



# IHF

# Youngsters

# Training

# Diary



# International Handball Federation (IHF)

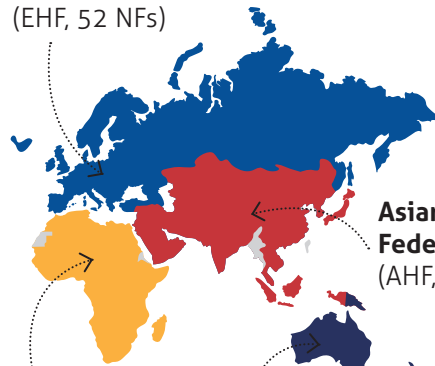


- Founded in 1946
- Headquartered in Basel, Switzerland
- Governing body of global handball
- Comprises 209 National Federations (NFs), divided into six Continental Confederations
- IHF President: Dr Hassan Moustafa (Egypt, since 2000)

**North America and the Caribbean Handball Confederation**  
(NACHC, 21 NFs)



**European Handball Federation**  
(EHF, 52 NFs)



**Asian Handball Federation**  
(AHF, 44 NFs)

**South and Central America Handball Confederation**  
(SCAHC, 19 NFs)

**African Handball Confederation**  
(CAHB, 53 NFs)

**Oceania Continent Handball Federation**  
(OCHF, 20 NFs)

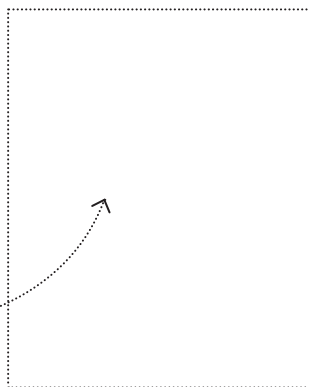
**My Continental Confederation is** .....

**My National Federation is** .....

For more information, please go to: [www.ihf.info](http://www.ihf.info)

# My personal page

My first handball photo:



My first name: .....

My last name: .....

Name of my club: .....

My PE teacher's/coach's name: .....

My teammates: .....

My uniform number: .....

My favourite exercise: .....

My favourite player/s: .....

Club where I will play as a professional: .....

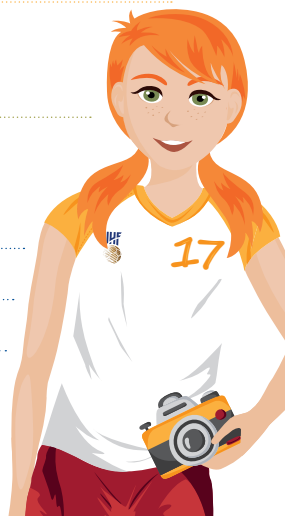
My first game in handball:

Date: ..... Place: ..... Against: .....

My favourite handball moment:

.....  
.....  
.....

**PLAY AND ENJOY HANDBALL!**







# IHF Youngsters' Advice

## Physical activity and prevention:

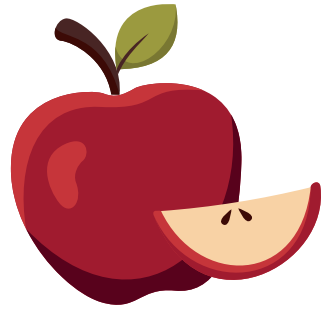
- Understand and apply safe practices.
- Have a positive mindset and be prepared.
- Pay attention to warm-up and cool-down.
- Have good sports habits.

## Good nutrition:

- Start the day with a good breakfast.
- Eat a variety of fruits and vegetables.
- Eat a variety of protein foods.
- Whole grains are part of a healthy diet.

## Importance of hydration:

- A child's body is composed of over 70% water.
- Drink regularly before, during, and after exercises.
- Avoid drinks with high sugar content.
- Good hydration helps recovering faster.



Enjoy the game.  
Be positive and  
respectful.



Be prepared to learn.  
Work hard.



Respect opponents  
and rules.  
Try your best.



Be fair.  
Be confident.



Encourage your teammates.  
Show good behaviour  
on and off the field.





Try new things.  
Follow your dreams.



# Handball Rules Quiz

To start playing handball, you need to have some basic knowledge about the handball rules. Read each sentence carefully and note whether it is true 'T' or false 'F'. How many balls will you earn, and which medal will you win in our rules quiz?

Each correct answer is worth 1 ball! Add up your total and receive your prize!

1-5  = Bronze 

6-10  = Silver 

11-15  = Gold 

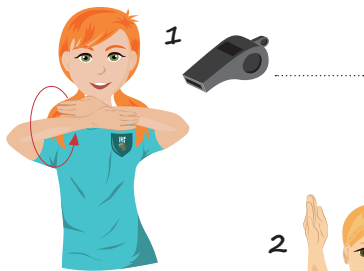
1. An attacker is not allowed to push and shove to get past the defender. T or F
2. The goalkeeper can leave the goal area with the ball. T or F
3. A 7-metre throw is given when a clear scoring chance is destroyed. T or F
4. A player can start and stop dribbling as many times as he or she likes. T or F
5. An attacker is allowed to take one, two or three steps while holding the ball. T or F
6. A player needs to stand behind the sideline when executing a throw-in. T or F
7. A teammate can pass the ball back to the goalkeeper in the goal area. T or F
8. A goalkeeper is allowed to use the entire body to save a ball inside the goal area. T or F
9. A player is allowed three metres of space when executing a free throw. T or F
10. A defender can grab the throwing arm of the attacker. T or F
11. The defender can cut across the goal area to help a teammate or prevent a shot. T or F
12. A player is permitted to hold the ball as long as he or she likes. T or F
13. An attacker cannot shoot from inside the goal area. T or F
14. The defender is not allowed to stand in the goal area. T or F
15. A goal is scored when the ball has completely crossed the goal line. T or F

Correct answers:

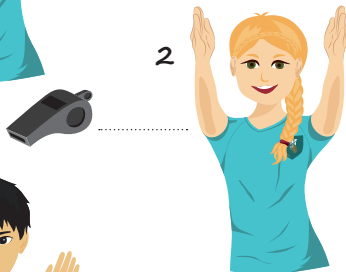
11, 2F, 3T, 4F, 5T, 6F, 7F, 8T, 9T, 10F, 11F, 12F, 13T, 14T, 15T



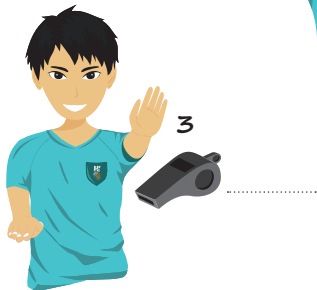
Write down how many times the referee should whistle and link each picture to the corresponding name of the hand signal.



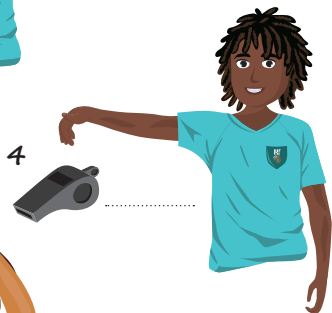
**A Throw-in** (don't forget to step on the line when you do a throw-in)



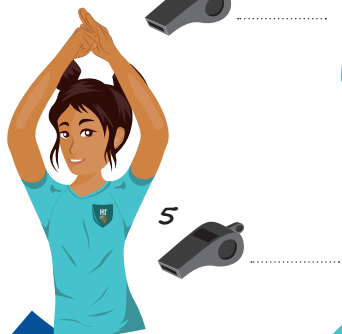
**B Goalkeeper throw** (only the goalkeeper can throw the ball from inside the goal area)



**C Illegal dribble** (dribble the ball from the top; once you stop you can't do it again)



**D Too many steps or holding the ball for more than 3 seconds** (you only get three steps with the ball and three seconds to hold it once you stop)



**E Restraining, holding, pushing** (these behaviours are prohibited)



**F Offensive foul** (the same goes for the player with the ball)

Explain the rules to your friends before you start playing!

Correct answers:

1D\_1X, 2A\_0X, 3C\_1X, 4B\_0X, 5F\_1X, 6E\_1X

# Improve your skills and work on yourself at home

Start with a short warm-up (5-8 minutes), then do each exercise below and note your results.

Notes: R = right hand/leg/side  
L = left hand/leg/side

**Jump rope** for 30 seconds and count the repetitions.



1. Jump with both feet, swinging forward

Date:

Repetitions:

2. Jump with both feet, swinging backward

Date:

Repetitions:

3. Alternate foot jump with knee up (R+L = 1 repetition)

Date:

Repetitions:

4. Criss-cross jump (normal + cross = 1 repetition)

Date:

Repetitions:

5. Double under, swinging forward (you only count jumps when the rope turns twice under your feet)

Date:

Repetitions:

**Dribbling exercises** for 30 seconds.  
 Count the number of times you  
 bounce the ball without interruption  
 (after each mistake you have to start  
 from 0, note the highest number).  
 Look ahead (not on the ball).



**1.** Movement in place dribbling with  
 one hand only (R/L hand)

**Date:**

**Repetition R:**

**Repetition L:**

**2.** Standing on one foot and dribbling with opposite hand

**Date:**

**Repetition R:**

**Repetition L:**

**3.** Standing and dribbling the "figure 8" between legs

**Date:**

**Repetition:**

**4.** Sitting down and dribbling around body

**Date:**

**Repetition:**

**5.** Dribbling and changing position - stand up - sit - lie  
 down - sit - stand up (R/L hand dribbling)

**Date:**

**Repetition R:**

**Repetition L:**

**Catching-passing exercises** for 60 seconds. Count correct and complete executions of the exercises.



- 1.** Throw the ball up - clap hands in front of and behind the body - catch the ball

**Date:**

**Repetitions:**

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- 2.** Throw the ball up - sit down - stand up - catch the ball

**Date:**

**Repetitions:**

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- 3.** Throw the ball up - catch behind body - throw up - catch in front of the body (catch front and back = 1 repetition)

**Date:**

**Repetitions:**

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- 4.** Stand on one foot - throw the ball with one hand over the head - catch the ball with the other hand (catch the ball with right and left hand = 1 repetition)

**Date:**

**Repetition R:**

**Repetition L:**


- 5.** Throw (alternating R/L hand) the ball on the wall - turn 360 degrees - catch the ball (pass - rotation - catch = 1 repetition)

**Date:**

**Repetitions:**

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**Coordination exercises**  
for 60 seconds. Count  
repetitions of correct  
and complete executions.



- 1.** Hold the ball between ankles - jump - release the ball - catch it

Date:

Repetitions:

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- 2.** Hold the ball up - throw it behind the back and between the legs - catch in front of the body

Date:

Repetitions:

--	--	--	--	--	--

- 3.** Throw the ball on the wall behind you - let it bounce back between your legs - catch the ball in front of the body

Date:

Repetitions:

--	--	--	--	--	--

- 4.** Stand on one leg - hold the ball between knee and elbow on the same side - catch the ball without moving your standing leg (R/L side)

Date:

Repetition R:

Repetition L:


- 5.** Dribbling with two balls at the same time

Date:

Repetitions:

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**Finish the workout with a short cool-down.**

# Play with your family members and friends

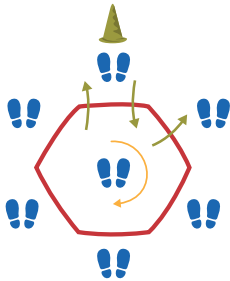
## Challenges

One player performs a movement and the other repeats it, then they change roles. The winner is the player who performs and/or repeats the exercises better (without mistakes, faster or more repetitions).

A few examples:



How mobile are you?



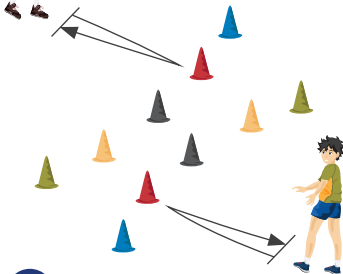
How many repetitions of physical fitness exercises can you do?

Stand in the middle of the hexagon. Jump with both feet forward and back, working clockwise always facing the cone. How fast can you complete the whole hexagon?

***Do not limit your imagination and give your friends a good challenge with or without the ball!***

## Action – reaction speed

Game for two or more players. The players stand behind their start lines. At a distance of three metres in front of them, they have five objects in different colours. One player leads and the others follow (player says a colour and then starts movement), then they change roles. The winner is the player who reacts more quickly and comes back to the starting position first.



### Modifications:

- Order of objects: colours in the same order, mirrored, in different order
- Signals: by movement, referee on the side shows colour, or referee says colour
- One referee leading the game, two or more players play (react to referee signals)

## Win the ball

Game for three players. Two players pass the ball to one another while the third player is positioned between them and tries to intercept the ball. When the player in the middle catches/touches the ball, they switch roles with the player who threw the ball or made a mistake.



### Modifications:

- Passers standing on one foot - player in the middle without restriction
- Passers sitting down - player in the middle jumping on one foot
- Passers lying down - player in the middle sitting down

## Score a goal

Game for three players or more. Create a goal area of 4 metres (or bigger) around goal posts. One player is goalkeeper (moves inside the goal area to save shots) and two players (attackers) cooperate outside the goal area to create suitable situations and try to score goals from outside the zone according to regular handball rules. The goalkeeper changes roles with attackers when he or she saves a shot, or the attacker misses the goal post and/or makes a mistake.



### Modifications:

- Alternative goal post (objects on the ground: bottle filled with stones or sand, cones, paper boxes, lines; height of 'goal' limited by goalkeeper's outstretched arms)
- Only technical shots, no hard throwing

**HAVE FUN AND PLAY FAIR!**

**Note:** Do not forget warm-up before the game and cool-down after the game!

# Messages from handball stars



*Enjoy playing handball  
and have fun at the training!*

Country: .....

Playing position: .....



**Katrine Lunde**



**Yahia Omar**

*Learning handball is a lifelong process,  
keep playing and pushing - you never know  
what you'll be able to achieve!*

Country: .....

Playing position: .....

*Work together with your teammates to score!  
Enjoy handball for a long time!*

Country: .....

Playing position: .....



**Ryu Eun-hee**





*Don't give up! Try to have fun,  
better days will come!*

Country: .....

Playing position: .....

**Albertina Kassoma**

*Enjoy the sport!  
Share moments with friends!*

Country: .....

Playing position: .....



**Diego Simonet**

*Play handball and you will  
become faster, stronger and you can play with  
your friends! Who knows, one day you could  
also represent your country!*

Country: .....

Playing position: .....



**Alexandra do Nascimento**

*Running, throwing and jumping, all these core  
functions of sports are mixed well, that's why I would  
highly recommend handball to young children.*

Country: .....

Playing position: .....



**Yuto Agarie**

Photo: JHA / Yukihito Taguchi

# Self-reflection

What should I start doing?

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What should I continue doing?

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What should I stop doing?

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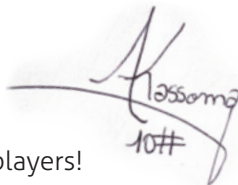
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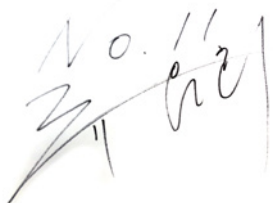


# Signatures

Try to get the signatures of your favourite handball players!



Klassoma  
10#



No. 11



ALE 3



33  
PT



y 5  
Jayr





**Created by:**

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Dr Nabeel Taha Al Shehab, Dr František Táborský, Dietrich Späte

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**Note:** For the sake of simplicity, this booklet generally uses the male form of words with respect to youngsters, players, referees, and other persons.