

31 FIVE-POINT PRESSURE HANDBALL

Purpose: Handball, decision-making, defensive skills.

ORGANISATION

- ▶ 20 players.
- ▶ 2 balls used simultaneously.
- ▶ Black team handballs to each other avoiding the white team (Os).
- ▶ If an O intercepts a handball then the handballer becomes an O.
- ▶ Os soon learn that if they organise their defence they have more chance of causing a turnover than if they operate independently.
- ▶ This drill can also be based on short kicking by moving the hats out.

