



# HOME SKILLS CHALLENGE



## WEEK 1: *15 Minutes a Day*



U10'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)

U14'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 1	ACTIVITIES EXPLANATION (15 MINUTES A DAY APPROX.)	BENEFIT
<b>Bounce &amp; Catch</b>	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.	<i>Hand Eye Coordination</i>
<b>Skipping</b>	Footwork is so important in Handball, so spend today practicing some skipping	<i>Footwork</i>
<b>Keep Rally Alive</b>	Find a wall space and stand 8ft away. Hit as many consecutive shots in a row. Aim for 10.	<i>Technique</i>
<b>Keep Rally Alive (Advanced)</b>	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.	<i>Technique</i>
<b>Opposites Attract</b>	With a partner / parent, stand 5ft apart. Nominate one catcher & one thrower. Thrower calls left or right as they throw the ball. The catcher must catch the ball with the opposite hand to what is called.	<i>Reactions</i>
<b>Ball Control (Both Hands)</b>	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.	<i>Ball Control</i>
<b>Ball Control (Single Hands)</b>	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.	<i>Ball Control</i>
<b>Balloon Target (Overarm)</b>	Sellotape some inflated balloons at head height on an outside wall. Standing 6ft -10ft away, practice throwing and then striking your overarm stroke with both hands, aiming for the balloons.	<i>Overarm</i>
<b>Quick Hands (Beginner)</b>	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.	<i>Reactions</i>





# HOME SKILLS CHALLENGE



## WEEK 2: *15 Minutes a Day*



U10'S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2	Dribbling	Skipping	Rapid Reflexes	Athlete Development	Quick Hands (Advanced)	Freestyle Handball	Skittle Knockdown (Underarm)

U14'S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 2	Quick Hands	Skipping	No Weaknesses	Opposites Attract	Skittle Knockdown (Underarm)	Fast Feet	Freestyle Handball

<b>WEEK 2</b>	<b>ACTIVITIES EXPLANATION (15 MINUTES A DAY APPROX.)</b>	<b>BENEFIT</b>
<b>Dribbling</b>	Jog & 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.	<i>Ball Control</i>
<b>Skipping</b>	Footwork is so important in Handball, so spend today practicing some skipping	<i>Footwork</i>
<b>Rapid Reflexes</b>	Standing 4ft from the wall, hit as many short soft shots in a 60 second period. Progress to using alternate hands every shot.	<i>Ball Control &amp; Reactions</i>
<b>Athlete Development</b>	Practice some bodyweight exercises such as star jumps, press ups, plank holds, air squats, etc.	<i>Fitness</i>
<b>Quick Hands (U10 Advanced)</b>	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.	<i>Reactions</i>
<b>Quick Hands (U14)</b>	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.	<i>Reactions</i>
<b>Freestyle Handball</b>	Practice any new cool tricks or skills	<i>Creativity</i>
<b>Skittle Knockdown (Underarm)</b>	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.	<i>Underarm</i>
<b>Skittle Knockdown (Sidearm)</b>	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.	<i>Sidearm</i>
<b>No Weaknesses</b>	It is very important to develop technique on both hands. Spend today free practising the underarm, overarm & sidearm strokes.	<i>Technique</i>
<b>Opposites Attract</b>	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. (Catch =head the ball, Head = catch ball with both hands)	<i>Reactions</i>
<b>Fast Feet</b>	Using agility ladders (or mark one out with tape/chalk), practice stepping through the ladders with fast feet.	<i>Footwork</i>