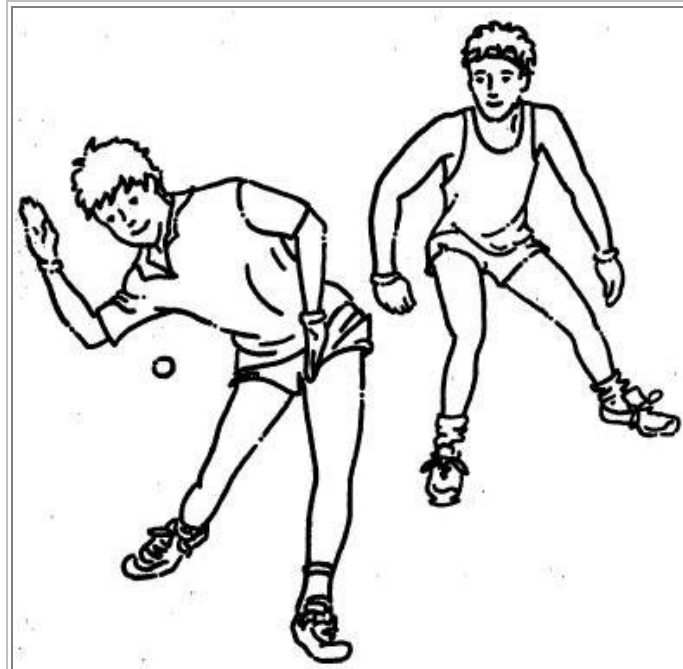


Teaching Handball In the Middle and Secondary Schools



By Pete Tyson & Leaann Tyson 1987

Handball

- **Improves All Areas Of Physical Fitness**
 - **Develops Both Sides Of The Body**
 - **Little Equipment Is Needed**
 - **Easy To Teach**
 - **A Game For Boys And Girls Alike**
 - **Can Be Played Indoors Or Outdoors There Are A Variety Of Games (1-Wall, 2-Wall, 3-Wall, And 4-Wall) A Modifications In Court Dimensions, Equipment, And Playing Rules Can Be Made To Suit Any Age Level**
 - **Sportsman-Like Behavior Is Demanded**
 - **Great Carry-Over Value For Later Life**
 - **It's Challenging And Fun!**
-



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Introduction

Handball is one of the few lifetime sports that is fitness AND skill related. The game offers the best of the benefits of the individual sport, yet is regularly played with a partner. Players at every skill level play for the sheer pleasure of the game.

Dr. Kenneth Cooper, in his classic book, AEROBICS, states... *"The best conditioning exercises are running, swimming, cycling, walking, HANDBALL, basketball and squash, and in just about that order."* Note that the top GAME mentioned is HANDBALL! In a survey by the President's Council on Physical Fitness and Sports, fourteen popular sports and exercises were rated by seven fitness experts. Using the criteria of cardio-respiratory endurance, muscular endurance, muscular strength, flexibility and balance, HANDBALL WAS RANKED NUMBER ONE.

With the development of the new "White Ace handball", handball has become a sport for everyone. This ball is slightly softer than the regulation men's handball and does not hurt the hands. However, practically any ball, from a utility ball to a tennis ball, can be used. The best balls to use in teaching secondary students are racquetballs.

The twenty lesson plans in this booklet are designed for teaching "one-wall handball" in a gymnasium. Using existing wall space, "one-wall" handball courts are easy to set up. Diagrams and dimensions for regulation one-wall courts follow the lesson plans. Modifications in court dimensions, equipment, and playing rules can be made to fit any situation. Also following the lesson plans are the sections, Advanced Drills and Techniques, Rules of Sportsmanship, Basic One-Wall Rules, and Resource Materials.

Handball is an ideal sport to offer for students. The basics are easily learned and taught, yet competition and challenge are present from novice to expert. Because the same fundamental positioning and hitting skills are used in all forms of handball, after learning to play one-wall handball, it is not difficult to learn the more popular 4-wall game. Courts for 4-wall handball are available in nearly every college, university, YMCA, and court club in the country.

"The game of fives (handball) is what no one despises who has ever played it. It is the finest exercise for the body and the best relaxation for the mind. He who takes to playing at fives is twice young." William Hazlitt, 1819



Action shot of FRED LEWIS hitting against VERN ROBERTS. These two players have won many 4-Wall and 3-Wall National Championships.

TEACHING HANDBALL IN SECONDARY SCHOOLS

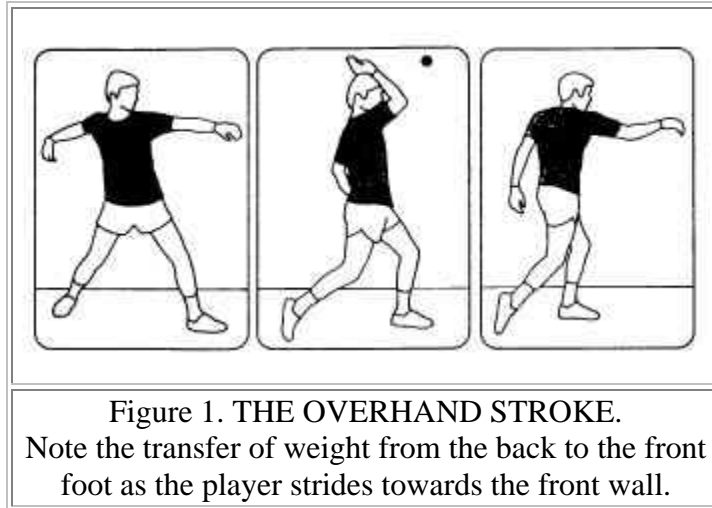
General Comments

1. Although there is a "regulation" court size and "official rules," modifications in court dimensions, equipment, and playing rules can be made to suit your specific situation.
 2. Hopefully, your teaching area will allow for several courts to be marked off. However, if you can only find room for one court, you might use it as a "station" to which students could be rotated for a certain amount of time.
 3. Set up 2-Wall and/or 3-Wall courts whenever you can. The more walls you have, the easier it is to keep the ball in play. More walls also allow for more kinds of shots and strategies.
 4. It is recommended that racquetballs be used as they are durable, have plenty of "bounce", and do not hurt the hand when being struck. Tennis balls can also be used. You may want to use the "Family Handball" for the older and more skilled students, although some type of gloves may be necessary to protect the hands.
 5. As with most throwing sports and activities which require quick movements, proper stretching and warmup should be a part of your everyday routine in order to prevent injuries.
 6. Throughout the lesson plans, teaching cues are written as statements. i.e. *"Watch the ball."*
 7. Most of the drills and games can be made more challenging for the highly skilled students. Descriptions of advanced drills and techniques are in a section following the lesson plans.
 8. Lesser skilled students may need to stay closer to the wall for a longer period of time when doing the drills, especially in the earlier lessons.
-

9. Although handball is a competitive game, try to set up different kinds of contests and drills in which there is no scoring.
 10. Always stress safety.
 11. Help the students obtain the social benefits that are involved with handball. Regular and consistent cooperation along with sportsmanship is not only expected, it's demanded.
 12. Try to locate an outside wall that can be marked off for handball so students can play after school or on weekends. The President's Council on Physical Fitness and Sports and the United States Handball Association both offer Participation Awards for playing a certain number of games within a specified period of time.
-

Lesson One

Overhand Stroke (Both Hands)



Facility / Equipment

- Unobstructed wall space and racquetballs or tennis balls

Objectives

- Perform overhand throwing stroke with dominant hand
- Perform overhand throwing stroke with non-dominant hand
- Understand rebound angles of ball after contacting the ball

Procedures

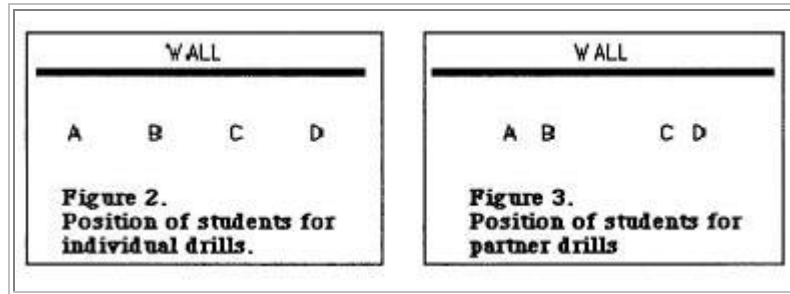
- With students in a group:
 1. Explain the fundamental arm stroke used to hit a ball is the same as used in throwing (see Figure 1).
 2. Explain both hands (one at a time) are used, so learning how to throw with the non-dominant hand is an important goal.
 3. Explain and demonstrate Overhand Throwing Drills. Divide students for drills.
 4. Explain and demonstrate Overhand Throwing Drills With Partner. Divide students for drills.

Drills

Overhand Throwing Drills

Students line up about 10' apart and 20' from wall (see Figure 2). Using dominant hand overhand stroke, students throw ball to wall and attempt to catch rebounding ball before it hits the floor twice. Repeat using non-dominant hand. Repeat 10 times with each hand.

- Repeat previous drill 25' from wall.
- Repeat previous drill 30' from wall.
- Repeat previous drill 35' from wall.



Overhand Throwing Drills With Partner

With partner standing 6' away, and both students 25' from wall (see Figure 3), Partner A throws ball to wall with dominant hand overhand stroke, and Partner B catches on one bounce. Alternate. Continue drill alternating throwing hands.

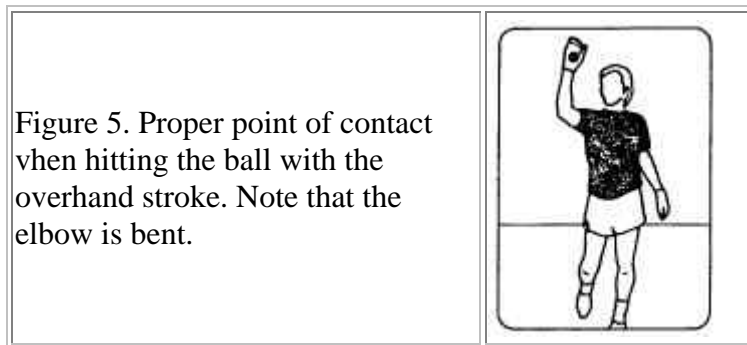
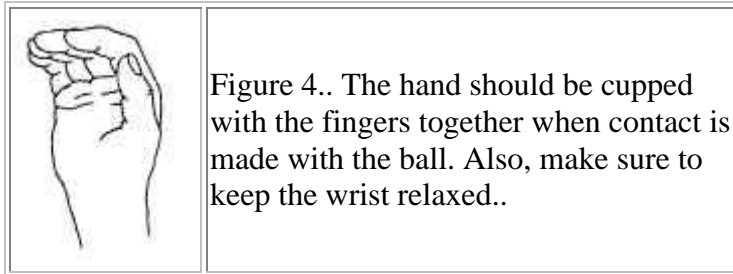
- Repeat previous drill 30' from wall.
- Repeat previous drill 35' from wall.

COMMENTS

When students throw ball to wall, the ball should rebound off floor in front of the point from which the throw occurred. *"Attempt to imitate your strong hand when throwing with your weak hand."* Look for reciprocation. *'Relax your arm and allow it to whip.'* *'Rotate your shoulders and hips as you stride toward the wall.'* Students should not throw as hard as they can. Work on control. Most throws with the non-dominant hand will not be well controlled so students may run out of their areas when making the retrieves. *"Make sure no one is in the path of your throw."*

Lesson Two

Hitting With Overhand Stroke (Both Hands)



Facility / Equipment

- Unobstructed wall space and racquetballs or tennis balls

Objectives

- Perform overhand hitting stroke with dominant hand
- Perform overhand hitting stroke with non-dominant hand
- Catch a rebounding ball before it hits the floor twice

Procedures

- With students in a group:
 1. Explain the fundamental arm stroke used to hit a ball is the same as used in throwing.
 2. Explain the hand should be in a cupped position and the wrist relaxed when contacting the ball (see Figure 4).
 3. Explain and demonstrate Overhand Hitting Drills. Divide students for drills.
 4. Explain and demonstrate Overhand Hitting Drills With Partner. Divide students for drills.
-

Drills

Overhand Hitting Drills

Students line up about 10' apart and 20' from wall. Using dominant hand overhand stroke, students throw ball to wall and attempt to catch rebounding ball before it hits the floor twice. Students should attempt to catch the ball in the position they would be in to hit the ball (see Figure 5). Repeat using non-dominant hand. Repeat 5 times with each hand.

- Repeat previous drill, but instead of catching the ball, students hit the ball to wall with overhand stroke and attempt to catch the rebounding ball before it hits the floor twice.
- Repeat previous 2 drills 30' from wall.
- Repeat previous drill 35' from wall.

Overhand Hitting Drills With Partner

With partner standing 6' away, and both students 25' from wall, Partner A throws ball to wall with dominant hand and Partner B hits the ball back to the wall. Partner A attempts to catch the ball before it hits the floor twice. Alternate. Continue drill alternating hitting hands.

- Repeat previous drill 30' from wall.
- Repeat previous drill 35' from wall.

Comments

When students throw ball to wall, the ball should rebound high enough so the overhand hitting stroke can be used. Emphasize importance of good positioning. Students should get to a "set" position before striding towards the wall as they hit the ball. The ball should be stroked, not batted. *"Keep your hand cupped and wrist relaxed as you hit the ball."* *"Roll the ball off the fingers as you followthrough."* *"Use the same arm stroke to hit the ball that you used when throwing."* *"Attempt to imitate your strong hand when hitting with your weak hand."* Students should not throw or hit as hard as they can. Work on control. Most throws and hits with the non-dominant hand will not be well controlled, so students may run out of their areas when making the retrieves. *"Make sure no one is in front of you before you begin each drill."*

Lesson Three

Sidearm Stoke (Both Hands)

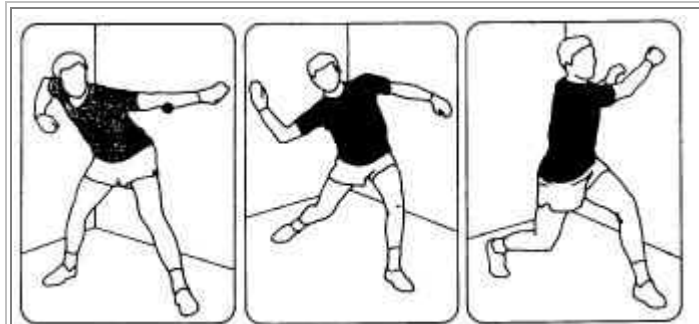
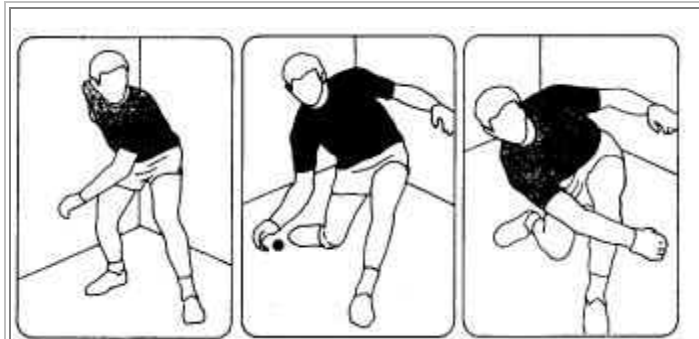


Figure 6. THE SIDEARM STROKE. Note how the elbow is bent and the wrist curled on the backswing. Lead with the elbow and contact the ball on a line with the center of the body with the arm nearly fully extended.



THE LOW SIDEARM STROKE. This stroke is identical to the sidearm stroke, except that contact with the ball is much closer to the floor. The knees and waist must be bent more in order to assume this lower position. This is the stroke used most often when attempting the low offensive kill shot that will be described in the section, "Advanced Techniques"

Facility / Equipment

- Unobstructed wall space and racquetballs or tennis balls
-

Objectives

- Perform sidearm throwing stroke with dominant hand
- Perform sidearm throwing stroke with non-dominant hand

Procedures

- With students in a group:
 1. Explain the fundamental techniques of the sidearm stroke (see Figure 6).
 2. Explain the sidearm stroke is used on balls that are hit from below the height of the shoulders.
 3. Explain and demonstrate Sidearm Throwing Drills. Divide students for drills.
 4. Explain and demonstrate Sidearm Throwing Drills With Partner. Divide students for drills.

Drills

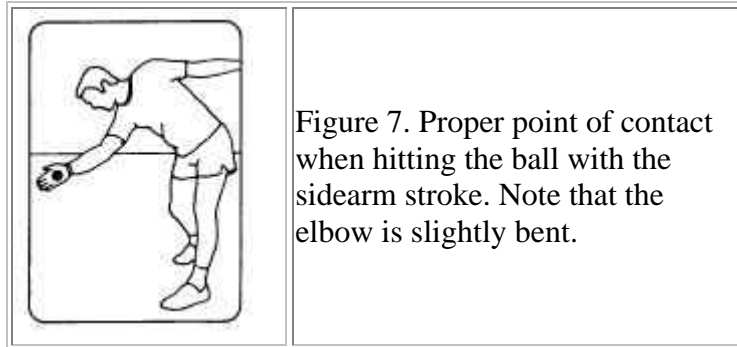
- Repeat all of the drills in Lesson One, except have students use sidearm throwing stroke instead of overhand strokes.

Comments

Students should work in pairs, even when only one of them is doing a specific drill. *"Make sure no one is in the path of your throw."* One student should stand about 20' behind the partner who is doing the drill in order to retrieve balls that get by the hitting partner. The retriever should bounce the ball back to the partner. Students should not throw as hard as they can. Most throws with the sidearm stroke will not be as controlled as with the overhand stroke, especially with the non-dominant hand. *"Start with your body in a slight crouch and with your left shoulder facing the wall when throwing with your right hand, and your right shoulder facing the wall when throwing with your left hand". "Bend your elbow and draw your arm back, keeping your elbow higher than your hand ."* *"Rotate your shoulders and hips as you stride toward the wall."* *"Lower your shoulder and lead with your elbow."* *"Relax your arm and allow it to whip."* When students throw ball to wall, the ball should rebound on floor in front of the point from which the throw occurred, but if the throw is too hard or too high, students should attempt to catch ball on the fly (before it hits the floor).

Lesson Four

Hitting With Sidearm Stroke (Both Hands)



Facility / Equipment

- Unobstructed wall space and racquetballs or tennis balls

Objectives

- Perform sidearm hitting stroke with dominant hand
- Perform sidearm hitting stroke with non-dominant hand

Procedures

- With students in a group:
 1. Explain the best arm stroke used to hit a ball is the same as used in throwing.
 2. Review the hand position when hitting the ball.
 3. Explain and demonstrate Sidearm Hitting Drills (Drop and Hit) Divide students for drills.
 4. Explain and demonstrate Sidearm Hitting Drills (Toss and Hit) Divide students for drills.

Drills

Sidearm Hitting Drills (Drop and Hit)

- With partner standing 6' away, and both students 25' from wall, Partner A throws ball to wall with dominant hand using the sidearm stroke, and Partner B attempts to catch the ball before it hits the floor twice. Students should attempt to catch the ball in the position they would be in to hit the ball with a sidearm stroke (see Figure 7). Alternate. Repeat using non-dominant hand. Alternate. Repeat 5 times with each hand.
 - Repeat previous drill 30' from wall.
-

- Repeat previous drill 35' from wall.
- Students line up 25' from wall and about 20' apart. Partner A drops ball to floor so that it will bounce up to a position where it can be hit from about waist high. Using the sidearm stroke, Partner A hits ball to wall. Partner B is about 20' behind partner hitting the ball and attempts to catch the rebounding ball before it hits the floor twice. Alternate hands 5 times each. Partners alternate and repeat.
- Repeat previous drill 30' from wall.
- Repeat previous drill 35' from wall.

Sidearm Hitting Drills (Toss and Hit)

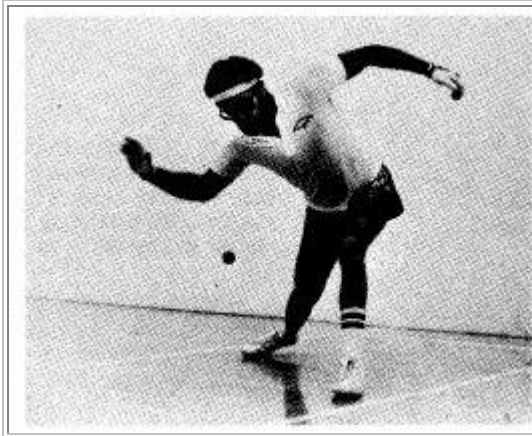
- With partners standing 6' apart, and 25' from wall, Partner A tosses ball (use underhand toss) to wall with dominant hand, and Partner B hits the ball back to the wall with a sidearm stroke. Partner A attempts to catch the ball before it hits the floor twice. Alternate. Continue drill alternating hitting hands.
- Repeat previous drill 30' from wall.
- Repeat previous drill 35' from wall.

Comments

When students toss ball to wall, the ball should rebound and drop low enough so the sidearm hitting stroke can be used. Emphasize positioning. Students should get to a "set" position before striding toward the wall as they hit the ball. The ball should be stroked, not batted. *"Let the ball drop to a waist high or lower position before you hit."* *"Keep your hand cupped and wrist relaxed as you hit the ball."* *"Roll the ball off the fingers as you followthrough."* *"Use the same arm stroke to hit the ball that you used when throwing."* Students should not throw or hit as hard as they can. Work on control. Most throws and hits will not be well controlled, so students may run out of their areas when making the retrieves. For less confusion, separate the groups further apart, or have alternating groups perform drill, and the alternate groups not doing drills can be additional retrievers. *"Make sure no one is in front of you before you begin each drill."* Encourage retrievers to go after ball as quickly as possible. Remind students to bounce the ball to their partners when returning the ball to them.

Lesson Five

Control of Overhand And Sidearm Strokes



6-time National Singles Champion, FRED LEWIS, demonstrating the low sidearm stroke.

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Control placement of ball using overhand strokes
- Control placement of ball using sidearm strokes
- Understand the basic rules of rallying

Procedures

- With students in a group
1. Explain and demonstrate the basic rules of legal hits in 1-wall handball (see Rules). Divide students for drills.

Drills

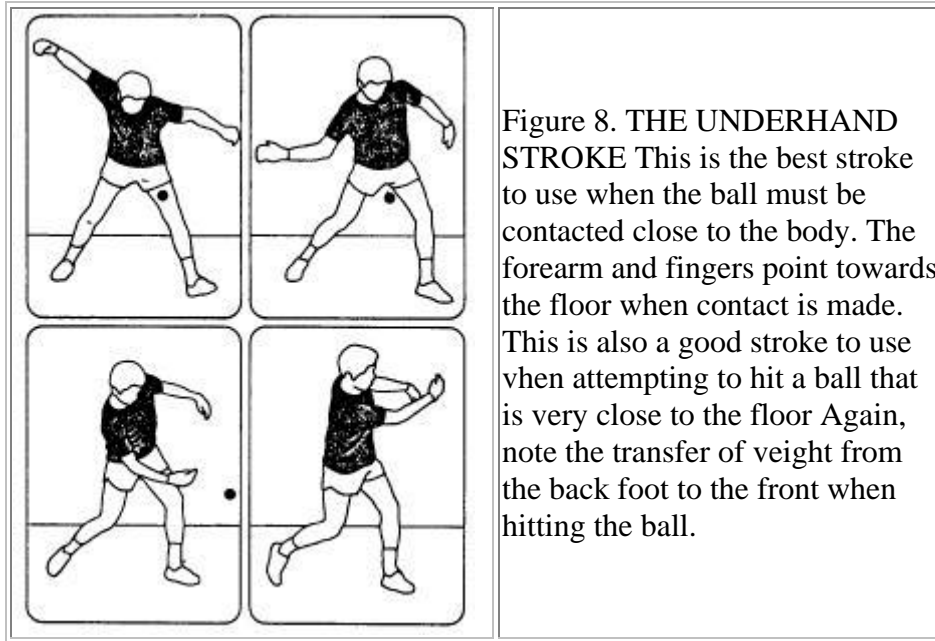
- Repeat drills from Lesson 4, except have students alternate overhand and sidearm strokes in the "Toss and Hit Drills."

Comments

The overhand strokes are the easiest to control. The sidearm strokes will take more practice in order to keep the ball legally in play. *"Get to your hitting position quickly, and step toward the wall as you swing."* *"Hit your shots easier at first, and gradually increase your power."* *"Control is more important than power."* Students should not move back until they begin to make legal returns from the closer distance to the wall.

Lesson Six

Warmup Drills and Position Rallies



Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Control shots while rallying with a partner
- **Hit** the ball with the underhand stroke when necessary

Procedures

- With students in a group:
 1. Explain and demonstrate Warmup Drills. Divide students for drills.
 2. Explain that the underhand stroke can be used to hit a ball that is low and too close to the body to use the sidarm stroke.
 3. Demonstrate the underhand stroke (see Figure 8).
 4. Explain and demonstrate Position Rally Drills (see Figure 9). Divide students for drill.

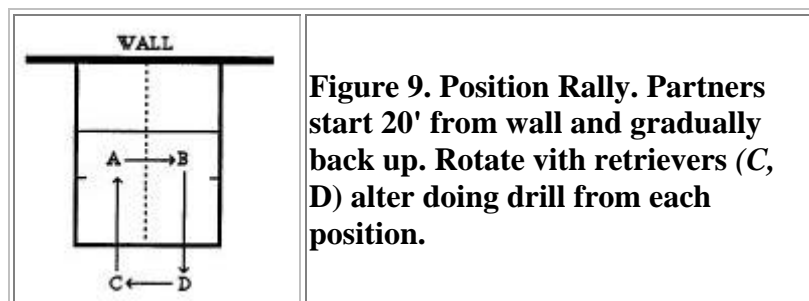
Drills

Warmup Drills

1. Students line up about 10' apart and 20' from wall. Alternating overhand and sidearm strokes, students throw ball to wall and catch rebounding ball before it hits the floor twice. Repeat 5 times with each hand.
2. Repeat previous drill 25' from wall.
3. Repeat previous drill 30' from wall.
4. From 20' away from wall, students drop ball to floor and hit ball to wall using the sidearm stroke and catch rebounding ball. Repeat 5 times with each hand.
5. Repeat previous drill 25' from wall.
6. Repeat previous drill 30' from wall.
7. From 20' away from wall, students toss ball (use underhand toss with dominant hand) to wall and hit back to wall. Alternate overhand and sidearm strokes. Repeat 5 times with each hand.
8. Repeat previous drill 25' from wall.
9. Repeat previous drill 30' from wall.

Position Rally Drills

1. Floor of court is divided in half with imaginary line from the center of the wall back to the center of the back line. Partners stand 20' from wall. Partner A stands in left half of the court and Partner B stands in right half. Partner A tosses ball to wall so that the ball will rebound to Partner B. Partner B hits ball to wall and attempts to make ball rebound to Partner A, but if the ball rebounds back to Partner B's half of court, Partner B should hit it again. Partners attempt to rally, but each partner must stay in their half of the court. Whichever half of the court the ball rebounds to, the partner in that area makes the return. When the rally is over, Partner B tosses the ball to the wall so that it will rebound to Partner A, who hits the ball back to the wall to begin another rally. Continue drill for a set period of time. Partners change sides or rotate with two other students and continue drill for a set period of time.
2. Repeat previous drills 25' from wall.
3. Repeat previous drills 30' from wall.



Comments

The "Warmup Drills" should be done prior to any rallying and/or games. In the "Position Rally Drills," students should attempt to make legal returns (hit the ball before it hits the floor twice). Often, however, this is impossible, and students should attempt their shots

even if the ball has bounced more than once on the floor. *"Remember, control is more important than power."* Encourage students to use their non-dominant hands. Some of the position drills could be NON-DOMINANT HANDS ONLY. To cut down on "chasing the ball", do the "Position Rally Drills" with four students. Two of the students should be positioned behind the back line to serve as retrievers. Rotate positions every 2 or 3 minutes.

Lesson Seven

The Rally

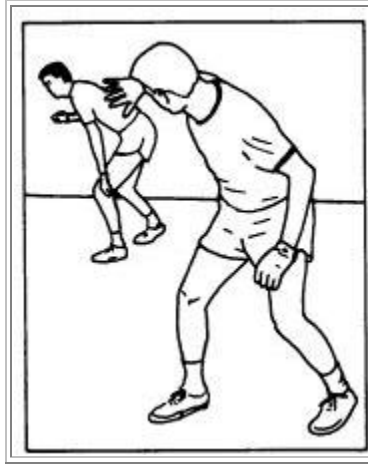


Figure 10.. Position of player looking back at his opponent who is about to hit the ball. Note that the player *is* protecting his eyes by raising his arm and looking back through his spread fingers. Also note that the player is NOT directly in front of his opponent, but rather, slightly to the side.

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Rally with a partner
- Avoid interference whenever possible
- Understand safety procedures when interference occurs
- Understand positioning when opponent is hitting the ball and how to protect eyes

Procedures

- With students in a group:
 1. Review Warmup Drills from Lesson 6. Divide students for drills
 2. Review the rules of legal hits in 1-wall handball.
 3. Explain that interference can happen, but it is a rule of handball that players must attempt to avoid interference by moving out of their partner's way after they hit the ball.
 4. Explain safety procedures if interference occurs. They should not swing at the ball if there is a danger of hitting their partner. They must try to avoid body contact. If interference cannot be avoided, they should stop play and begin the rally again
 5. Explain and demonstrate the position to be in when partner is hitting the ball from behind them, and how to protect eyes when looking back (see Figure 10)
 6. Explain and demonstrate Rally Drills (cooperative). Divide students for drills.
-

Drills

Rally Drills (cooperative)

- Partners stand 6' apart and about 20' away from wall. Partner A tosses ball to wall so that it will rebound to Partner B, who hits the ball back to the wall before it bounces twice on the floor. Partners alternate hitting as long as they are making legal returns. When a shot is not legally returned or when interference occurs, players should stop play, return to their starting positions and start another rally. Two other students position themselves behind the end line to be retrievers. Alternate with retrievers every 2 or 3 minutes.
- Repeat previous drill with partners starting 30' from wall. Alternate with retrievers.
- Repeat previous drill, but rotate positions every 2 minutes.

Comments

Stress safety. If a partner throws or hits the ball to the wall, and it rebounds back toward himself, he should quickly move out of the way so he does not interfere with his partner's hit. Often, players will be unable to avoid accidental interference, but they should always make their best attempt. Make sure students are not directly in front of a player who is hitting the ball. Players will get hit with the ball occasionally. Make certain that students are protecting their eyes when looking back at partner hitting from behind them. Emphasize cooperative theme. *"You want your partner to be successful." "Count how many legal hits in a row you and your partner can make."*

Lesson Eight

The Rally and Rules of Hinders



Action shot of former National Singles and National Doubles Champion, STUFFY SINGER. The spectators are behind a glass side vail.

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Same as previous lesson, and
- Understand "Hinder" (Interference) rules

Procedures

- Divide students for Warmup Drills (see Lesson 6). With students in a group:
 1. Review safety procedures from Lesson 7
 2. Review proper positioning when partner is hitting the ball and how to protect eyes when looking back.
 3. Explain "Hinder" rules (see Rules).
 4. Divide students for Cooperative Rally Drills (see Lesson 7).

Comments

Stress safety. Make certain that students are "protecting their eyes" when looking back at partner hitting from behind them. *"Watch your partner hit the ball, but protect your eyes."* Keep emphasizing the importance of moving quickly into a good hitting position. *"You will have better control of your shots if you get to a set position before attempting to hit the ball."* Have students count how many times in a row they make legal hits. *"Remember, control is more important than power."* Have the students do some rallies using the non-dominant hands only.

Lesson Nine

The Serve

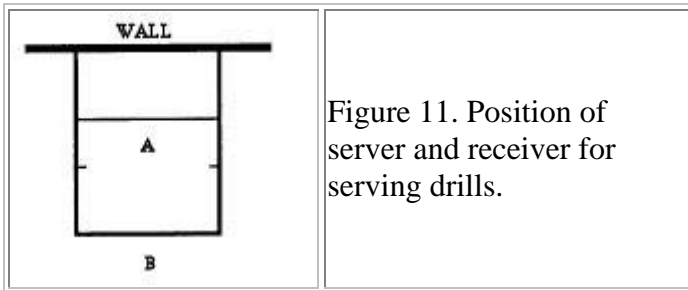


Figure 11. Position of server and receiver for serving drills.

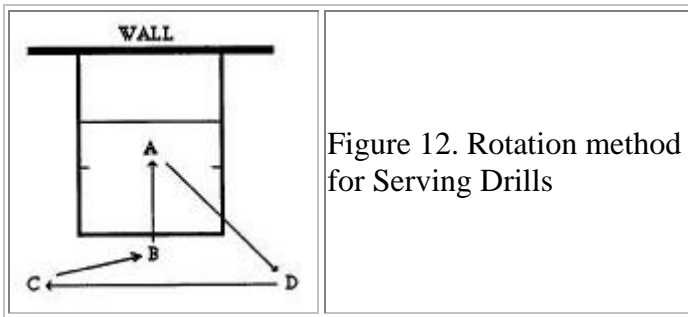


Figure 12. Rotation method for Serving Drills

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Understand the rules of serving
- Execute legal serves
- Understand proper positioning after serving
- Catch the rebounding serve before it hits the floor twice (Receiver of the serve)

Procedures

- Divide students for Warmup Drills (see Lesson 6). With students in a group:
 1. Explain and demonstrate a legal serve (see Rules).
 2. Demonstrate different ways (overhand, sidearm) to hit legal serves.
 3. Demonstrate the different kinds of "fault" and "out" serves and explain the penalties (see Rules).
 4. Explain and demonstrate what the server should do after making service attempt:
-

- Back up a couple of steps after rebounding serve passes the short line.
- With eyes protected, watch the receiver hit (or catch) the ball.
- Do not stand directly in front of the receiver when he hits (or catches) the ball.

Drills

Serving Drills

Explain Serving Drills. Divide students for drills.

- Partner A stands in service zone and serves the ball with his dominant hand. Repeat 10 times. Alternate using the sidearm and overhand strokes. Partner B (receiver of service) stands a few feet behind back line halfway between the side lines (see Figure 11). Receiver catches rebounding serve before it hits the floor twice. After catching ball, receiver bounces ball back to the server and tells server if the serve was "good" (legal), a "fault", or an "out." Partners alternate and repeat drill.
- Repeat previous drill using non-dominant hand to serve.

Comments

Although serving in a competitive game would probably not be done with the non-dominant hand, this is a good drill because students will experience more success with their non-dominant hand. Service drills can easily be done by more than 2 students by the "rotation" method (see Figure 12). Stress SAFETY. Remember, what the server does after serving is just as important as the serve itself. *"Protect your eyes when you look back." "Look back and make sure the receiver is "ready" before you serve." "Try to hit legal serves." "Receivers, try to catch the ball in a "hitting position" (see Figures 5 and 7).* Watch for good fundamental strokes by the server. If the students seem to be experiencing a high rate of success, a more challenging activity would be the Cooperative Rally Drill (see Lesson 7) for the last few minutes of the class.

Lesson Ten

Serve and Serve Return

Topic

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Understand the rules of service return
- Execute legal service return
- Catch the rebound of the service return (server)

Procedures

- Divide students for Warmup Drills (see Lesson 6). With students in a group:
 1. Review the rules of serving and what the server should do after serving.
 2. Explain the rules of service return (see Rules).
 3. Explain the Serve and Serve Return Drill. Divide students for drill.

Drills

Serve and Serve Return Drill

1. Student stands in service zone and serves the ball. Partner (receiver of service) stands a few feet behind back line, halfway between the side lines (see Figure 11). Receiver hits rebounding serve before it hits the floor twice, attempting to make a legal return. If the receiver makes a legal return, the server attempts to catch the rebounding ball before it hits the floor twice.
2. Repeat previous drill 10 times.
3. Alternate partners (or rotate positions) and repeat previous drill.

Comments

Stress safety.

- *"Protect your eyes when you look back."*
 - *"Look back and make sure the receiver is 'ready' before you serve."*
 - *"Try to hit legal serves."*
-

The service return is the key shot in the rally. It's easy to serve, but difficult to return service legally.

- *"Receivers, move quickly to good hitting position so you can control your returns."*

The "serve and serve return drill" is a good practice drill from beginning players to tournament competitor



Lesson Eleven

Serve, Serve Return, and Rally

Topic

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Put together sequences of previously learned skills in actual play

Procedures

- Divide students for Warmup Drills (see Lesson 6). With students in a group:
 1. Review the rules of serving and returning serve. Divide students for Serve and Serve Return Drills (see Lesson 10).
 2. Review the rules of hinders.
 3. Explain the Serve, Serve Return and Rally Drill. Divide students for drill.

Drills

Serve, Serve Return, and Rally Drills

1. This is the same drill as the "Serve and Serve Return Drill," except instead of catching the receiver's return, the server attempts to hit the ball back to the wall. If the server makes the legal return, then the receiver attempts to hit the ball back, and so forth.
2. Repeat previous drill (with same server) 5 times.
3. Rotate positions and repeat previous drill.

Comments

This last drill should be done with at least 3 students, with one student positioned about 10'-15' behind the receiver to be the retriever. This is a very important position (the retrievers might run more than the drill participants).

The retriever can also act as the side lines and back line judge.

"Remember, if the ball hits the side line or back line, it is good."

Stress safety.

"Protect your eyes when you look back."

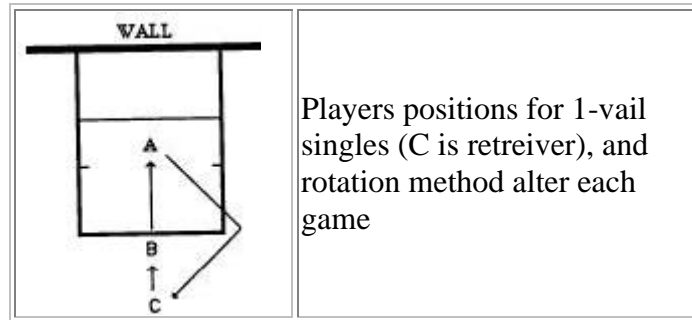
"Get out of your opponent's way after you hit your shot."

Although this is not a "cooperative rally," encourage the students to *"keep the ball in play."*



Lesson Twelve

One-Wall Handball (Singles)



Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Play one-wall handball (singles)
- Score the game properly
- Demonstrate good sportsmanship

Procedures

- Divide students for Warmup Drills (See Lesson 6), and Serve. Serve Return. and Rally Drill (see Lesson 11). With students in a group:
 1. Ask if there are any questions about the rules (serve, serve return, rally, hinders).
 2. Explain the rules of scoring (see Rules). Teachers or selected students should play a short demonstration game which is scored properly.
 3. Explain the concept and rules of Sportsmanship (see Rules).
 4. Remind students about safety procedures.
 5. Divide students to play 1-wall handball singles (short games).

Comments

At least 3 students (try to group them according to skill) should be involved in each game (see Figure 13). One will be the retriever who positions himself about 10'- 15' behind the receiver. The retriever should also act as the side lines and back line judge.

Encourage retrievers to quickly go after ball.

"Remember, if the ball hits the side line or back line, it is good."

Shorten each game to 5 points or a certain time limit (5 minutes).

"Look back and make sure the receiver is ready before you serve."

"Call out the score before you serve."

Rotate students after each game and begin again.

Stress sportsmanship. In competition, players are penalized for unsportsmanlike conduct. Praise examples of good sportsmanship as much (or more) than you praise good skill.

"If you make an illegal hit, call it against yourself."

"Shake hands after each game."

The Serve. Serve Return and Rally Drill should be done prior to playing any game. It gives the students with different skill levels equal opportunities to serve and return serve, and it is much like playing a game, except in a "cooperative" manner (no winners, no losers).

Stress safety. *"Protect your eyes when you look back."*

Lesson Thirteen

One-Wall Handball (Singles)

Topic

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Same as previous lesson

Procedures

- Divide students for Warmup Drills (see Lesson 6), and Serve, Serve Return, and Rally Drill (see Lesson 11). With students in a group:
 1. 2. Review the rules of scoring.
 2. 3. Review the rules of sportsmanship.
 3. 4. Remind students about safety procedures.
 4. 5. Explain and demonstrate the "unofficial" way to determine who serves first (see Comments).
 5. 6. Divide students (at least 3 students to each court) to play 1-wall handball singles (short games).

Comments

See the "COMMENTS" from the previous lesson. The "unofficial" way to determine first server is to "lag." Players stand behind the short line and toss the ball to the wall. The player whose rebounding ball lands closest to the line becomes the first server. The second closest determines the receiver, and the furthest away, the retriever. It doesn't matter if the ball lands in front of or behind the line. If, during a rally, students disagree on whether a particular serve or shot was good, have them "play it over." *"Remember, call a hinder only if you are sure you could have made the retrieve had the interference not happened."*

Lesson Fourteen

One-Wall Handball (Singles)

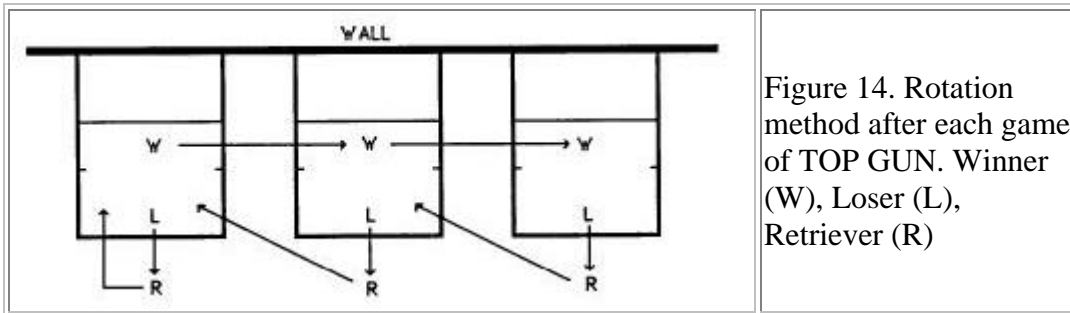


Figure 14. Rotation method after each game of TOP GUN. Winner (W), Loser (L), Retriever (R)

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Same as previous lesson

Procedures

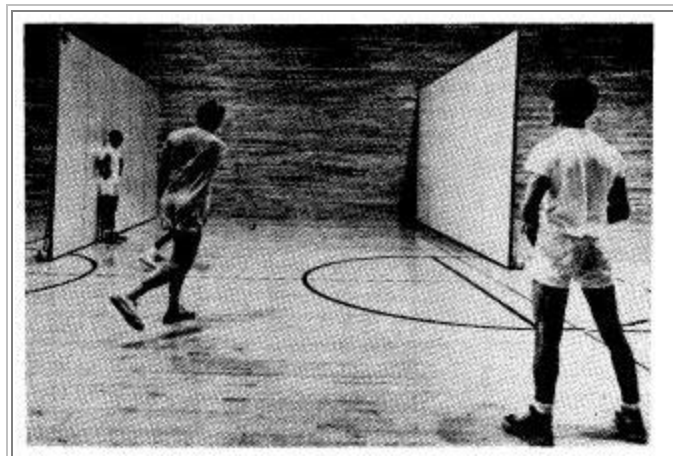
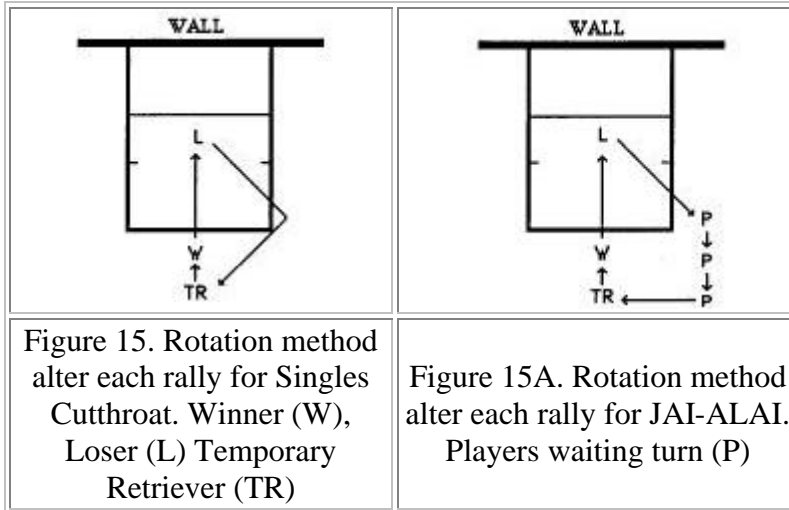
- Divide students for Warmup Drills (See Lesson 6), and Serve. Serve Return. and Rally Drill (see Lesson 11). With students in a group:
 1. Explain rules of Top Gun (see Comments). Divide students for game.

Comments

Top Gun is a "King or Queen of the Hill" type game. Assign 3 students to each court and have them "lag" to determine server, receiver, and retriever. Give a signal for players in all of the courts to begin playing a game at the same time. After 3 minutes, signal to "change courts." If the score is tied, the server should serve the ball. Whichever player (the server or the receiver) wins that rally is the winner. After each game, the WINNERS always move up one court, except for the winner in the top court who stays in the same court. The LOSERS always become the retrievers for the court in which they just finished playing. The RETRIEVERS always move down one court, except the retriever for the bottom court who moves back into the same court for which he was the retriever. See (Figure 14). Signal to "lag" and start another game. Repeat every 3 minutes.

Lesson Fifteen

One-Wall Handball (Singles Cutthroat)



High school students playing handball on a modified 3-Wall court inside the gymnasium

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Play 1-wall handball singles in which all 3 players have a score in the same game

Procedures

- Divide students for Warmup Drills (see Lesson 6), and Serve, Serve Return. and Rally Drill (see Lesson 11). With students in a group:
 1. 2. Review the method of determining first server, receiver, and retriever.
 2. 3. Remind students about sportsmanship and safety.
 3. 4. Explain the rules for Singles Cutthroat (see Comments). Divide students for game.

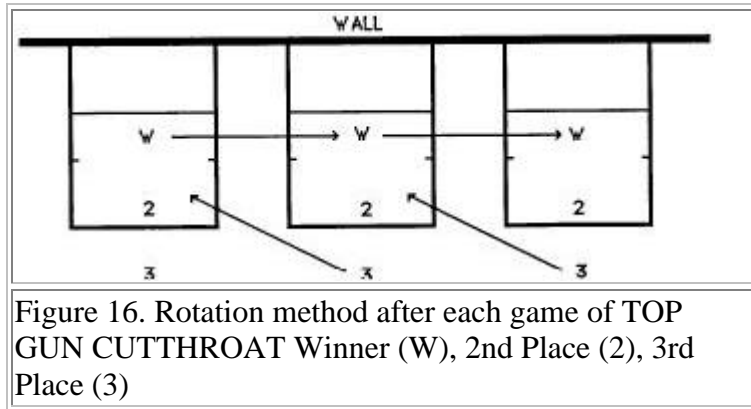
Comments

Singles Cutthroat is a game played with at least 3 players, although only 2 of them are on the court at once. The third player is the "temporary" retriever. This game is played just like singles, except that after every rally is over, whichever player loses that rally always becomes the retriever, and the retriever always becomes the receiver for the next rally. As in singles, the winner of each rally becomes the server. Three scores are being kept at the same time. Whenever a player serves, he has the opportunity to add to his score. The first player to score a certain number of points (or is ahead at the end of a certain period of time) is the winner.

Jai-Alai Handball is a similar game to Singles Cutthroat except that more than 3 players participate. In this game, the loser of each rally goes to the end of the waiting line and waits for his turn in order to become the receiver of the serve (see Figure 15). This can be a good game to use if your number of courts is limited.

Lesson Sixteen

One-Wall Handball (Singles Cutthroat)



Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis ball

Objectives

- Play 1-wall handball singles in which all 3 players have a score in the same game

Procedures

- Divide students for Warmup Drills (See Lesson 6), and Serve, Serve Return, and Rally Drill (see Lesson 11). With students in a group:
 1. Remind students about sportsmanship and safety.
 2. Review the rules for Singles Cutthroat (see Lesson 15).
 3. Explain the rules of Top Gun Cutthroat (see Comments). Divide students for game

Comments

Top Gun Cutthroat is another "King or Queen of the Mountain" type of game. The 3 players on each court "lag" to determine server, receiver, and retriever. Signal for players on all of the courts to begin playing "Singles Cutthroat." After 3 minutes, signal to "change courts." The WINNER always moves up one court, except for the winner in the top court who stays in that court. The 2ND PLACE finisher remains in the same court. The 3RD PLACE finisher always moves down one court, except the 3rd place finisher in the bottom court who stays in that court (see Figure 16). If players are tied at the end of the game time, have them play one rally to determine the order of finish. Signal to "lag" and start a new game. Repeat.

Lesson Seventeen

One-Wall Handball (Doubles Cutthroat)

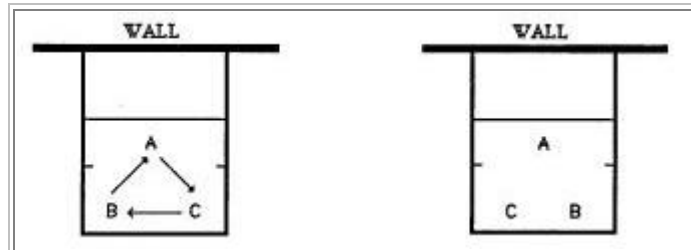


Figure 17 Diagram on left shows rotation method alter each rally for DOUBLE 3 CUTTHROAT. Diagram right shows position of players for second game.

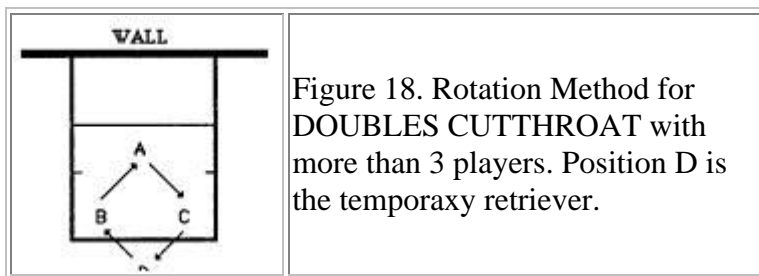


Figure 18. Rotation Method for DOUBLES CUTTHROAT with more than 3 players. Position D is the temporary retriever.

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Play 1-wall handball doubles in which 3 players play on the same court at the same time
- Understand proper teamwork and rules when playing with a doubles partner

Procedures

- Divide students for Warmup Drills (See Lesson 6), and Serve, Serve Return, and Rally Drill (see Lesson 11), then With students in a group:
 1. Explain the rules for Doubles Cutthroat (see Comments).
 2. Explain basic Court Division and Positioning when playing with a partner (see Comments).
-

3. Explain the method of determining first server, left side doubles player, and right side doubles player. Divide students for play.

Comments

Doubles **Cutthroat** is a game played with 3 players. One player is the server, and the other two are the receivers who play as a doubles team. The receivers play against the server. After the server hits the ball, either player on the doubles team can hit the next shot. Then the server must hit a shot, then either player on the doubles team, and so forth.

When the server loses serve, he rotates back to the right side. The right side player rotates over to the left side, and the left side player rotates up to become the server. Repeat the same rotation after each server loses serve. Continue rotating in the same manner until one player scores a set number of points (or is ahead at the end of a set period of time).

The winner of this game serves first in the next game. The 2 receivers exchange sides, so the rotation order is different (see Figure 17). Doubles cutthroat could also be played with more than 3 players. The additional player(s) would be the retriever(s). This might be a better way to play in order to eliminate too much "chasing" (see Figure 18).

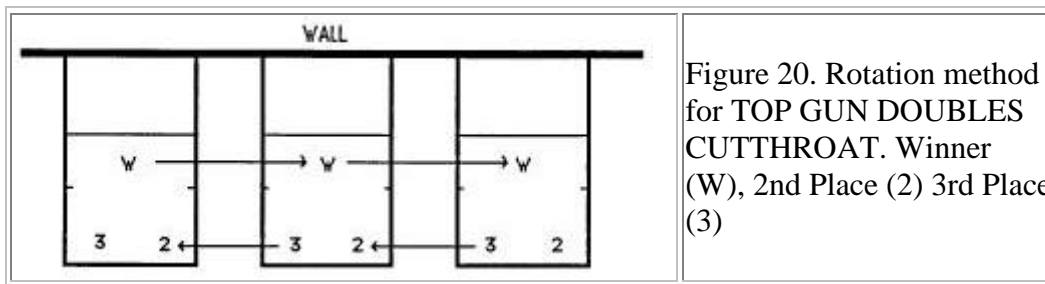
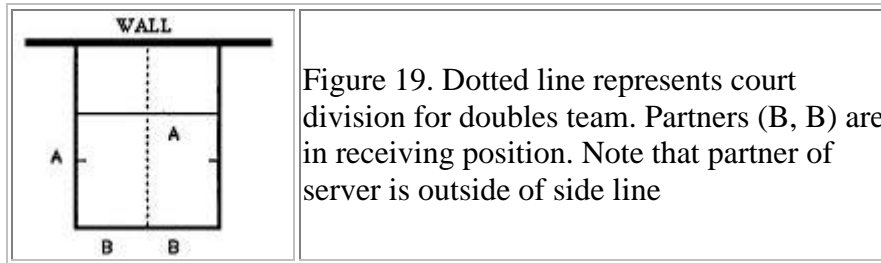
Doubles Rules (when playing "doubles cutthroat") -

Either player on the team can hit the ball after the server's hit. If one player hits his partner with the ball, whether the ball is going to or coming from the wall, the team loses the rally. If either member of the doubles team interferes with the server, or the server interferes with either member of the doubles team, a "hinder" can be called (assuming, of course, that the ball was playable had the interference not occurred). NO hinder can be called if one player interferes with his own partner.

Court Division and Positioning for the doubles team are important so the players will know which partner should attempt the shot. There will be less confusion and less chance of the partners running into each other in their attempt to make the return. The court should be divided (with an imaginary line) from the center of the wall straight back to the center of the back line (see Figure 19). Each partner is responsible for balls rebounding into his area. Partners should call Out "*mine*" or "*yours*" on balls that rebound down the middle of the court. When receiving service, the partners should be in a "side-by-side" positioning (see Figure 19). Although partners usually attempt to hit only those balls that rebound into their area, they should be ready to move into their partner's area for a retrieve if necessary

Lesson Eighteen

One-Wall Handball (Doubles Cutthroat)



Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Same as previous lesson

Procedures

- Divide students for Warmup Drills (See Lesson 6), and Serve, Serve Return, and Rally Drill (see Lesson 11). With students in a group:
 1. Review the rules for Doubles Cutthroat (see Lesson 17)
 2. Review Court Division and Positioning (see Lesson 17).
 3. Review the rules of Top Gun Cutthroat (see Lesson 16). Divide students for game.

Comments

"Top Gun Cutthroat" is played the same way for both "singles cutthroat" and "doubles cutthroat" (see Figure 20). Stress safety and sportsmanship.

Lesson Nineteen

One-Wall Handball (Doubles)



Action in the finals of the 1986 National 3-Wall Doubles Championships.

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Play 1-wall handball doubles
- Understand proper teamwork and rules when playing with a doubles partner

Procedures

- Divide students for Warmup Drills (See Lesson 6), and Serve. Serve Return. and Rally Drill (see Lesson 11). With students in a group:
 1. Explain the rules for Doubles (see Rules).
 2. Review Court Division and Positioning. The server's partner must stand outside of the side line when the serve is attempted (see Figure 19).

Comments

Interference will occur more often in doubles. Remind students to *"move out of the way after you hit your shot."* *"Try to hit the ball ONLY if it comes into your court area."* As in singles, players should not position themselves directly in front of the player who is hitting the ball. Stress safety and sportsmanship.

Lesson Twenty

One-Wall Handball (Doubles)



NATY ALVARADO preparing to hit another of his great shots. Naty has won more National Singles Championships than any player in history.

Facility / Equipment

- Marked off 1-wall courts and racquetballs or tennis balls

Objectives

- Same as previous lesson

Procedures

- Divide students for Warmup Drills (see Lesson 6), and Serve, Serve Return, and Rally Drill (see Lesson 11). With students in a group
 1. Review the rules for Doubles (see Lesson 17)
 2. Explain the rules for Top Gun Doubles (see Comments). Divide students for game.

Comments

Top Gun Doubles is played with six players per court, 2 doubles teams playing, and 1 doubles team acting as retrievers. After each game, the WINNERS always move up one court, except the winners in the top court who remain in that court. The LOSERS always become the retrievers for the same court in which they just played. The RETRIEVERS always move down one court, except the retrievers in the bottom court who move back into that court. This game could be played without retrievers, but unless there is a wall, net, or fence a short distance behind the back line, a lot of time will be wasted in chasing the ball. This is another good game to play if you have a small number of courts

Advanced Drills and Techniques

The Fly Shot

The fly shot refers to a ball being hit before it hits the floor. It is more difficult than hitting a ball after one bounce because the player has less time to get into position for his shot attempt. However, it is a very important shot for advanced levels of play. The practice drills are similar to those used when first learning to hit a ball after one bounce.

Drills

1. The player should start at the short line and underhand toss the ball to the wall so it will rebound (on the fly) back to the player's position. The player quickly moves into position and hits the ball before it hits the floor. Do this drill with both hands using each of the various strokes. The player should continue the drill from the short line until consistent success is achieved.
2. The player should then move to a deeper court position (about 5' behind the short line) and continue the previous drills.
3. Move about 5' deeper in the court each time consistent success is achieved from a certain position. At first, the player should just try to hit legal returns, but later, he should be trying to hit good placement shots.

Individual Rally

These kinds of drills are good for learning control with both hands, and moving quickly into good hitting positions.

Drills

1. The player stands just behind short line and tosses the ball to the wall so it will rebound and hit the floor in front of the point from where the ball was tossed. The player then hits the ball back to the wall and attempts to keep hitting each rebounding ball for a set period of time. The player uses whichever hand he chooses to hit the ball. Count how many legal returns are made. This drill should be done with another student who is the retriever and counter. Alternate positions and repeat.
2. Repeat the same drill, alternating hands for each hit.
3. Repeat the same drill using the non-dominant hand only.
4. Back up to the service line and repeat the previous drills.
5. Back up to the back line and repeat the previous drills.

Service Placement

Most top 1-wall players believe that a well-controlled serve is the most important shot in the game. Serves that rebound and bounce low near the short line, or deep, near the long line, are the most difficult to retrieve. Having the serve also land close to one of the side lines makes it even more difficult for the retriever, especially if he does not know which direction the serve is being aimed.

Drills

1. The player stands in the service zone, halfway between the side lines, and serves the ball using his low sidearm stroke. The court is marked off (see Figure 21) so when the rebounding serve bounces into a specific area, the server receives a certain number of points. Serve 10 times and total points. Alternate with retriever and repeat.
2. Repeat previous drill, except the server stands 5' to the right of center for his serve attempts.
3. Repeat previous drill, except the server stands 5' to the left of center for his serve attempts.
4. Player stands in the center of the service zone and uses his overhand stroke to serve the ball. The serves must rebound and bounce in the areas closest to the back line in order to count points. Alternate with retriever and repeat.

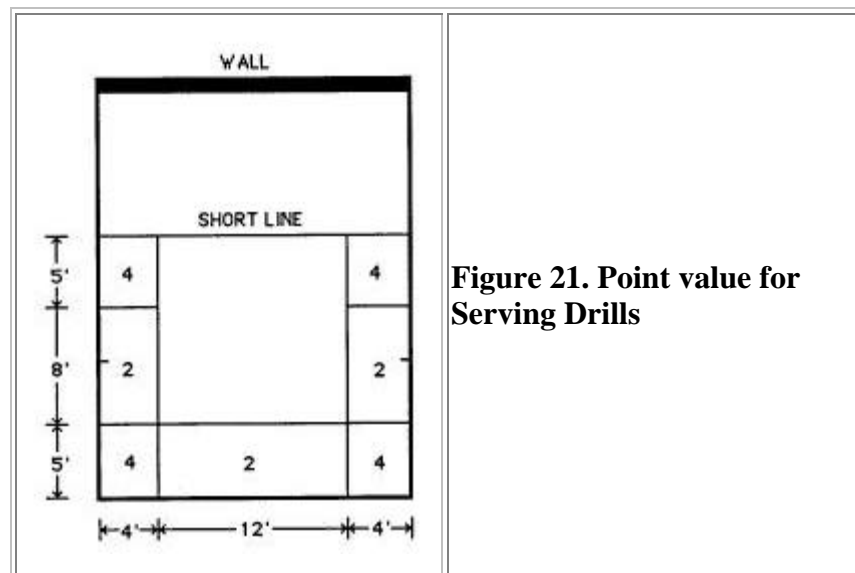


Figure 21. Point value for Serving Drills

Pass Shots

The pass shot is just what the name implies, a shot that is hit past the opponent. Control of the passing angles is very important in order to move the opponent out of the advantageous front court position. These shots are usually classified as "cross court" and "down the line" passes.

Drills

1. Student stands near the short line and to the right of center, and throws the ball with his dominant hand to the wall, attempting to make the ball rebound and land in the marked off area near the left side line (see Figure 22). Repeat several times. Student then drops the ball to the floor and on a first bounce, hits the ball to the wall attempting to make the ball rebound into the same target area. Repeat several times. Student then underhand tosses the ball to the wall so that it will rebound back to himself, and then hits the ball, into the same target area. Repeat 10 times and total points. Alternate with retriever and repeat.
2. Repeat previous drill from 20' from the wall.
3. Repeat previous drill from 25', 30', and 34' (back line).
4. Repeat previous drills except ball should be directed to the target area near the right side line (see Figure 22).
5. Repeat previous drills, except student stands to the left of center to do drills.
6. Repeat previous drills using non-dominant hand, except student stands near the left side line (if he is righthanded, or near the right side line if he is lefthanded).

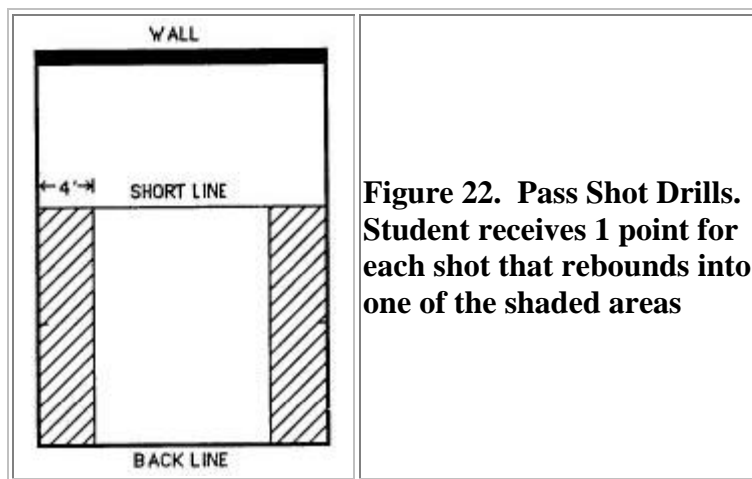
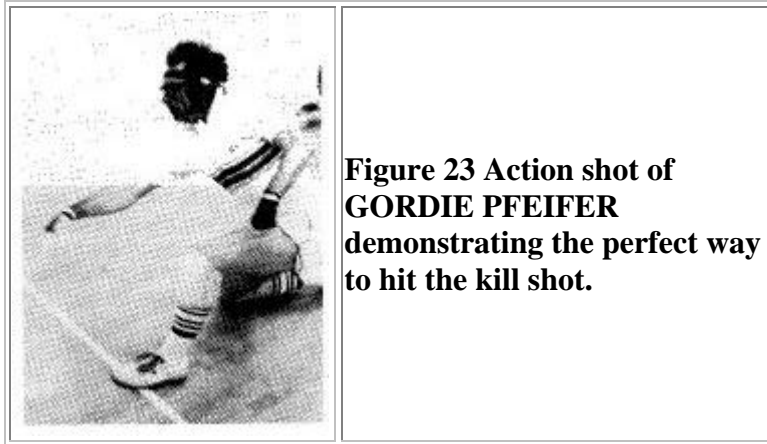


Figure 22. Pass Shot Drills.
Student receives 1 point for each shot that rebounds into one of the shaded areas

Kill Shots

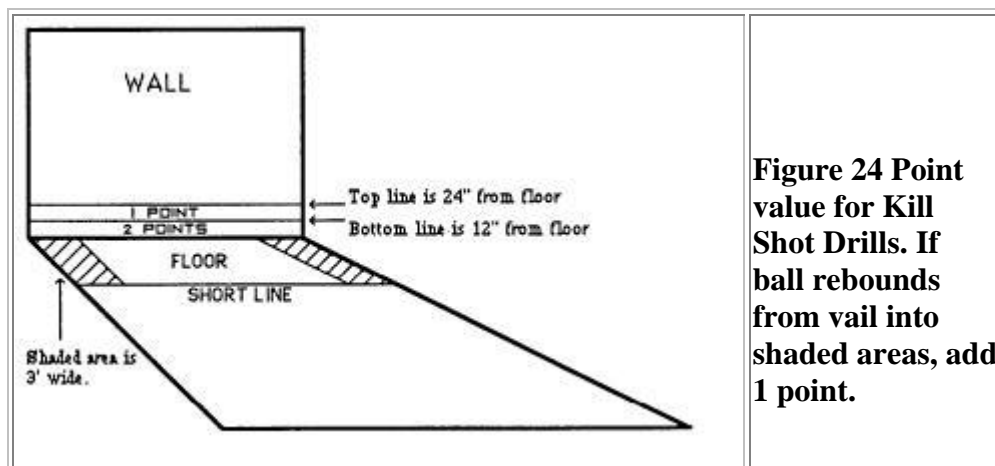
A kill shot is a ball that hits the wall so low, the opponent cannot make the retrieve. This is the most spectacular shot in the game, and requires a lot of practice, as the margin for error is very slim. The player should use the low sidearm stroke when attempting this offensive shot (see Figure 23).



Drills

1. Students stands just in front of the short line and halfway between the side lines and throws the ball with his low sidearm stroke (dominant hand) to the target areas on the wall (see Figure 24). Repeat several times. Student then drops the ball to the floor and on a first rebound, hits the ball to the target areas. Repeat several times. Student then underhand tosses the ball to the wall and hits the rebounding ball to the target areas. Repeat 10 times and total points. Alternate with retriever and repeat.
2. Repeat previous drill starting 20' from wall.
3. Repeat previous drill from 25', 30', and 35'.
4. Repeat previous drills, except student's starting position is 5' to the right of center.
5. Repeat previous drills, except student's starting position is 5' to the left of center.
6. Repeat previous drills using non-dominant hand.

NOTE - - At first, the students should just try to hit the ball into the low areas on the wall. Later on, they should attempt to make their kill shots rebound and land as close to the side lines as possible.



The Fist Shot

The fist shot is a ball hit with a closed fist (see Figure 25) instead of the cupped hand. The arm stroke used is a straight arm with a tight wrist instead of the loose arm throwing motion. Although the ball can be hit very hard using the "fist", players usually cannot control their shots as well as they do using the open hand. Sometimes, however, this may be a good stroke to use, especially when a player is not in a good enough position to use his throwing motion strokes.



Rules Of Sportsmanship

1. If you are not sure about a call, give the benefit of the doubt to your opponent. If there is disagreement as to whether a shot was good or not, "play it over."
2. Never try to distract an opponent. Do not talk while the ball is in play. The only exception is in doubles, when it is permissible for partners to call "*mine*" or "*yours*."
3. If an illegal shot is made, such as hitting the ball on the wrist or hitting the ball after it bounced twice, immediately call it against yourself.
4. After a rally is over, congratulate your opponent on a well hit shot.
5. Accept your opponent's judgment when he calls faults and hinders.
6. When returning a ball to your opponent after a rally, always bounce the ball to him.
7. Look back to make sure the receiver is ready before serving.
8. The server should call out the score before each serve.
9. Try your best to avoid body contact with your opponent. Never push or shove your opponent in your attempt to make a return. If you see you will have to contact him in order to play the ball, stop, and call a hinder instead.
10. It is your duty to move out of your opponent's way so he has a fair chance to play the ball.
11. If interference occurs, play should stop at that point. A hinder should not be called at the end of a rally if additional shots are made after the interference.
12. Call a hinder only when you are certain that if your opponent had not been in your way, you could have reached the ball in time to make a legal return.
13. Shake hands with your opponent after each game.
- 14. Fair play is always the rule.**

Encouraging good sportsmanship and courteous manners should be one of your major goals. The public school physical education program is the best place to start, since the students are just learning the game and forming attitudes about what competition means. Everyone wants to be a winner, and everyone can be a winner. Let the students know that "*a winner is anyone who tries as hard as they can to succeed and does so in a fair manner.*" Since nearly all games will be played without an official, cooperation is demanded. It's important that you make and enforce rules of sportsmanship. Try to think of different ways to reward good sportsmanship.

Standard Specifications Of A One-Wall Handball Court

WALL - The wall shall be 20 feet wide and 16 feet high.

FLOOR - The floor shall be 20 feet wide and 34 feet long. The sidelines should extend at least 3 feet beyond the long line. There should be a minimum of 6 feet outside each sideline and in back of the long line to allow sufficient movement area for the players.

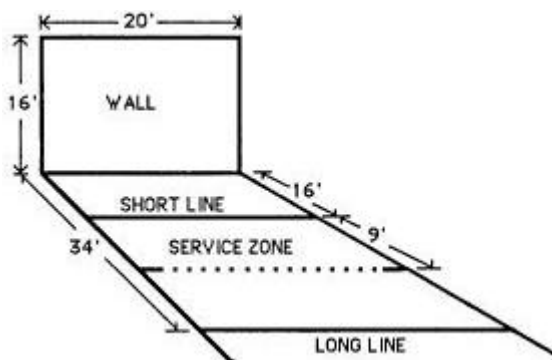
SHORT LINE - This line is parallel to the front wall with its back edge 16 feet from the wall.

SERVICE MARKERS - These markers (lines) should be at least 6 inches long, and be parallel to and midway between the short and long lines, extending inward from the sidelines. The imaginary further extension and joining of these markers indicate the "Service Line."

SERVICE ZONE - The floor area inside of and including the short, side, and service lines (or markers).

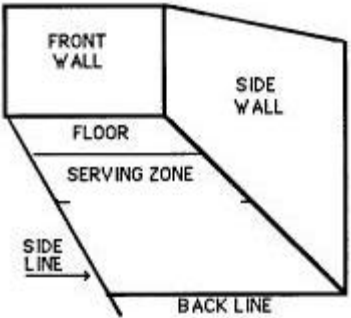
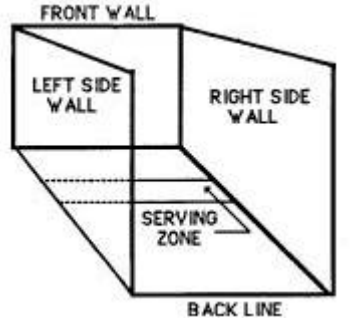
RECEIVING ZONE - The floor area in back of the short line, bounded by and including the long line and sidelines.

PLAYING ZONE - After the ball is legally served, the playing zone is the floor area between the front wall and the long line, and between and including the sidelines.



Two-Wall Or Three-Wall Courts

Rule differences - If the serve hits a side wall before hitting the front wall, the server is "out." The serve can hit one side wall after contacting the front wall, either on the fly or after bouncing on the floor. The return of serve and any other shot during the rally can hit a side wall before hitting the front wall. In 3-wall handball, a serve that hits the front wall and both side walls before contacting the floor is a "fault."

	
<p>Sometimes a corner in a gymnasium will allow a side wall to be added. This adds variety in shot choice and makes it easier to keep the ball in play.</p>	<p>The side walls could be any length on a 3-wall court</p>

Some interesting quotes...

"A number of the Astronauts are excellent handball players. We like the challenge and competition this unique sport offers. This is a great way to get and stay in shape...it helps tone up nearly every muscle in the body, from legs and waist to arms and shoulders."

Former Astronaut, Joe Allen

"Handball..a great game and a great conditioner. I recommend it highly for any total fitness pro gram."

Mike Ditka, Chicago Bears

"Handball is one of the best sports for developing speed, quickness, agility and stamina."

Irv Cross, Chairman of the National Running and Fitness Association and former Pro Football star.

"Handball is not just for the guys. I believe that this 2-handed sport would benefit any woman athlete, not only as a great off-season conditioner, but also in developing quickness and agility. It's a fun way to stay fit."

Kamie Ethridge, "1986 Women's Athlete of the Year" and Captain of the U.S. World Championship Basketball Team.

"I recommend the great game of handball to all my players in the off-season to improve their ambidexterity, their foot work and their hand-eye coordination."

Jud Heathcote, Head Basketball Coach, Michigan State University.

"We play handball to stay in shape! If you want to develop both sides of your body and you like a challenge, handball should be your game."

Mike Tyson, heavyweight boxing champion and manager, Jim Jacobs, former National Handball Champion
