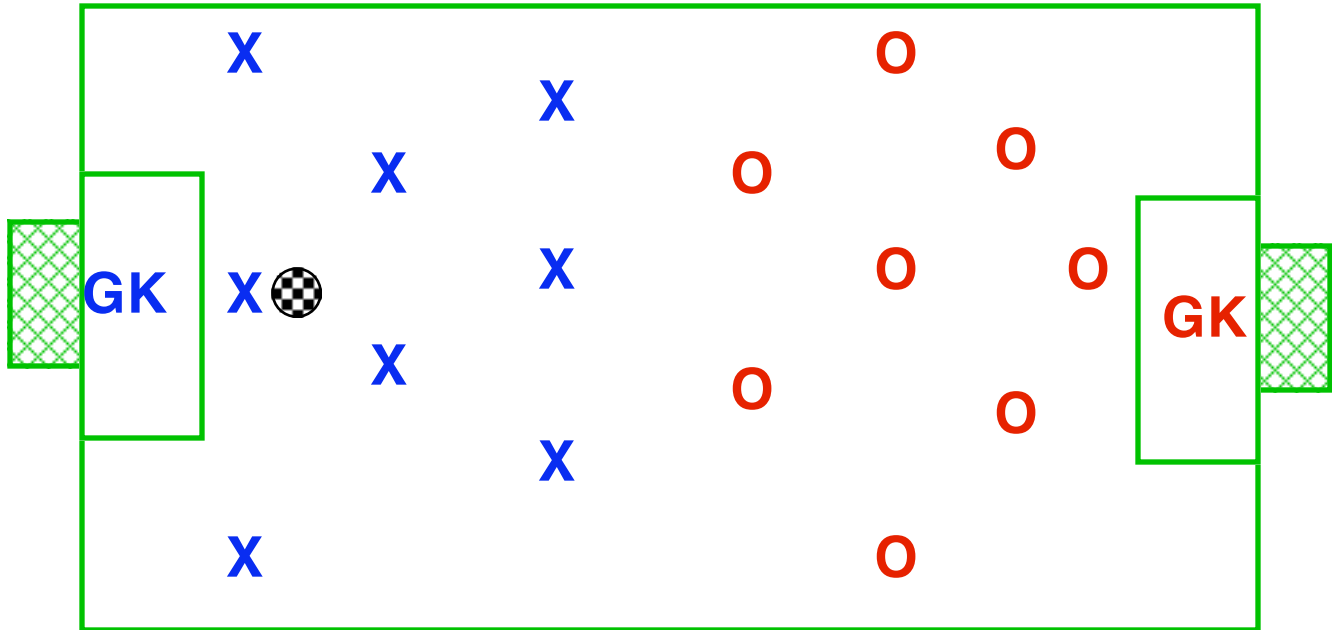


## WARMUP DRILL: Team Handball

*This drill is excellent as a pre-practice or pre-scrimmage warmup. Promotes fitness as well as technical aspects.*

### “THROW-HEAD-CATCH”



**GRID SIZE:** 40 to 60 yards long x 20 to 40 yards wide with 2 regulation goals

**NUMBER OF PLAYERS:** 10-20, divided into 2 teams, each with a Goalkeeper

**GAME PROGRESSION:**

- > Play starts from the back with one team's Goalkeeper throwing the ball to a teammate
- > Teams must use the following sequence to move ball toward opposing goal -- “Throw-Head-Catch” -- Repeat until opportunity to score
- > All goals must be scored off a header
- > Goalkeepers must remain inside box
- > Any ball dropped results in loss of possession
- > If “Throw-Head-Catch” sequence is not followed, team loses possession

**VARIATION:**

- > Allow players to score off volleys as well as headers -- ball cannot hit the ground