

Handball Alley/Wall
Skill Drills
WALL BALL DRILLS

Warm up drill

The player stands 5m from the front wall. Depending on the ability of the player, he/she must

strike the sliotar to the front wall and control the rebound as fast as possible, using;

1. Ground shot/ Ground shot opposite side
2. Hand passing/ Hand passing opposite hand
3. Batting
4. Strike from the hand short I Strike from the hand opposite side (short grip).

Ground Striking.

Mark a grid 2 metres square at the centre of the court the player must strike the sliotar on the ground to the front wall attempting to get the rebound to return into the grid. The sliotar is then stopped pushed to one side and the drill is repeated.

Progressions:

- a. Alternate the striking sides.
- b. Strike to the side wall before returning to front wall.
- c. Return the sliotar to the front wall without stopping it.
- d. Double on the sliotar to side walls and then to the front without stopping.
- e. Increase the distance from the front wall.
- f. Reduce the size of the square.

GROUND STRIKING IN PAIRS.

Player one stands in a goal marked 10 metres from the wall. Player two stands 2 metres from the front wall. Player 1 starts the game by striking the ball on the ground to the front wall, attempting to get the ball through the goal on the rebound. Player 2 must act as goalkeeper preventing the sliotar from crossing the goal line.

Both striker and blocker rotate positions after six attempts, highest score wins.

STRIKING FROM THE HAND

DRILL ONE.

Standing in a two metre grid can the player strike each wall in succession with the sliotar returning to hop in the grid each time?

Player must work in;

1. Clockwise direction
2. Anti-Clockwise direction
- A. Using only right side
- B. Using only left side
- C. Alternating sides.

Progression:

How many “correct strikes” can the player make before he/she misses?

How many “correct strikes” can he make in one minute?

DRILL TWO

Sliotar to be struck to the front wall using preferred side. Player must move forward from a line marked 10m from the front wall, after each strike.

Progressions:-

Alternating striking sides.

1. Catching ball from the air.
2. Catching ball on the chest.
3. Catching ball below hip level.
4. Controlling sliotar on the hurley taking to hand.
5. Returning sliotar off the Hurley.
6. Returning the sliotar after one bounce.
7. Returning the sliotar on the volley.

Each of the above progressions can be made more competitive.

1. How many successful consecutive attempts
2. How many in two minutes.

DRILL THREE

Two players line up 15 metres from the front wall. Player one moves forward and strikes the sliotar before a line marked 10 metres from the front wall. He then reverses to the starting line. Meanwhile Player B must move forward control the rebounding sliotar and strikes it to the front wall a player A. The drill continues. Players may be given a certain amount of time to work on the drill.

Progressions:

- Catching ball from the air and strike
- Catching ball on the chest and strike
- Catching ball below hip level and strike
- Controlling sliotar on the hurley taking to hand and strike
- Returning sliotar off the Hurley.
- Returning the sliotar after one bounce.
- Returning the sliotar on the volley.

STRIKING FROM HAND MOVING AWAY FROM THE WALL.

Player positions himself at front wall. He strikes the ball to the back wall and sprints to the rebounding sliotar controlling it quickly, turning, and striking it back to the front wall. The player should strike the ball while moving away from the target. Repeat this exercise striking 10 times on the left and 10 times on the right side.

Progression:

- (A) Strike for accuracy. While moving draw two uprights on front wall which may act as goalposts. Score 10 consecutive points.
- (B) Control the rebounding sliotar with the hurl.

BAT AND CATCH

1. The ball must be thrown above head; jump to meet dropping ball, bat against wall, and the player must advance swiftly to catch the rebound. Gradually move back from wall, batting for distance and advancing swiftly to catch rebound.

Progression: Bat high to Wall

Advance to meet returning ball Double overhead to opposite Wall

FUN DRILLS

STRIKE, CATCH, SOLO, DRILL.

Player strikes the sliotar from behind a line 5m/20m from the wall. After striking the player must sprint forward, control the sliotar and solo back through three cones in a line (placed at either side) to the marked line.

Progressions: How many consecutive times can the player perform the above drill successfully?

1. How much time does it take the player to perform the drill correctly six times
2. As above except the sliotar must come back from the front wall on the ground.
3. As above except the sliotar must touch the ground before it hits the front wall.
4. As above alternating the striking side left/right.

STRAIGHT LINE CATCHING.

The Players line up in two groups of five at the end of the court. Player one stands four metres from the front wall. The ball is struck to the front wall and the rebound must be caught by the next player in line.

After a successful catch player 2 moves forward and takes the place of player one (player one moves back to the end of the line). Player two continues the drill.

If the sliotar hits the ground the score is not counted. First line to reach twenty wins.

ONE V ONE CATCHING.

Player one serves the sliotar to the front wall. Both players then compete to catch the rebounding sliotar from the air.

Progressions:

1. The same drill may be used to incorporate;

One player batting down while the second player attempts to catch.

One player attempting to double while the second player attempts to block/catch/ pull forward.

STRIKE/CONTROL/HIT THE TARGET

Cones are placed 6 metres from the front wall on either side. A line is marked 8 metres from the front wall, The players line up at the end of the alley.

Player one strikes to the front wall sprints past the 8m line controls the sliotar and strikes from the target cones while still on the run.

Progression.

Strike for the target sliotars on the opposite side.

Control the sliotar without catching.

Control the sliotar on the hurley and strike without catching using the opposite side

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Handball hurling.