

***Fun training with
squeeze balls***



***Handball@School brochure
Fun training with
squeeze balls***

Concept for an information brochure

Advantages:

- +** The Ball is easy to squeeze = the ball can be grabbed with small hands!
- +** The special surface makes it easy to grip = excellent ball control and ball handling!





Advantages:

It is easy to hold the ball above the head =

- +** Techniques are learned more effective and easier!
- +** Creative throwing variations can be tested very early!



Advantages:



The balls are soft = no fear by catching them!



The Balls can not be bounced = improve playing together!





Advantages:

- +** Many creative ball tricks are possible!
- +** High motivation!
- +** Can be used indoor and outdoor!



Inhalte der Broschüre (80 bis 100 Seiten)

Ball tricks

- Develop ball control
- Individually, in pairs, in groups (indoor, outdoor)

Play in all positions

- Basic exercises methodically constructed
- Exercises indoor, outdoor

Throwing games with many variations

- Individual exercises
- Competitions
- Small games

Play Handball

- Methodological game series of the game 4 against 0 to 4 against 4

For children aged 6 to 12 years old

Examples for exercises

