

Introduction

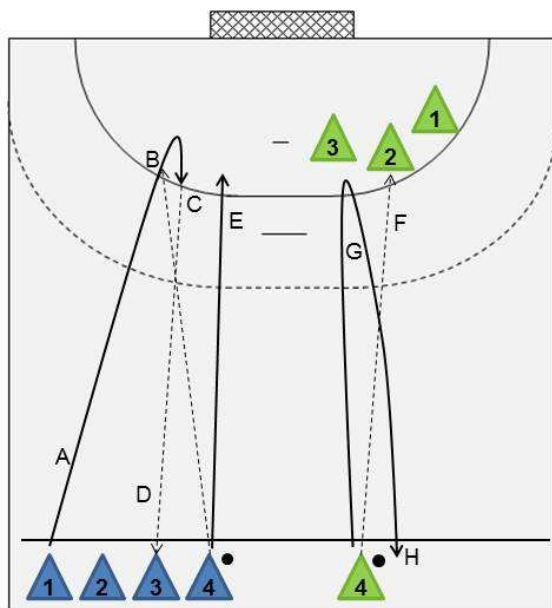
Handball needs quick and correct decisions in each game situation. This can be trained playfully and diversely through handball-specific games. These 60 exercises are divided into seven categories and train the playing skills.

The book deals with the following subjects:

- Team ball variants
- Team play with different targets
- Tag games
- Sprint and relay race games
- Ball throwing and transportation games
- Games from other types of sports
- Complex closing game variants

The exercises are illustrated and described in an easy, comprehensible manner. They can be immediately integrated in every training unit. Various difficulty levels, additional notes, and possible variations allow for adjustment to each age group and group size.

Sample figure:



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