

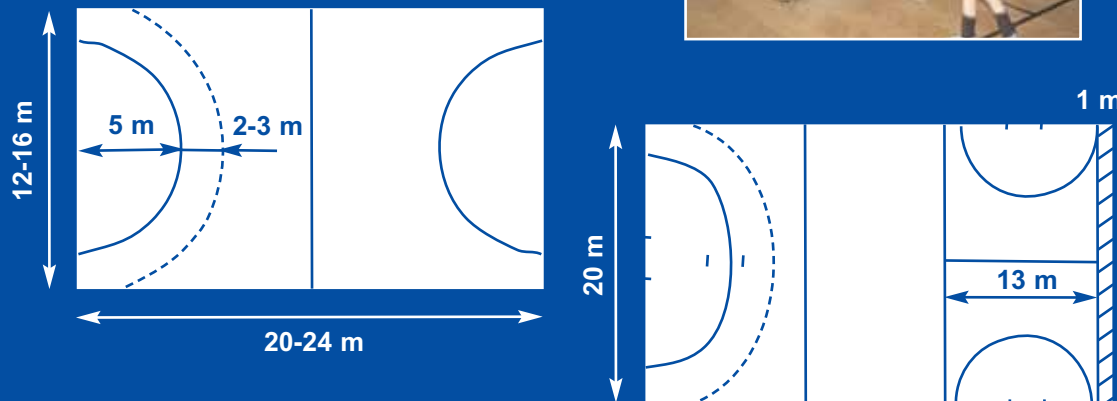
EHF project "Handball at school" - HOW TO ORGANIZE A MINI-HANDBALL FESTIVAL

Mini-handball Festival Philosophy

(indoors and outdoors)



A wide variety of games promotes enjoyment and pleasant experiences of the sport. Mini-handball festivals mean the organization of games and competitions according to age. The game of our youngest is characterized by goals and exercises according to their age, altered conditions of play and above all alterations in organization. Competitive games with a system of points-scoring do not belong to this age group. Sports festivals which as mini-handball tournaments allow teams to compare themselves with each other and also include an alternative offer of games which the children can play with each other, promote enjoyment and pleasant experiences. Particularly when there is a wide variety of games and equipment available, with games for co-operations, the whole family can join in, have fun and check their coordinative skills, motor abilities and technical performance with the ball in simple exercises, tests or competitions.



www.eurohandball.com

Organizational Guidelines

Sex: Boys and girls in mixed teams (co-education!).

Age: 5/6 - 10 years (or possibly one year older!).

Number of players: 4 outfield players and 1 goalkeeper (4 + 1); possibly also 5 + 1 as a variant for practised children.

Length of game: According to age; every player should be involved for roughly the same length of time (perhaps also once in the goal).

Referee: Not a referee dressed in black, but a coach or teacher.

Rules: Made extremely simple, to allow the teacher (coach) to make fair and uncomplicated decisions, which the children can understand.

Organisation: Schools, "Mini-sections" of clubs, sport days, Mini-Handball Summer camps.

Ball: Suitable for children (colourful), soft, not too heavy, must bounce well, be easy to grasp, possibly with a textured surface, and should facilitate a "fear-free" game. Circumference of 44 cm to 49 cm.

Court: Smaller than usual - 12 m to 16 m wide, 20 m to 24 m long (e.g. 20 x 13 m being one-third the size of a normal handball court).

Goal-area: A semi-circle of 5 m radius from the middle of the goal.

Goal: Smaller than usual - 2,4 m x 1,6 m or the basic handball goal of 3 m x 1,7 m (1,8 m).

Venue: a sports ground/hall with a handball court measuring 20 m x 40 m, which can be divided into 3 smaller courts of equal size, is needed

Courts 1+3: mini-handball tournament "4+1"

Court 2: alternative games equipment on offer with activities and also games for co-operation for everybody

Duration: from about 3-4 hours, if possible not during lunch-time.

Participants: 8-10 teams max.

Length of play: each game 15 min. max.



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Concept of 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 spoilsport
- resigns an unfair advantage
- recognizes leaders' decisions
- as a spectator recognizes the achievements of all players.



Alternative Games available

Between the mini-handball games an alternative offer of games is set up, which can be varied:

- free playing with smaller apparatus: pedals, skateboard, stilts, sack races, etc.
- employment of larger apparatus: pyramid, air-tramp, plastic globe, parachute, target board, etc.
- games stations are built through which the whole team must run (e.g. bursting balloons, knocking down tins)
- games for co-operation must be carried out for everyone e.g. sitting behind each other in a line, wheelbarrow races.

The games put on offer should vary from one sports festival to the next.

Paedagogic Framework

The following should be paid attention to:

- first the children must learn how to compete
- emphasis on experience rather than result
- enjoyment is more important than success
- the experience of playing together is more important than winning at all costs (fair play)
- too high scores should be avoided
- games instructors should be relaxed about the rules
- if parents take part in the activities the trainer/coach takes over the role of instruction.

The Kids' Olympics

Give your event both the name and spirit of the Olympics:

- "make-up" stations for the teams representing one country each as in the Olympics
- "tick-off cards" for everybody going through all stations on offer
- flags, anthems, motivational music concept, common warm-up session
- give-aways, prizes for everybody.

