



Let's play Mini-Handball

Steen Hjorth, CPP Member



What is Mini-Handball?

Mini handball is...

❑ A GAME

- ✓ a special philosophy
- ✓ special equipment
- ✓ special rules
- ✓ adapted to children up till 8-9 years

❑ MINIHANDBALL TRAINING

- ✓ training more important than the matches
- ✓ fun, high activity
- ✓ enthusiastic coaches
- ✓ varied training adapted to the children

❑ MINIHANDBALL FESTIVALS

- ✓ a positive experience with sport
- ✓ minihandball and other adapted activities

❑ A POSSIBILITY TO INVOLVE ADULTS

- ✓ as coaches
- ✓ as parents (supporters – to the child, to the coach, to the club..)





Mini Handball – The Philosophy I

Minihandball

- **is a game which is adapted to children up to the age of 8-9 years.**

Obviously it is not the children who are adjusted to a finished game. They play on smaller playing areas, with smaller goals, with a smaller ball, and with rules which the children are able to understand.

Minihandball

- **is a game which takes starting point in children's game and natural movements.**

- Run
 - Throw
 - Catch
 - Hop on one foot
 - Balance
 - Play alone
 - Jump
 - Walk
 - Jump around
 - Rotate
 - Dribble
 - Play together with others
-

Minihandball

- **is a game which satisfies children's natural needs for movement.**

The minihandball training is organized in such a way that the children get to learn the handball game through games. It is important that the children are in activity all the time – and that each child gets to play as much with the ball as possible.

Minihandball

- **is a game which through games gives experiences where the result of a match is not the most important.**

Both to training and to the special minihandball festival the children appear to play matches. The purpose of these matches is to give the children the possibility to test their skills. The match must be a positive experience – no matter if you win or lose! Therefore the single match is important and you do not “gather points together” to elect a final winner.

Minihandball

- **is a game which tries to motivate small children to continuous physical activity.**

On that assumption that the good and positive experiences in connection with a child's first acquaintance with sport, will motivate to many years of continuous participation in sport, the association tries to create good conditions as regards the child's start of going for sport

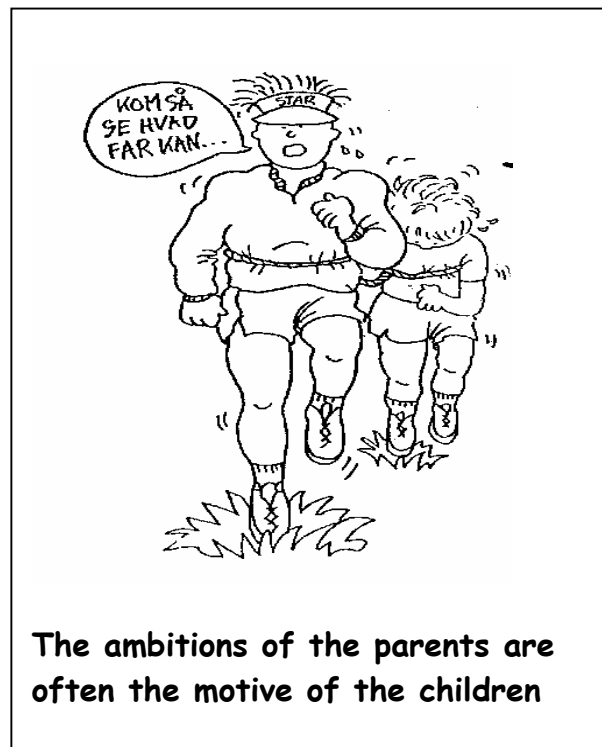
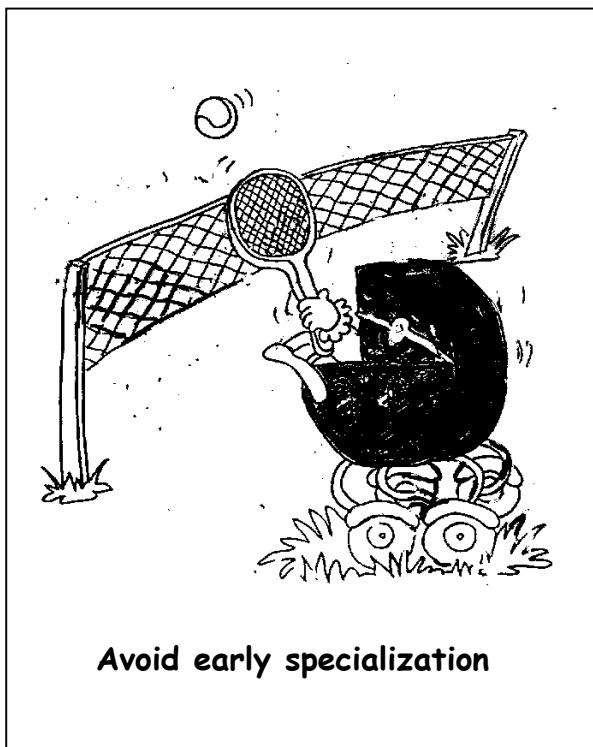
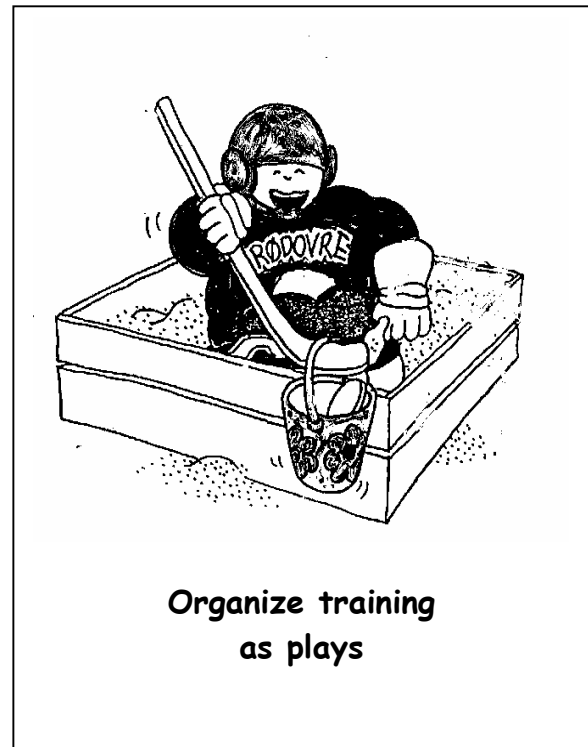
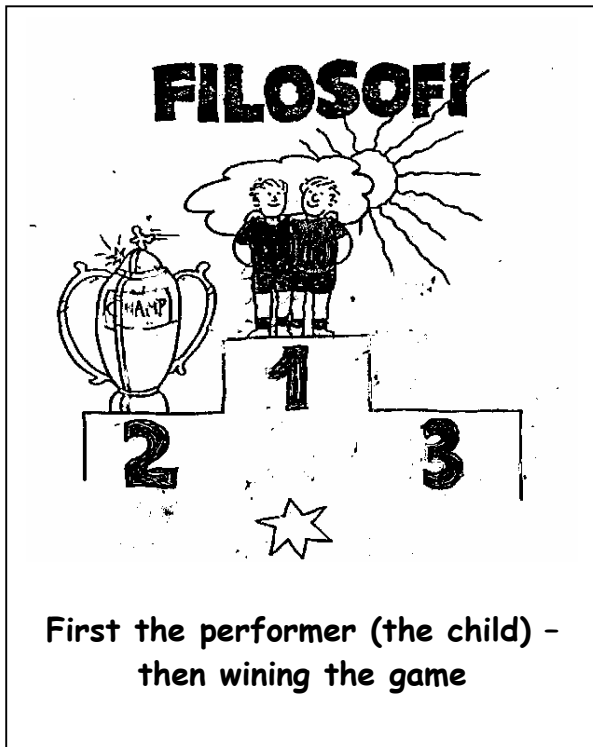


Mini Handball – The Philosophy II

MINI HANDBALL - A GAME AND A PHILOSOPHY !!!!!

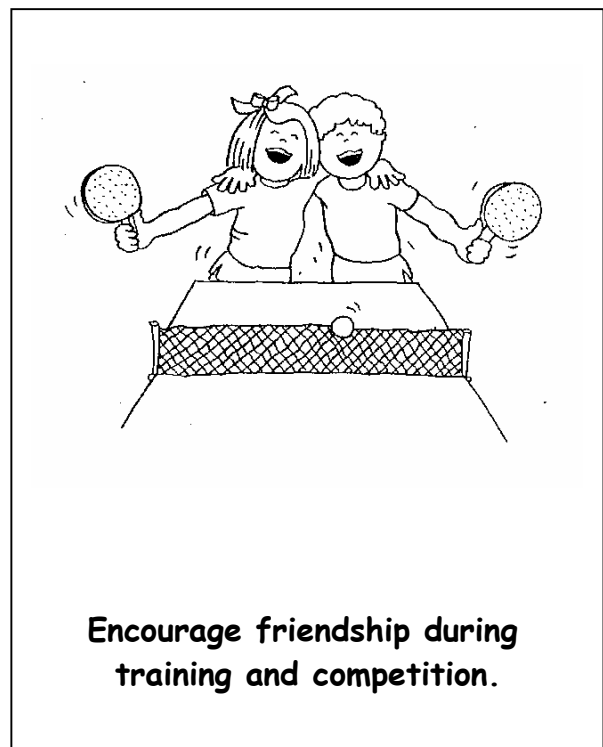
- Minihandball is more a philosophy than a game.
- In many countries minihandball has developed rapidly as an activity for the youngest children (from 5-6 years till 8-9 years)
- Minihandball is a kind of education in sport for the youngest.
- Only a few and very simplified rules allow all participants a lot of freedom.
- Minihandball is a suitable activity for both primary schools and clubs.
- The emphasis is put on playing (having fun)
- Neither tactics nor "winning" are of great importance
- The philosophy of minihandball is shaped by the children's pleasure and their experiences when playing a ball game
- The court, the balls and the goals are adapted to the age of the children; the technique of playing is based on the motor skills of children 6-8 years
- Positive experiences will support the development of a child's playing behaviour.
- Playing and practising are organized in the form of play, both following pedagogic and methodological principles; the role of the coach is limited to supervising and helping when necessary. When playing matches, there is not a referee – but a **supervisor**, who teach and help the children during the play.
- Fairness is very important in the philosophy of minihandball
- Boys and girls will learn to act in a group, accepting their own merits and shortcoming and those of others.
- Minihandball contains a lot of rudimentary elements of other sports or sometimes even creates them.

Mini Handball – The Philosophy III



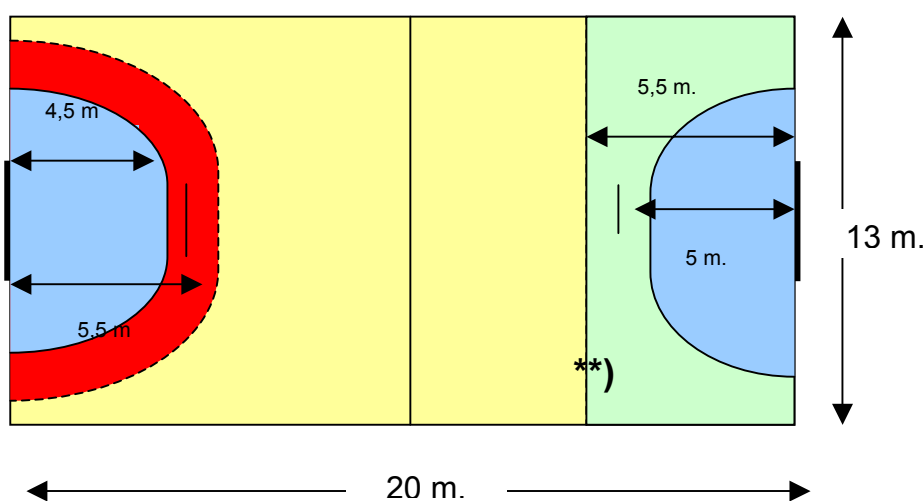
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MINI HANDBALL – THE RULES OF THE GAME

- ❑ for boys and girls up till 8-9 years
- ❑ 5 players on the court – 2 boys and 2 girls and 1 goalkeeper (boy or girl)
- ❑ Size of the goal: 240 cm x 160 cm
- ❑ Size of the ball: 46-48 cm – 225-275 gr. Other balls can be used.
- ❑ Size of the court:



- ❑ Normal handball rules are the basis of mini handball, but the rules about technical faults shall be assessed according to the ages and the skills of the children participating in the game.
- ❑ All deliberated physical contact between the players shall be avoided.
- ❑ In some countries it only permitted to defend in the area between the goal-area line (4,5 m) and the Free-throw line (5,5 m) line (read area) – if there **no** Free-throw line, a line **) can be made 5,5 m from the Outer goal line, and then it is permitted to defend in this area (green area).
In other countries it is allowed to defend all over the court – except the two goal areas.
- ❑ By playing mini handball the children learn to understand and to accept playing according to rules.
- ❑ In a mini handball match there is not a referee - but a **supervisor**, who teach and help the children to understand the rules and the game.



MINI HANDBALL – RULE TEST

		A	B	C
1	How many players are allowed on the court at the same time? (at the same team)	7	5	8
2	Are boys and girls allowed to play on the same minihandball-team?	Yes	No	?
3	What is the correct judgement if a defence player pushes to an attack player?	Nothing	Penalty	Free throw
4	What is the correct judgement if a player drops the ball over the sideline?	Goal	Throw in	Nothing
5	How old is a minihandball player?	Up till 8 years	9 – 10 years	Older than 11 years
6	Is the correct judgement always to whistle if a minihandball player goes 4 steps with the ball?	No	Yes	?
7	Do you always start with the ball on the middle of the court after a scoring in a minihandball match?	?	No	Yes
8	What is the size of a minihandball court?	7 x 10 m	13 x 20 m	20 x 40 m
9	Is it allowed to replace a goalkeeper (boy) with goalkeeper (girl)?	Yes	?	No
10	What is the size of a minihandball goal?	150 x 200 cm	200 x 300 cm	160 x 240 cm
11	Is the referee in a minihandball match dressed in black?	Yes	No	?
12	Do minihandball players play with a junior ball?	No	?	Yes
13	Is it correct judgement always to whistle if a minihandball player holds the ball for 5 seconds?	?	No	Yes

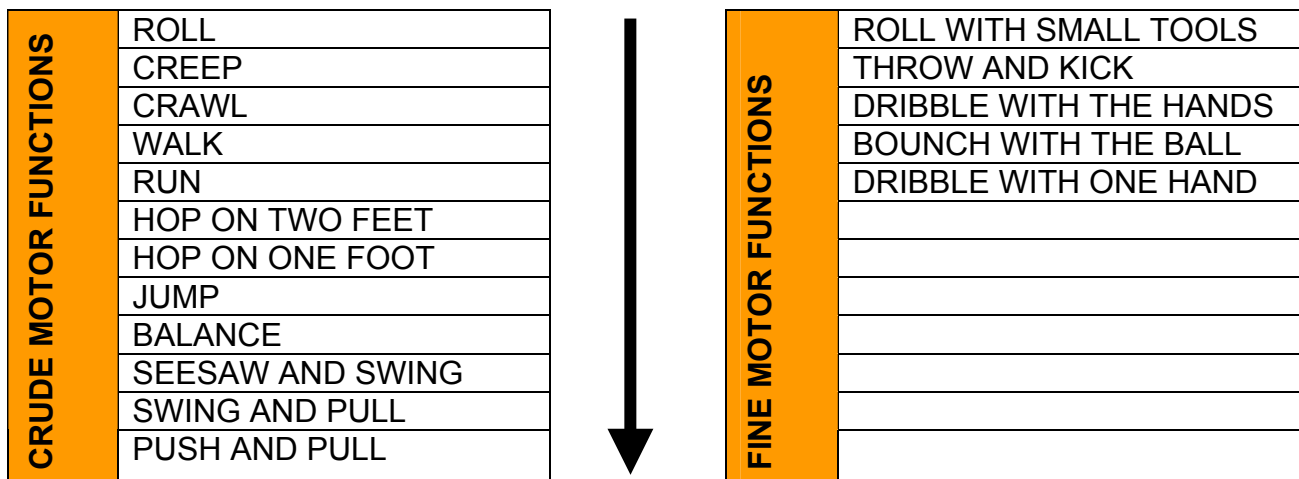
Correct answers:

1	2	3	4	5	6	7	8	9	10	11	12	13
B	A	B	B	A	A	B	B	A	C	B	A	B



MINI HANDBALL - TRAINING

- ❑ The basis of minihandball training is the motor development of the single child participating in the training



- ❑ In minihandball training we must be aware of the mental and social development of small children.

It means -

- we must try to stimulate the intellectual development of the children by involving conceptions of time and space (over, under, behind, in front of, slow, fast.....)
- we must be aware that the language of the children are under development. Be very concrete (not abstract) to small children
- we must be aware that small children
 - are learning by doing
 - do not learn of own experiences
 - do not see the connexion between cause and consequence
 - are learning through playing lot of games, especially with balls
 - are learning when they have fun.



It also means –

- that training of the intellectual development of the child, gives it better possibilities to act in different connexions (understand, judge and act)
- that parallel to the intellectual development of the child, we must be aware of the development of the identity of the child – it means the child's awareness and understanding of him- or herself.
- that awareness is developed in the training and the relation to the coach. Being confident/secure/safe is important – but also the child's awareness of his or hers body is important for the development of the identity of the child.
- that having a good awareness of the body is amongst other depending on, if the child can manage to solve the task, given to him or her by the coach. "I can solve the task by using my body".
- that coaches must be aware of the social development of the child – it means the ability to function together with other children
- **Children 3-4 years old:**
 - The social development is founded until the child is 3-4 years old. When it is 3-4 years old, it is in "selfish stadium". My needs are the most important, I want to play – with myself. If the child has to play with other, "role-games" can be used.
 - Games that demand the ability to cooperate with other children, are normally difficult for the child to participate in.
- **Children 5-6 years old:**
 - This period is characterized as turbulent – with refractoriness and conflicts.
 - The coaches must be aware of this and create a surroundings filled with confidence.
 - The coaches must also be aware that they have a great influence at the development of the child.
 - The children can start to play in small groups – but only for a short period.
 - Throw "normally" (rotation in upper part of the body and weight on one foot).
 - Catch the ball – without pulling the ball to the body. Very often the child stands still, when he or her catches the ball.
 - Some children manage to jump on one foot
 - Most children manage to run in different ways.

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- Only the most developed 6 years old children understand a little handball tactics
- Most 5-6 years old children can manage games with 2-3 children on each team
- **Children 7 – 8 years old:**
 - From the age about 7 years the child begins to show social behaviour. Playing in groups become interesting. The child can manage to participate in games with rules to follow.
 - 7 – 8 years old children start to think about social questions, that arise through interactions with other children. Games with rules are often exciting.
 - Most children manage to catch the ball in different ways (hard, soft, with precision....)
 - Most children can run and catch/throw, when they are moving.
 - Most children can jump on one or two feet.
 - Most children like to compete – also to part in competitions against other children





MINI HANDBALL - TRAINING – some good advices !!!

- Adapt the training/the exercises to the children – and not the children to the training/the exercises
- Adapt the training to the age of the children
- Organize the training as play's (high intensity)
- High activity – few words
- Max. 5-6 children per coach
- Common starting and ending of the training
- Think about how to organize the training





MINI HANDBALL - HOW TO ORGANIZE THE TRAINING

Think about -

- How to divide the children into smaller groups
 - experienced children ?
 - less experienced children ?
 - no experience ?
 - after age ?
 - 5-6 children per coach

WHY?

- many children = less activity
- the development of children (adapted exercises)
- less boredom, more sweat

- What materials do you have ?
 - balls
 - goals
 - cones
 - shirts
 - pieces of carpet
 - buckets
 - chairs
 - balloons
 - rope
 - balance bench

- your training plan
 - for all the season
 - how often ?
 - how many festivals ?
 - how many training lessons ?
 - in the sport shall ?
 - outside ?
 - on the beach ?
 - in a swimming pool ?
 - in a forest ?
 - for every single training

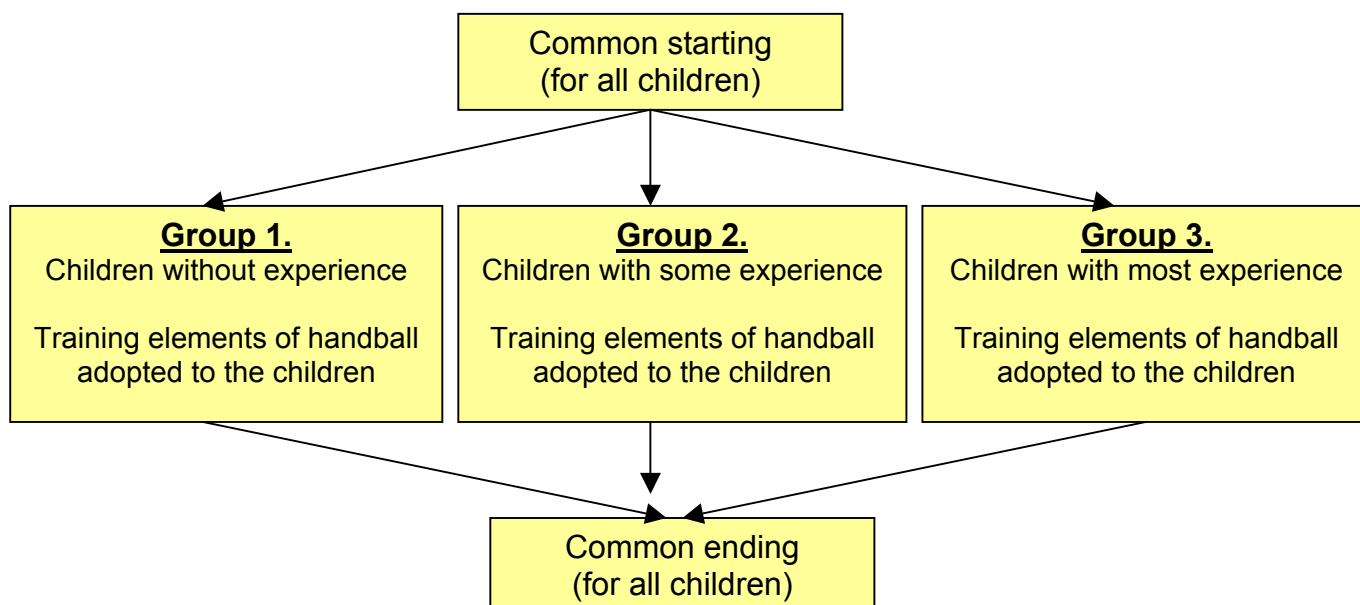
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0 – 10	Common starting. Saying hello – warming up – common game	
11 – 40	Practice element from handball (organized as plays)	
	Throwing/catching	dribbling
	<ul style="list-style-type: none"> • long – high • with precession • after different goals • in speed • with concentration 	<ul style="list-style-type: none"> • high – low • sitting/standing/going/running • left/right hand • slalom • to a friend
	Balancing/jumping	Playing
	<ul style="list-style-type: none"> • balancing on something • balancing with something • on one foot • in speed • high, over, long 	<ul style="list-style-type: none"> • with one friend • with more friends • with/without balls • winning/loosing • many different game
41 – 55	Playing minihandball – or other games	
56 – 60	Common ending Good bye – se you next time	

One way of organizing the training:

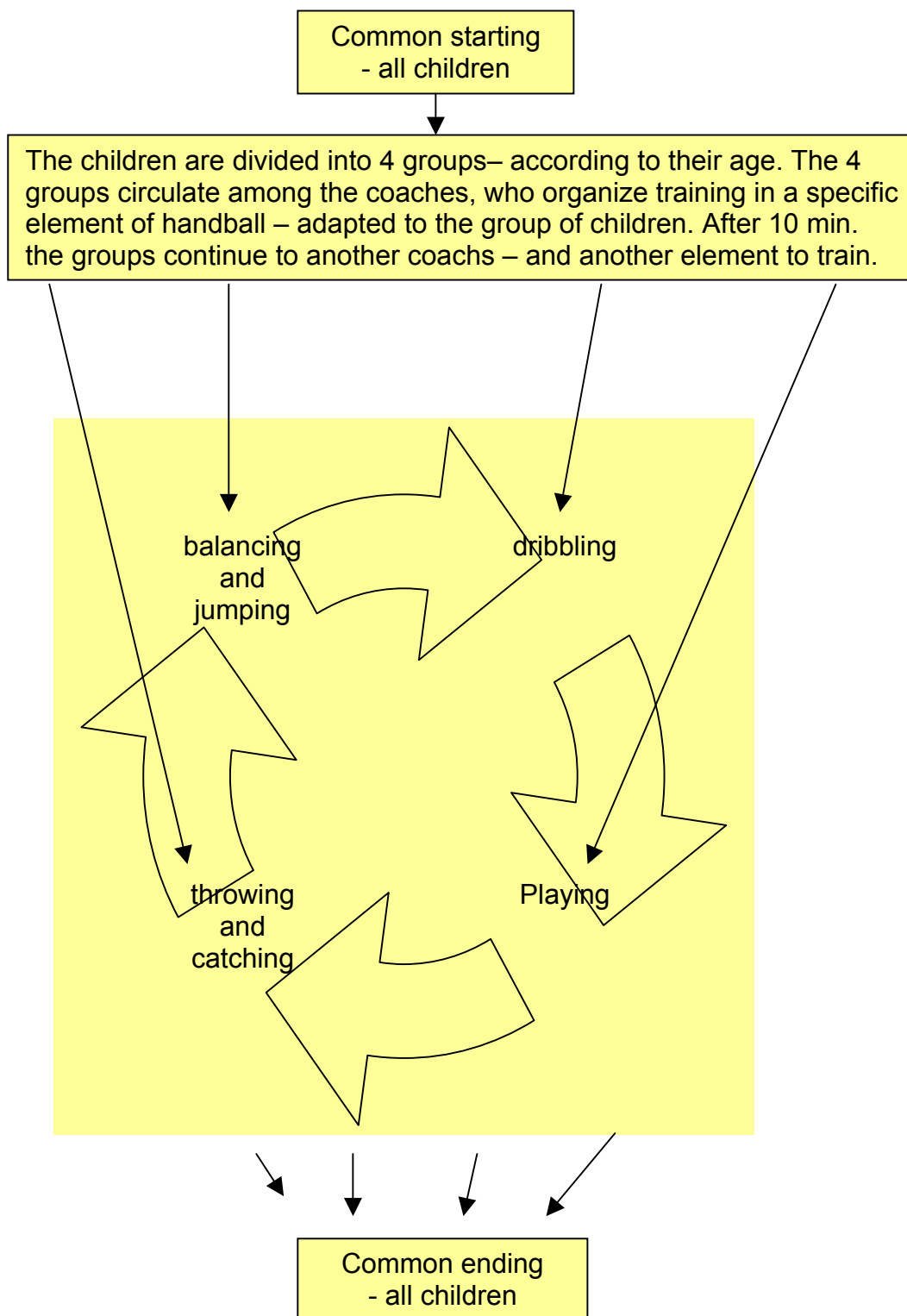


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Another way of organizing the training.





MINI HANDBALL FESTIVAL

WHY?

- to promote enjoyment and pleasant experiences of sport by organizing games and competitions according to age.

HOW?

- Competitive games with a system of points-scoring do not belong to the age group. Minihandball-festivals which allow teams to compare themselves with other shall also include an alternative offer of games which the children can play with each other – and promote enjoyment and pleasant experiences – and it doesn't matter if there is a wide variety of games and equipment available and that the activities involve co-operation, the whole family can join in.

The venue: a "normal" handball court (20 x 40 m) divided into smaller pitches (13 x 20 m). 1 or 2 pitches with minihandball matches and 1 or 2 pitches with alternative games.

Duration: 3-4 hours – if possible not during lunch time (use Saturdays without School !)

Participants: 8 – 10 teams (50 – 100 children)

Age: 6 to 8 (9/10) years old

Matches: Length of matches: max. 15 min.

Alternatives:

- 1) Free playing with smaller apparatus: pedals, skateboard, stilts, sack race.....
- 2) Employment of larger apparatus: air-tramp, plastic globe, parachute, target board....
- 3) Games for teams (races, alternative games..)
- 4) Games for everyone

Focus: High intensity, many activities and fair play

Fair Play is when one

- sees the opponent as a partner
- fights against the opponent only as far as rules are concerned
- is modest even in victory
- helps a weaker player
- is not a "sport spoiler"
- resigns an unfair advantage
- recognizes to supervisor's decision
- as a spectator recognizes the achievements of all players