



100 HANDBALL ACTIVITIES

ALL WITH VIDEO

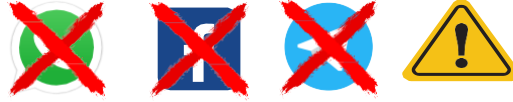
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**ACTIVITIES IN HANDBALL
VIDEOS**





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This material was designed to help you have a better use and development in your classes, with activities ready and also amenable to adaptations according to the age group and objectives of the class.

All the activities exposed here are only suggestions for you to apply in your classes, it should be noted that many of them are not our own, we only gather them here for you. Thus, we are not responsible for any planning error or even in the applications of the same. As has been quoted, these are just suggestions. So, it is up to you, as a professional, to choose and apply the activities according to your reality and your planning.

If you find any error in the approach, any content that you think is undue and should not be composing this content, typo or any other matter about this material, please contact us through the email address edfvida@gmail.com.

I hope that our material enhances your knowledge, as well as being useful to your planning and that you make good use of it. Well, there are several activities, of different contents and gave VERYYYY work!

Summary

1. Perimeter movement	7
2. Dynamic Flick and Throw	7
3. Zigzag Drive	7
4. Agility Ladder with Pass.....	8
5. Cross Pass with Row Movement	8
6. Pass Domain	8
7. Synchronized Jump with Lateral Displacement.....	9
8. Displacement and Precision Challenge.....	9
9. Pass in the Hula Hoop.....	9
10. Plyometrics Training with Agility Ladder and Pass/Throw	9
11. Training Goalkeepers with Colors	10
12. Goalkeeper Training with Obstacles	10
13. Agility and positioning training for goalkeepers in Handball	11
14. Agility and Lateral Displacement Ladder for Handball Goalkeepers.....	11
15. Ladder Challenge for Goalkeepers.....	11
16. Wheel of Steps and Defensive Pitching"	12
17. Agile and Precise Goalkeeper	12
18. Agility and strength training for handball goalkeepers.	12
19. Agility Ladder for Handball Goalkeepers	13
20. Training of varied defenses for Handball goalkeepers	13
21. Angled Throwing in Handball	13
22. Agility ladder with lateral stride movements"	14
23. Hurdle throw	14
24. Obstacle course and throwing	14
25. Approach training and hurdle throwing	14
26. Combination of passing, displacement and throwing.....	15
27. Lateral displacement with agility ladder.	15
28. Offset X with Throw in the Wall	15
29. Jump and throw.....	16



30.Jump Circulating.....	16
31.Mastery and movement with the ball.....	16
32.Passing the ball in double	17
33.Pass on the disks	17
34.Rope of Defense	17
35. 2x2 Offense vs. Defense	17
36.Heating combo with pass and drive.	18
37. Right Spinning	18
38.Movement and Pass throughout the court.....	18
39.Dribble and Throw.....	19
40.Defense with Stretched Arms	19
41.Displacement and Throwing	19
42.Pass on the wheels	20
43.Agility training and physical preparation with obstacles	20
44.Circuit of movement and throwing	20
45.Handball Functional Training Circuit	21
46.Pass to the pitch	21
47.Pass for completion.....	21
48.Trapdoor Game.....	22
49.Rolling and throwing	22
50.Handball motor circuit for children.....	22
51.Surprise lock.....	23
52.Motor Circuit Challenge in Handball.....	23
53.Pass Circuit with Sticks	24
54.Mini circuit drive and skills in handball.....	24
55.Jump and return	24
56.Integration in Motion	25
57.Jump and Throw	25
58.Hula hoop	25
59.Pass Cones	26

60. Balance challenge for goalkeepers	26
61. Defensive Lateral Displacement	26
62. Angled Defense with Agility Ladder.	27
63. Hunt for objects without hitting the ball.	27
64. Lateral Displacement with Throw	27
65. Pivot and goalie training	28
66. Flexion in the Duo	28
67. Multifunctional Heating Circuit	28
68. Quick Pass	29
69. Old Goalkeepers' Game	29
70. Defensive Hide and Seek	29
71. Contact in the Area	30
72. Pivot Hide and Seek	30
73. Quick throw at the entrance of the area	30
74. Movement and double throw	31
75. Diagonal pass for throwing	31
76. Throwing rotation at the entrance of the area	31
77. Jump and throw	32
78. Team Cone Game	32
70. Dribble and Dribble Doll	32
80. Pass without dropping	33
81. Double Passes	33
82. Handball in Hurdles	33
83. Pass and Receive Challenge	34
84. Moving Double Passes	34
85. Dribble and Double Receiving	34
86. Double Pass and Receive with Two Balls	34
87. Pass and Move in Pairs with Obstacle	35
88. Fast Counterattack	35
89. Defensive Blocking in Trio	35



90.Doubles Race for Ball Control.....	36
91.Race for the Balls with Defense.....	36
92.Marking at the Entrance of the Area	36
93.Warm-up circuit for handball.....	37
94.Coordination of double passes	37
96.Agility and Speed Training with Ladder.....	38
96.Displacement and defense of the goalkeeper	38
98.Lateral defense with ball bounce.....	38
99. Moving pass to goalie.....	39
100.Circuit of Movement and Throwing.....	39



1. Perimeter movement

Description: In this activity, players move at the entrance of the dribble and throw area, working the movement without the ball and the backward pass. The goal is to create spaces for the attack and develop the ability to pass in different situations, following the teacher's instructions as to the type of pass to be performed.

Video: <https://youtube.com/shorts/FJBh4vnuqxs>

2. Dynamic Flick and Throw

Description: In this activity, players practice the feint and the throw with attacking movement, using passes at the entrance of the area. Both attackers and defenders can participate, working on the ability to feint and the defensive positioning. The goal is to improve the technique of throwing and feint, as well as develop movement and teamwork during the attack.

Video: <https://youtube.com/shorts/qjNVxg3tIO4>

3. Zigzag Drive

Description: In this activity, players move in zigzag between two cones positioned at a distance of half a handball court, respecting the cones and passing the ball using a pass from behind when meeting with the colleague in the middle of the exercise. The activity is carried out in a caster format, alternating the ends of the cones. The goal is to improve movement with and without the ball, passing from behind, and communication between players during the offense transition.

Video: <https://youtube.com/shorts/PRUR2yup5QA>



4. Agility Ladder with Pass

Description: In this activity, the players are divided into two rows and go through the agility ladder making the movement requested by the teacher, which can be jumping on one foot, zig-zagging in the cones until the middle of the court and exchanging pass with the ball after passing the obstacles. The goal is to work on agility, passing technique and teamwork. The activity is also a great option to develop the motor coordination of the players.

Video: <https://youtube.com/shorts/Hnlx6EFTm60>

5. Cross Pass with Row Movement

Description: In this activity, players are divided into two rows on the side of the court and one student in the pivot position. Players perform crossed passes at the entrance of the area and move according to the teacher's instructions. The goal is to work on the cross-pass technique, the movement of players in two rows and the movement of the pivot to create spaces for the attack. The activity is ideal for improving players' motor coordination and teamwork skills.

Video: <https://youtube.com/shorts/Xu-YpWR8v9Q>

6. Pass Domain

Description: In this activity, players participate in a series of exercises focused on passing work, exploring different variations. Drills include the fake pass, side pass, bounced pass, and the pass dominating another ball in the contralateral hand of the pass. The goal is to improve the passing technique in different situations and develop the ability to dominate the ball. Players will have the opportunity to practice creativity and precision in passing, as well as improve coordination.

Video: <https://youtube.com/shorts/7VNLRQL0Fzk>



7. Synchronized Jump with Lateral Displacement

Description: In this activity, players form two rows, facing each other. The two rows perform synchronized movements, which involve jumps, lateral displacements and passes to receive the ball. One player from each row moves

Video: <https://youtube.com/shorts/SgijViboJEk>

8. Displacement and Precision Challenge

Description: In this activity, rows of cones are placed parallel to each other, and students pass through these rows with lateral displacement, using only one foot. Next, students participate in a throwing exercise, where they have to hit a heavier ball on the mattresses positioned in the middle of the court. In addition, there is a feint-based throwing exercise, where students use mattresses and their teammates as a target. The goal is to develop agility, balance, shooting accuracy and the ability to make quick decisions during the game.

Video: <https://youtu.be/19fEElcsEil>

9. Pass in the Hula Hoop

Description: In this activity, students stay inside a hula hoop and exchange passes with other players positioned in the middle, who act like fools. The goal is to pass the ball to a teammate without leaving the hula hoop. Players need to work together to keep the ball moving and prevent it from touching the ground. The exercise helps develop passing accuracy, the ability to work as a team, and the ability to make quick decisions during the game.

Video: <https://youtube.com/shorts/eWGZ5EqjgJA>

10. Plyometrics Training with Agility Ladder and Pass/Throw

Description: In this activity, students perform a physical plyometrics training, which consists of jumping exercises and explosive movements, combined with an agility ladder to improve



speed and motor coordination. Next, students perform pass exchanges or pitches with the ball, which can be done after the agility ladder. The goal is to improve the stamina, strength and physical power of the players, while working on the technical and tactical skills of handball.

Video: <https://youtube.com/shorts/q4YddVSWja0?feature=share>

11. Training Goalkeepers with Colors

Description: This activity is intended for handball goalkeepers and consists of training the agility and reaction capacity of the player. The trainer places discs of different colors on the ground and gives the command for the goalkeeper to touch a specific color before returning to the defense. Then the trainer makes the throw in two different ways and the goalkeeper must defend the ball. The goal is to train the goalkeeper's ability to react quickly to different situations during the game, as well as his agility and ability to make quick decisions.

Video: <https://youtube.com/shorts/KEYmwNZGYfA>

12. Goalkeeper Training with Obstacles

Description: This activity is intended for handball goalkeepers and consists of training their agility, lateral displacement and reaction speed. The coach places two obstacles in front of the goalkeeper and throws two balls in a row: one in the middle of the goal and another on one of the sides. Between the movement of the ball defended in the middle of the goal, the goalkeeper needs to move laterally to the opposite side of the court to knock down an object. The goal is to train the goalkeeper's ability to move quickly in different directions and make quick decisions during the game, while defending the goal and performing additional tasks.

Video: https://youtube.com/shorts/y_2aVqcl504



13. Agility and positioning training for goalkeepers in Handball

Description: In this activity, the focus is on physical preparation training for goalkeepers in Handball. The activity consists of working on the agility of the feet and the positioning of the arms for defense. Goalkeepers must move between obstacles and perform defensive movements, always attentive to the position of the arms to ensure a good defense. The goal is to increase the reaction speed and accuracy of the

Video: https://youtu.be/9_8nBKetbos

14. Agility and Lateral Displacement Ladder for Handball Goalkeepers

Description: In this activity, handball goalkeepers will work on agility and lateral displacement, combining these movements with the defense of the goal. The coach will arrange an agility ladder on one side of the goal and the goalkeeper must follow a programmed movement on the ladder, performing the movements with the feet and the position of the arms for the defense. Then the coach will give the command and the goalkeeper must make the lateral shift to the defense on the other crossbar. The goal is to improve the

Video: <https://www.youtube.com/watch?v=w-2azKUJln4>

15. Ladder Challenge for Goalkeepers

Description: In this activity, goalkeepers will work on agility and lateral displacement speed with the use of the agility ladder and cones. The coach will position the cones on one side of the court and the ladder on the other. The goalkeeper must zig-zag down the ladder and quickly move to the other side of the court, touching the cones and returning to the starting position. The goal is to complete the circuit in the shortest possible time and repeat the exercise several times to develop technique and physical endurance.



Video: <https://youtu.be/6KRWcH6eyKQ>

16.Wheel of Steps and Defensive Pitching"

Description: In this activity, students will work on balance, agility and defensive positioning in Handball. A wheel of steps is mounted and students are instructed to climb the steps, surrounding them, keeping their hands in a defensive position. This exercise helps to develop motor coordination and body control. To conclude, the students position themselves

Video: <https://youtu.be/71eZ0Lf7Ghg>

17.Agile and Precise Goalkeeper

Description: In this activity, the handball goalkeeper works his foot movement and hand positioning for the defense. The goal is to move quickly and maintain the correct defensive position while moving laterally. The exercise can be finished with a shot on goal to test the agility and accuracy of the goalkeeper.

Video: <https://youtu.be/A7G3l1H6zJU>

18.Agility and strength training for handball goalkeepers.

Description: In this activity, handball goalkeepers will work on the agility and strength of the lower limbs using steps for lateral displacement and elastic bands to increase resistance. Several exercises will be performed with different intensities to train the reaction speed and physical conditioning of the goalkeepers. In addition, the defense with the feet will be worked along with the use of the step, improving the positioning and technical skills of the goalkeepers. At the end, the goalkeepers will make shots to the goal to train the finishing and perfect the techniques of defense.

Video: https://www.youtube.com/watch?v=XSVXsY_3x50



19. Agility Ladder for Handball Goalkeepers

Description: In this activity, handball goalkeepers will work on the agility of the hips and feet, performing predetermined movements on the agility ladder. The movements should be varied and challenging, with the aim of improving the motor coordination and reaction time of the goalkeepers. The activity can be finished with throws to specific defenses, which allows the application of the skills acquired during the exercise on the agility ladder.

Video: <https://youtu.be/ffD8ilVqKnU>

20. Training of varied defenses for Handball goalkeepers

Description: This activity aims to train the ability of handball goalkeepers to defend different types of plays. The coach can use different resources, such as cones, agility ladders and obstacles, to mark the goalkeeper's displacement and stimulate different types of defense, such as low, high, lateral defense, with one or both hands. Several exercises are proposed that work on reaction speed, agility, positioning and defense technique, so that the goalkeeper is prepared

Video: <https://youtu.be/ApSHRPieMLQ>

21. Angled Throwing in Handball

Description: In this activity, the student will stand on top of a block with a goalkeeper in front and will do the angled throwing practice. This is a great exercise for the wingers, who need that kind of pitch coming from the sideline, requiring precision and speed. The goal is to train the technique of angled throwing

Video: https://youtube.com/shorts/cp_J2dlyJVo



22. Agility ladder with lateral stride movements"

Description: In this activity, the student will go through the agility ladder, performing specific movements of agility and speed. At the end of the ladder, the student will run with his arms extended and, on the way back, will make lateral movements of specific strides for the game of Handball, aiming at improving his movement on the court, improving agility, speed, coordination and precision in the movements.

Video: <https://youtube.com/shorts/YcfxFIFIHU0>

23. Hurdle throw

Description: In this activity, the player will make a throw from the position on top of the block, with a dummy positioned as a barrier. The goal is to hit the goal without touching the obstacle, which requires precision and control of movement. In addition to working the shot, the activity also serves as training for the goalkeeper, who must position herself and react go.

Video: <https://youtube.com/shorts/vlMLWFjkSTA>

24. Obstacle course and throwing

Description: In this activity, players will have to run through a circuit with obstacles, which will help develop speed, coordination and agility. At the end of the course, the players will make a pitch for the goal, training the accuracy of the shot. This activity can be adapted to also include training for the goalkeeper, who will have to try to defend the players' shots.

Video: <https://youtube.com/shorts/rnPaHlf4oqA>

25. Approach training and hurdle throwing

Description: This exercise is a simulation of a common throw in handball, where the wing or tip approaches the throwing area, jumps to receive a high ball, turns back and receives a throw pass. The goal is to improve the coordination, agility and accuracy of the pitch. In



addition, obstacles are placed in front of the player to make the exercise more challenging and realistic.

Video: <https://youtube.com/shorts/i-J5CHdEeno>

26. Combination of passing, displacement and throwing

Description: In this activity, students work on passing, displacement and throwing, in a combination of movements that simulate real game situations. The exercise begins with one student throwing a pass to another, who moves to receive the ball and performs a feint to fool the defense. Then the student throws at the goal, having to overcome obstacles placed in front. This activity requires coordination, speed and precision in movements, as well as stimulating quick thinking and decision-making in game situations.

Video: <https://youtube.com/shorts/IT4gN21rZIA>

27. Lateral displacement with agility ladder.

Description: In this activity, handball players will use the agility ladder to perform different predetermined movements, aiming to develop their motor coordination, agility and speed. At the end, the exercise is finished with a lateral displacement on the entire court, going to both sides. A shot on goal may be included as part of the finish. This exercise is important to develop the ability to move laterally quickly, which is very useful in game situations where the player needs to mark an opponent or reach an empty space on the court.

Video: <https://youtube.com/shorts/cgsMUNXBNT0>

28. Offset X with Throw in the Wall

Description: In this activity, the student will work his directed movement in the shape of "X" with the ball, alternating running and lateral displacement. At the end of the course, you will throw the ball into the wall, aiming to improve your throwing accuracy. This activity is



important to develop the agility, speed and coordination of the student, in addition to working on his pitch.

Video: https://youtube.com/shorts/7CpyVOx_r0

29. Jump and throw

Description: The exercise consists of the student performing three jumps alternating the legs and making the movement of legs for the throw. On the third jump, the student must throw the ball into the goal. This exercise is ideal for training strides and feints at the entrance of the area, as well as improving the coordination and strength of the legs.

Video: <https://youtube.com/shorts/pmGFD9U2KPM>

30. Jump Circulating

Description: In this activity, the student must jump over three obstacles placed in front of her with both feet together, circle a cone that is at a certain distance from the obstacles and then throw the ball into the goal. This exercise helps to develop agility, coordination and precision.

Video: <https://youtube.com/shorts/RWYa9AoBVK0>

31. Mastery and movement with the ball

Description: This activity consists of a series of exercises to develop ball mastery and passing ability in different body positions. In addition, displacement exercises are performed to improve movement during the pass and also pass in motion to simulate game situations. The activity is suitable for all handball players, from beginners to advanced, and can be adapted to different skill levels.

Video: https://youtube.com/shorts/FjfE_bsM7A0



32. Passing the ball in double

Description: Two students hold hands, one holding the ball. They must cooperate to pass the ball to each other, without letting go of their hands. The goal is to work on motor coordination and communication between students, as well as develop passing skills. The exercise can be done in pairs or in larger groups, and students can vary the distance and height of the passes.

Video: <https://youtube.com/shorts/3ImTt9HjWSQ>

33. Pass on the disks

Description: In this activity, discs are used on the floor as a space reference for students to practice passing and coordination. The discs are arranged in strategic positions, and students must obey their position to perform the pass to each other. It is an activity that requires precision in the passes and coordination between the participants.

Video: <https://youtube.com/shorts/fNvbG1RYsqk>

34. Rope of Defense

Description: This exercise is ideal for training the defense technique of handball goalkeepers. Using a rope, the goalkeeper must pass over it, raising the leg that is on the opposite side of the rope, simulating the movement of defense in the game. The goal is to train the strength and agility of the legs, as well as improve the defense technique. The exercise can be done individually or in a group, and the height of the rope can be adjusted according to the skill level of the participants.

Video: https://youtube.com/shorts/WyeyF_cOS2s

35. 2x2 Offense vs. Defense

Description: This activity is an offense vs. defense workout with four players, two from each team. The play begins with a ball coming from the defense to the offense, where the two



players of the offense try to get rid of the two defenders. The goal is to get to the goal and finish with a shot. Defenders try to prevent the finish and recover the ball. This activity is excellent for training the movement of attack and defense, as well as improving the accuracy of the throw.

Video: https://youtube.com/shorts/0jn7_dXx5g8?feature=share

36. Heating combo with pass and drive.

Description: This activity consists of a series of warm-up exercises that use passing with two balls, one ball and various movements. There are several exercises that can be done in sequence, forming a warm-up combo. Students can perform side movements, jumps, squats, and other activities while passing the balls to each other. It is a great way to warm up the body and improve motor coordination before the main workout.

Video: <https://youtu.be/1Tlcozvz6A>

37. Right Spinning

Description: The exercise consists of training the skill of the pivot in handball, where the student must perform a movement from one cone to another and make a turn to throw on goal. The coach positions himself close to the goal, making passes to the moving students. The student must receive the ball, perform the spin, and throw the ball into the goal. The goal is to improve the technique of turning and finishing, as well as work on the speed and accuracy of the throws.

Video: <https://youtu.be/ts8J-IDhgZ4>

38. Movement and Pass throughout the court

Description: In this activity, students work movement and passing, using one hand and two hands to master the ball. The activity is held throughout the court, with students constantly moving to receive the ball and pass it to a colleague. The goal is to keep the ball moving,



gradually increasing the speed and accuracy of the passes. In addition, students also work on endurance and agility, since the activity is carried out throughout the court. This activity can be used as a warm-up before training or games.

Video: <https://youtube.com/shorts/3PfqOjklqp4>

39.Dribble and Throw

Description: In this activity, the student receives the ball at the entrance of the area and must make the feint to try to pass the defender who is standing on the spot. After the feint, she must move quickly to get closer to the goal and make the throw. The goal is to stimulate intense movement to approach the area and improve the ability to make feints.

Video: <https://youtube.com/shorts/oHr1BXlzz4c>

40.Defense with Stretched Arms

Description: In this activity, handball goalkeepers work the angle closure and defense with their arms outstretched. The teacher throws the ball towards the goal and the goalkeeper must defend the ball with his arms outstretched to close the angle of throw. It is possible to vary the activity by adding side shifts to increase the difficulty. This activity is important to develop the technique of defense and coordination of movements.

Video: <https://youtube.com/shorts/-yY6QWedbH4>

41.Displacement and Throwing

Description: This activity aims to work on the displacement and throwing of students. Students split into two rows on the side of the court and a teacher stands in the middle of the court, between two cones. Students must pass the ball to the teacher, who will return the ball to the student. The student must then move to the side corresponding to the cone and throw the ball into the goal. The activity can be performed with both sides of the court and can also be varied with the use of different types of pitching.



Video: <https://youtube.com/shorts/pUIEOrIMzVU>

42.Pass on the wheels

Description: Students are divided into turtledoves and form a circle. The ball is passed between the students using both hands to improve motor coordination and pass accuracy. The activity can be performed with one or several balls, varying the intensity of the exercise. It's a

Video: <https://youtu.be/myjDNKSSZzQ>

43.Agility training and physical preparation with obstacles

Description: In this activity, obstacles and an agility ladder will be used to work on the physical preparation of the students. The teacher will determine the order of the exercise, which will include lateral displacements, zigzag runs, jumps, and other movements that require agility and coordination. In addition, the focus will be on the step for the pitch, so that students learn how to position themselves properly before making the throw.

Video: <https://youtu.be/ZFe9kkQAdO0>

44.Circuit of movement and throwing

Description: In this activity, students walk through a circuit of cones, dribbling the ball and performing different handball-specific movements, such as spins and lateral displacements. When reaching the end of the circuit, the student makes the shot on goal. This activity is great for developing students' motor coordination, speed, and throwing accuracy.

Video: <https://youtu.be/SOoseXuXkNo>



45. Handball Functional Training Circuit

Description: This activity consists of a physical training circuit for handball players, using markers such as discus and agility ladders. The circuit includes exercises that reproduce specific movements of the game, such as jumps, side shifts, changes of direction and agility. The goal is to develop the endurance, speed, strength and coordination of the players, improving their performance on the court. The circuit can be adapted to different levels of skill and intensity, making it an excellent complement to technical-tactical handball training.

Video: <https://youtube.com/shorts/s5xXP0mycek>

46. Pass to the pitch

Description: In this exercise, the student must approach the throwing area with the ball, perform a stride and throw the ball in a predetermined place. It is important to emphasize the correct technique of the stride, which should be done with the foot opposite the throwing arm, to give momentum and power to the throw. The exercise can be performed individually or in pairs, and the predetermined place can be marked on the floor with duct tape or cones.

Video: <https://youtube.com/shorts/V4Ck0xcbsM>

47. Pass for completion

Description: In this activity, students are divided into several rows. Two "pivots" are positioned at the entrance of the area and the goal of the students is to make a pass to one of the pivots, which returns the ball to the student who must complete with a pitch. The student's movement can be crossed or not, depending on the teacher's orientation. The exercise is great for stimulating students' pass and throwing movement and accuracy.

Video: <https://youtube.com/shorts/h8wXevge5qM>



48. Trapdoor Game

Description: In this activity, students are divided into two teams and position themselves on the handball court. One of the teams gets possession of the ball and must pass the ball from wing to wing until a player is free to shoot at goal. The other team tries to intercept the ball or block the shot. The goal is to work on the movement and passing of the students, in addition to simulating a common play in handball.

Video: <https://youtu.be/ysh4y3Z5uI8>

49. Rolling and throwing

Description: In this activity, students work the movement on the court, performing a roll and receiving the ball for the throw at the entrance of the area. The exercise simulates common handball game situations and helps develop the ability to move with agility and perform an accurate throw. The teacher can organize the students in pairs or trios and guide them to perform the bearing in different ways (forward, backward, laterally). Next, students must receive the ball and throw it toward the goal. The exercise can be tailored to different skill levels by increasing or decreasing the distance of the throw or the speed of the pass.

Video: https://youtu.be/wX5U_GliWZk

50. Handball motor circuit for children

Description: This activity consists of a circuit with different stations that help children develop motor skills specific to handball. Stations may include:

1. Dribble the ball in zig-zag around cones
2. Run with the ball straight to a mark and shoot at the goal
3. Jump over obstacles while carrying the ball



4. Pass the ball to a colleague at a specific station
5. Make a feint move and shoot at goal

This activity is important to give kids an idea of how to move around the court as they learn to dribble, carry the ball, and throw efficiently. It's also a fun way to introduce kids to the sport and help them develop their overall motor skills.

Video: <https://youtu.be/3kvlisErT-3U>

51. Surprise lock

Description: In this activity, a mattress is placed in front of the goalkeeper, simulating the defense of an opponent. The player, not knowing which direction the goalkeeper is in, must throw the ball into the goal. The goalkeeper, in turn, must be prepared to move quickly and try to block the shot. This activity is important for training reaction speed and shooting accuracy, as well as simulating game situations in which the pitcher needs to dribble past the defense to score.

Video: <https://youtu.be/huS2DXC8doo>

52. Motor Circuit Challenge in Handball

Description: In this activity, students must overcome a series of obstacles predetermined by the teacher within the handball court, in order to develop their motor skills and improve their coordination. The circuit includes several motor experiences and, at the end, an activity that requires intelligence and speed of reasoning to complete it successfully. The goal is to challenge students to overcome their physical and mental limits, while having fun and learning about the sport.

Video: <https://youtu.be/HCr-04g1QDE>



53. Pass Circuit with Sticks

Description: In this activity, students will work on the movement and the pass using the sticks arranged on the court as a reference. The goal is to stimulate passes of different types, such as chest pass, chopped pass and pass over the head, in addition to developing the agility and motor coordination of the students. The teacher can create different circuits, with varied obstacles and challenges, to make the activity more challenging and fun.

Video: <https://youtu.be/B1SjmgjP6Mk>

54. Mini circuit drive and skills in handball

Description: In this activity, a mini circuit is organized with different stages for students to practice movement and specific handball skills. In the first stage, students must overcome obstacles arranged on the court. In the second stage, they must make a throw at an object and recover the ball after the rebound. In the third stage, it is necessary to go through sticks arranged in zig-zag, working the agility and precision in the passes. Finally, students can finish with a shot on goal. This activity is important to develop motor coordination, handball specific skills and stimulate the creativity of students in solving the proposed challenges.

Video: <https://youtu.be/u6L9Oin459I>

55. Jump and return

Description: In this activity, students will use a Swiss bench and a companion on the other side of the ball. The goal is to jump with one foot and the other on the bench and then return the ball that will be played by the teammate. The exercise is quite complete, as it works the strength in the legs, the coordination glass-pedal and glass-manual, besides being a fun activity for the students. It is important that the teacher is attentive to the posture and balance of the students during the jump.

Video: <https://youtube.com/shorts/QOxNOOVZc0w>



56. Integration in Motion

Description: In this activity, two students work together to perform movements and fundamentals. The first student leaves the middle of the court, dribbles an obstacle and runs to the right, while the second student leaves from the right to the left of the obstacle. The first student then passes the ball to the second, who performs the throwing work at the entrance of the area. This activity works on the integration between the players, motor coordination and teamwork.

Video: <https://youtu.be/W-EAH3IbOUA>

57. Jump and Throw

Description: In this activity, students jump with one foot on the trampoline, land on the mattress with the other foot and throw the ball on the second landing. This exercise aims to develop muscle strength, coordination and throwing technique, in addition to providing a playful and fun activity for students.

Video: <https://youtu.be/ZfZCZdt6dCs>

58. Hula hoop

Description: This recreational activity is ideal to be used in the warm-up of Physical Education classes. Several hula hoops are spread around the court and the students have to go from one to the other, enter the hula hoop and pass it through the body, as if they were dancing with it. When passing through the body, they leave the hula hoop in the same place and move to another hula hoop, repeating the action. This activity stimulates the motor coordination, balance and agility of the students, besides being fun and challenging.

Video: <https://youtu.be/tKJ8M8EUoAU>



59. Pass Cones

Description: Two students stand face to face with cones arranged between them. One of the students runs to a cone, receives the ball and passes it to the colleague on the other side. The student who received the ball repeats the process, going to another cone and passing the ball. The activity aims to work on the passing and ball reception, as well as the motor coordination and reaction speed of the students. One can vary the distance of the cones and the way the ball is passed and received.

Video: <https://youtu.be/CLaJVXwc2JU>

60. Balance challenge for goalkeepers

Description: This exercise is aimed at goalkeepers and aims to develop balance and proprioception. The goalkeeper should stand on a proprioception puck and try to balance himself while defending the ball. In addition, a mat can be used to increase the intensity of the exercise, forcing the goalkeeper to use more strength and stability. It's a great way to improve the goalkeeper's performance on the court, as well as hone physical skills.

Video: <https://youtube.com/shorts/bvpBhXAfa10>

61. Defensive Lateral Displacement

Description: In this activity, students will work on lateral displacement for defense in handball. The goal is for students to travel the court in lateral shifts on both sides, using the lines of the court as a reference, and make saves when the ball is thrown. In addition, the exercise also works on the knowledge of the lines of the court, the physical preparation and the specific movement of the game.

Video: <https://youtu.be/de4LMaYeKiU>



62. Angled Defense with Agility Ladder.

Description: In this activity, handball goalkeepers work on agility and strengthening of the legs. First, they go through the agility ladder to work on coordination and movement speed. Then the student-goalkeeper moves laterally to defend an angled ball on the side where she has moved. This exercise helps to improve the defense in game situations where it is necessary to move quickly to protect the goal area.

Video: <https://youtu.be/YJS6pKaeuNg>

63. Hunt for objects without hitting the ball.

Description: This is a recreational warm-up activity in handball that consists of spreading objects on the floor of the court, such as cones, small balls and agility ladders. In front of the students, the teacher circles a ball attached to a rope. The students' goal is to pick up the objects scattered on the floor without hitting the ball stuck in the rope that the teacher is spinning. This helps to develop students' coordination, agility and motor skills.

Video: https://youtu.be/A3L8MYiv_rM

64. Lateral Displacement with Throw

Description: In this activity, the students will work the lateral displacement by going through a step and catching the ball on the side. The exercise ends with them receiving the ball and pitching for goal. There are several throwing exercises that can be performed after the lateral displacement, aiming to improve the technique of throwing in handball. The activity contributes to the improvement of the agility, coordination and speed of the students, in addition to helping in the development of specific skills of the sport.

Video: <https://youtube.com/shorts/H6ziOvdYvuM>



65. Pivot and goalie training

Description: In this activity, students are divided into two rows and pass the ball alternately to a student who is positioned as a pivot. This student must return the ball so that the other students can perform the throw. The activity aims to train the work of pivot, in addition to providing goalkeepers with the training of defense of various types of shots.

Video: <https://youtube.com/shorts/i-4lzcNQC1w>

66. Flexion in the Duo

Description: In this activity, the students work in pairs, where one of them sits and holds the feet of the other, who tries to make an isometric plank of flexion. This exercise works on strengthening the muscles of the arms, shoulders and core, as well as promoting coordination and body balance. It is an activity that can be performed as part of physical preparation and brings a relaxed atmosphere to the class.

Video: <https://youtube.com/shorts/k6rVv4vzsIM>

67. Multifunctional Heating Circuit

Description: The multifunctional heating circuit is a dynamic and fun activity that uses various materials and the handball court to warm up and prepare students for the following activities. The circuit consists of several exercises that work on balance, coordination, agility and other physical skills important for the practice of handball. The exercises can be performed in pairs or individually, depending on the purpose of the training. The circuit can be adapted to different skill levels and intensity, making it a versatile activity suitable for various ages and goals.

Video: <https://youtube.com/shorts/04HXtjUoujM>



68. Quick Pass

Description: Students form pairs and position themselves at a medium distance. Each pair has two or three balls, which will be used to perform the passes. The objective of the activity is to make the students improve the pass in situations of pressure, with displacement or without, also working the reception. The exercise starts with a short pass, and each time the ball is returned, the pass gets longer and faster. The warm-up is ideal for the beginning of the class, as it works on coordination, speed and reflexes.

Video: <https://youtube.com/shorts/8hgdT0uPjGc>

69. Old Goalkeepers' Game

Description: The objective of this activity is to warm up the handball goalkeepers and stimulate their speed and speed of reaction. For this, a game grid of the old woman is mounted on the floor of the court with cones. Each goalkeeper stands in one of the corners of the grid and at each play, the teacher throws the ball into one of the houses on the grid and the goalkeepers must move quickly to try to defend the ball. The game goes on until one of the goalkeepers makes a full line or diagonal in the old woman's game.

Video: <https://youtube.com/shorts/FLmgjN6fSJw>

70. Defensive Hide and Seek

Description: In this activity, mattresses are used to hide opponents and train the reaction speed of the defensive players, including those on the line of the area and the goalkeeper. The play begins with the player who is hiding behind the mattress and ends with a throw. The goal is to improve the reaction capacity of the players and improve the defense as a whole.

Video: <https://youtube.com/shorts/XNa8fzaimO4>



71. Contact in the Area

Description: The activity consists of a double exercise where a student carries the ball and moves towards the other, while the latter comes towards him and pushes slowly, simulating the shock that occurs at the entrance of the area of the handball game. The goal is to train the contact movement of the players, as well as the resistance and balance during the clash. It is important to emphasize the importance of making contact safely and avoiding injury.

Video: <https://youtu.be/SvD7Gs30EZc>

72. Pivot Hide and Seek

Description: The players are divided into two teams, with one team being responsible for hiding behind the mattresses, while the other team positions itself on the line of the area and the goalkeeper to defend. When the coach gives the signal, the players who are hiding behind the mattresses come out and try to make a pivot play, passing to another player who moves. Defensive players must react quickly by marking the players who receive the pass and trying to stop the shot. The goal is to work on the reaction speed of the defense and the positioning of the goalkeeper, as well as improve the pivot and passing skills of the attacking players.

Video: https://youtube.com/shorts/awBvBP_78vM

73. Quick throw at the entrance of the area

Description: The exercise is performed by a group of players in which one of them passes the ball to another, who quickly receives and throws the ball towards the goal, with almost no time for preparation. Players vary the positions they are in at the entrance of the area to practice different angles and types of pitching. The goal is to improve the technique of fast throwing and the accuracy of the kick at the moment of pressure. It is important that the players communicate and move well to facilitate the performance of the exercise.

Video: <https://youtube.com/shorts/rGfyjPEOarA>



74.Movement and double throw

Description: In this activity, two students work on the movement of legs in different specific movements behind a mattress. Then they start the double play, with the goal of getting to the goal and making the shot. Meanwhile, two other players make the save at the entrance of the area to prevent the shot. The exercise helps in improving movement, throwing and defense.

Video: <https://youtube.com/shorts/IBVXvbww1aY>

75.Diagonal pass for throwing

Description: The objective of this activity is to work the diagonal pass at the entrance of the area and the throwing of wings and socks. Divide the students into two teams, place one team on each side of the play area. Team A starts with the ball, passes to the right end that makes the diagonal pass to the left end of the team, which receives and throws to the goal. Team B makes the defense and tries to stop the shot. After the pitch, the role of the teams is reversed. It is important that the players perform the movements quickly and accurately.

Video: <https://youtube.com/shorts/-cgilApGjh8>

76.Throwing rotation at the entrance of the area

Description: In this activity, three groups work at the entrance of the handball area, exchanging passes and making pitches with pivots with their backs to the defenders. Each group has its moment of pitching, while the defense positions itself to make it difficult to throw. The goal is to work the pitching foundation in different situations of defense and movement at the entrance of the area.

Video: <https://www.youtube.com/shorts/tZqW5dDMqaU>



77. Jump and throw.

Description: In this activity, the students will perform a work of legs through jumps in obstacles and then perform the throw from the side, directed to the wings. The activity aims to improve the jumping and throwing technique of the players, in addition to working on motor coordination and physical conditioning. Obstacles will be set up on the court for the students to perform the jumps and then they must position themselves to perform the throw to the wings.

Video: <https://youtube.com/shorts/mzsUJAtS1LQ>

78. Team Cone Game

Description: In this activity, a group of four students is divided into two pairs and three cones are positioned on the floor. The goal is not to let the base get more than one cone. Each pair starts with a cone and must try to steal the cone from the opposing base, while defending their own. The duo that manages to keep their cone at the base the longest, wins the round. The game is a good option for warm-up and helps to work the coordination and agility of the participants.

Video: <https://youtube.com/shorts/EcNUdQ62nHE>

70. Dribble and Dribble Doll

Description: The students are organized in duo or trio and one of them starts with the ball, performing feints and dribbles on a doll placed in the center of the court, with the objective of passing through the obstacle and passing the ball to his teammate. The player who received the ball must throw to the goal, simulating a real attacking move in handball. The exercise can be repeated by alternating the roles of the players. The goal is to develop the skill of feint and dribble and improve the accuracy of the pass.

Video: <https://www.youtube.com/watch?v=Ua2w5JH5GVc>



80.Pass without dropping

Description: In this activity, the students work in a trio to train the pass and the reception of the ball, without letting it fall to the ground. The activity can be carried out in any space suitable for the practice of handball, such as a court or a field. The students position themselves in a triangle and throw the ball to the colleague in front of them, who in turn passes to the third colleague and so on. The goal is to keep the ball moving, without letting it fall to the ground, thus training accuracy and agility in passing and receiving the ball.

Video: <https://youtube.com/shorts/ZfzFvLCxulc>

81.Double Passes

Description: This activity is a warm-up to practice different types of passes in double handball, using the entire court. The teacher can determine what type of pass the pairs should perform, such as shoulder pass, chest pass, chopped pass, among others. The goal is to pass the ball from one end of the court to the other, without dropping the ball, and practice coordination between players.

Video: <https://youtube.com/shorts/KmSvO-2EV4E>

82.Handball in Hurdles

Description: In this activity, students will split into three rows and perform specific handball moves, each row with a different obstacle. The goal is to get everyone through all the lines, overcoming every obstacle and practicing various handball skills along the way.

Video: <https://youtu.be/kAsiREnngro>



83.Pass and Receive Challenge

Description: In this activity, students will perform a pass warm-up using both arms and with lateral movement. Then they will practice the reception of bounced ball, with stimuli of short and long passes.

Video: <https://youtube.com/shorts/RqHVTv9yuh0>

84.Moving Double Passes

Description: In this activity, students will perform double pass exercises, with pass to pass and moving reception. Students will be facing each other, with two balls in hand, and will perform two movements at a time. The activity aims to develop the ability to pass and receive on the move, as well as improve coordination and teamwork.

Video: <https://youtube.com/shorts/jhjecn2s2k>

85.Dribble and Double Receiving

Description: In this double activity, one student will perform the dribble of the ball walking back and forth, while the other will throw the ball to her. The student who is dribbling must continue bouncing the ball and receive it with her other hand before returning it to her partner. The goal of the activity is to develop dribbling and ball reception skills, as well as coordination among participants.

Video: <https://youtube.com/shorts/jWO28i1tU0E>

86.Double Pass and Receive with Two Balls

Description: In this double activity, students will practice passing and receiving the ball with two balls. While one of the participants bounces the ball, the other throws the ball to her and the student must bounce the ball, receive and return it to the other companion of the duo in the time span of the bounce. The goal of the activity is to develop the skills of passing and



receiving the ball, as well as coordination between participants and the ability to make quick decisions.

Video: <https://youtube.com/shorts/7LD6dDgHrlg>

87.Pass and Move in Pairs with Obstacle

Description: In this double activity, students will perform two different exercises. In the first exercise, participants will use two balls and a dummy as an obstacle, where the goal is to exchange passes by the side of the doll and move laterally bouncing the ball so that the ball does not fall. In the second exercise, the students will face each other and perform passes with lateral movement. The goal of the activity is to develop the skills of passing, receiving and lateral movement, as well as the ability to overcome obstacles and work as a team.

Video: <https://youtube.com/shorts/VVXIMxwGPHU>

88.Fast Counterattack

Description: In this activity, students will practice the complete movement of arrival to the attack, using speed as a base. A quick pass exchange will take place, with the forwards being used and finishing with a throw. The training will be focused on counterattack, with the defense always outnumbered. The goal of the activity is to develop speed, counter-attacking ability, quick pass exchange and pitch finishing.

Video: <https://www.youtube.com/shorts/Hyzi6OVx2Ok>

89.Defensive Blocking in Trio

Description: In this activity, students will be divided into trios and each will have a specific function. Student A will try to catch student C, while student B will stand between them and try to stop it. Student C will always be behind student B. This exercise uses the precept of blocking at the entrance of the area in Handball. The objective of the activity is to develop



students' defensive skills, teamwork and the ability to block the entrance of the opposing area in Handball.

Video: <https://youtu.be/QM1vQGlxHtc>

90. Doubles Race for Ball Control

Description: In this activity, three rows of cones will be arranged on the lines of the handball courts. Each cone will be destined for a pair of students and, in the middle row of the court, a ball will be placed on top of it. At the teacher's command, the pairs will exit the middle row of cones and circle the cone, each student running to one side. The goal is to get back as quickly as possible to catch the ball on top of the middle row cone. The activity can end with a run to throw at goal, encouraging quick finishing. The goal of the activity is to develop speed, ball control, agility and goal-throwing finishing.

Video: <https://youtu.be/Ce5Js-9PxTg>

91. Race for the Balls with Defense

Description: In this activity, two rows of seated students will be formed, facing each other, with handball balls between them. At the teacher's command, they will get up and run to get the ball. The student who catches the ball will run towards the goal, while the other student will try to prevent the duo from going towards the goal, making the save. The goal of the activity is to develop speed, agility, ball control and finishing ability with the defense in action.

Video: <https://youtube.com/shorts/eDxcSQKytgU>

92. Marking at the Entrance of the Area

Description: In this activity, trios of students will be formed, where one player will try to pass to another who is at the entrance of the area and the student who is in the middle of them will try to prevent the pass, performing the marking. The goal is to work on the marking technique at the entrance of the area and perfect the passing and receiving skills of the



players. The activity also contributes to the development of teamwork and communication between the players.

Video: <https://youtube.com/shorts/B7pW6zUuq6Q>

93. Warm-up circuit for handball.

Description: In this activity, several warm-up exercises will be performed to prepare the students for the practice of handball. The circuit will include activities aimed at developing speed, agility, throwing and movement on the court. Each exercise will have a certain time and the students will go through all of them, in a sequence determined by the teacher. The goal is to ensure that all parts of the body are warm up and ready for training or handball play.

Video: <https://youtube.com/shorts/P0-SWTFWzQI>

94. Coordination of double passes

Description: In this activity, students will work on the coordination of passes in pairs, performing different types of passes standing or kneeling. The goal is for students to develop accuracy and speed in passing while maintaining good communication and synchrony with their partner. The activity can be tailored to different skill levels, increasing the difficulty of passes as students progress in learning.

Video: <https://youtube.com/shorts/AdvVrQF16Y8>

95. Wheel ball dominance and control

Description: The players form a wheel and stand in trunk flexion. Each has a handball and performs movements of dominance and control of the ball, such as turns, short and long passes, bearings and draws. The goal is to work on the ability to control the ball in different positions and angles, while staying in a challenging position for balance and coordination. The



teacher can vary the intensity and complexity of the movements according to the skill level of the class.

Video: <https://youtu.be/Bf5BQuhbRG0>

96. Agility and Speed Training with Ladder

Description: In this activity, handball players will use an agility ladder and other obstacles to train their agility, speed and coordination skills. The training can be carried out in a group, with the teacher determining the order in which each player will complete the course. Obstacles can be varied, such as cones, barriers and jumping obstacles, and must be arranged in such a way that the course is challenging. The goal is for players to complete the course as quickly as possible, while still performing the correct moves on each obstacle. This activity is important to develop the speed, agility and coordination of the players, as well as to improve physical endurance and the ability to concentrate.

Video: https://youtu.be/GKGD_lbl94A

96. Displacement and defense of the goalkeeper

Description: In this activity, the objective is to work the displacement and defense of the handball goalkeeper. The student assumes the position of goalkeeper and moves to each point predetermined by the teacher while trying to defend the shots made with a tennis ball. The goalkeeper must be prepared to defend with his hands or feet, as directed by the teacher. The activity can be tailored according to the students' skill level and may include other challenges such as defending pitches at varying angles or defending simultaneous pitches.

Video: https://youtube.com/shorts/2_T_uDNV6fQ

98. Lateral defense with ball bounce.

Description: The exercise is performed with a goalkeeper positioned in the goal and the teacher bouncing a tennis ball on the sides of the handball court, forcing the lateral



displacement of the goalkeeper to make the saves. The goal is to train the agility and coordination of the goalkeeper in relation to lateral movements and saves with the hands.

Video: <https://youtube.com/shorts/QY1IPQXPPSO>

99. Moving pass to goalie.

Description: In this activity, a player makes passes to the goalkeeper who moves laterally inside the goal to receive them. The goalkeeper must have good movement inside the goal to reach the ball efficiently. It is an important activity to train the reference of space and time in goal. It can be done with one or more players making the passes to the goalkeeper.

Video: <https://youtu.be/lgpBdLKq0MM>

100. Circuit of Movement and Throwing

Description: Players perform a circuit of movement on the court, passing through cones placed as a reference. During the circuit, they receive passes and make shots toward the goal. The goal is to work on the movement on the court, improve motor coordination and develop throwing skills. It is important that the teacher monitors the correct execution of the circuit and the performance of the players in the pitches.

Video: <https://youtu.be/2lsplQ0oHFA>