



“Home Skills Challenge”

15 Minutes a Day

U12's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Bounce & Catch	Skipping	Keep Rally Alive	Opposites Attract	Ball Control (Both Hands)	Balloon Target (Overarm)	Quick Hands (Beginner)
Week 2	Dribbling	Skipping	Rapid Reflexes	Athlete Development	Quick Hands (Advanced)	Freestyle Handball	Skittle Knockdown

U16's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rapid Reflexes	Skipping	Keep Rally Alive	Athlete Development	Ball Control (Single Hand)	Freestyle Handball	Balloon Target (Overarm)
Week 2	Quick Hands	Skipping	No Weaknesses	Opposites Attract	Skittle Knockdown (Advanced)	Fast Feet	Freestyle Handball

U12 Activity	Explanation (15 minutes a day approx.)	Benefit
Bounce & Catch	Whilst jogging, bounce and cleanly catch the ball, alternating between left and right hands. After every 10 catches, strike ball against wall. Increase speed of jog to advance.	Hand Eye Coordination
Skipping	Footwork is so important in Handball, so spend today practicing some skipping	Footwork
Keep Rally Alive	Find a wall space and stand 8ft away. Hit as many consecutive shots in a row. Aim for 10.	Technique
Opposites Attract	With a partner / parent, stand 5ft apart. Nominate one catcher & one thrower. Thrower calls left or right as they throw the ball...and the catcher must catch the ball with the opposite hand to what is called.	Reactions
Ball Control (Both Hands)	Whilst jogging, tap the ball a few inches off the hand, keeping the ball off the floor at all times. Alternate taps with both hands. After every 10 taps, strike ball against wall.	Ball Control
Balloon Target (Overarm)	Sellotape some inflated balloons at head height on an outside wall. Standing 8ft away, practice throwing and then striking your overarm stroke with both hands, aiming for the balloons.	Overarm
Quick Hands (Beginner)	Stand 3ft away from the wall, throw the ball underarm and catch with two hands. Count the number of catches in a 60 second period.	Reactions
Quick Hands (Advanced)	Stand 3ft away from the wall, throw the ball underarm and with the same hand. Count consecutive catches in a 60 second period. If the ball drops you start back at zero.	Reactions
Dribbling	Whilst jogging, dribble the ball, alternating between left and right hands. After every 10 dribbles, strike ball against wall. Progress to bouncing ball between legs and changing direction every second 10 dribbles.	Ball Control
Rapid Reflexes	Standing 4ft from the wall, hit as many short soft shots in a 60 second period. Progress to using alternate hands every shot.	Ball Control & Reactions
Athlete Development	Practice some bodyweight exercises such as star jumps, press ups, plank holds, air squats, etc.	Fitness
Freestyle Handball	Practice any new cool tricks or skills	Creativity
Skittle Knockdown	Set up 10 skittles against a wall. Stand 8ft away. See how long it takes you to knock them all down with an underarm shot.	Sidearm

U16 Activity	Explanation (15 minutes a day approx.)	Benefit
Rapid Reflexes	Standing 4ft from the wall, hit as many short soft shots in a 60 second period. Use alternate hands every shot.	Ball Control & Reactions
Skipping	Footwork is so important in Handball, so spend today practicing some skipping	Footwork
Keep Rally Alive	Find a wall space and stand 8ft away. Hit as many consecutive shots in a row. Aim for 20. Ensure to use left hand if ball is on your left side, and vice versa.	Technique
Athlete Development	Practice some bodyweight exercises such as press ups, sit-ups, planks, air squats, lunges, etc.	Fitness
Ball Control (Single Hands)	Whilst jogging, tap the ball a few inches off the hand, keeping the ball off the floor at all times. Use one hand at a time, with the other hand behind your back. After every 10 taps, strike ball against wall.	Ball Control
Freestyle Handball	Practice any new cool tricks or skills	Creativity
Balloon Target (Overarm)	Sellotape some inflated balloons at head height on an outside wall. Standing 10ft away, practice throwing and then striking your overarm stroke with both hands, aiming for the balloons.	Overarm
Quick Hands	Stand 4ft away from the wall, throw the ball underarm and catch with the same hand. Count consecutive catches in a 60 second period. If the ball drops you start back at zero.	Reactions
No Weaknesses	It is very important to develop technique on both hands. Spend today free practising the underarm, overarm & sidearm strokes.	Technique
Opposites Attract	With a partner / parent, stand 6ft apart. Nominate one catcher & one thrower. Thrower calls left/right/catch/head as they throw the ball. Catcher must catch the ball with the opposite hand to what is called. (<i>Catch =head the ball, Head = catch ball with both hands</i>)	Reactions
Skittle Knockdown	Set up 10 skittles against a wall. Stand 8ft away. See how long it takes you to knock them all down with a sidearm shot.	Sidearm
Fast Feet	Using agility ladders (or mark one out with tape/chalk), practice stepping through the ladders with fast feet.	Footwork