

INTRODUCTION BEACH HANDBALL SESSION FOR 10-11 YEAR OLD CHILDREN

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1. Introduction

In this document we attempt to capture the session that took place in the beach handball facilities of the University of Alcalá with players aged 10-11 from the Community of Madrid. The session was carried out on May 23rd. It was part of a beach handball open house event for players aged 10-11, organized by the Madrid Handball Federation. The open house event took place from 10 a.m. to 2 p.m. This session marked the commencement of the event and lasted approximately 45 minutes.

The main objectives of the session were to know the basic aspects of beach handball playing rules in a practical way and to let children experience beach handball specific motor actions for the first time. Under no circumstances, our objectives aimed at correcting the technique in actions. In an attempt to illustrate our idea with an example, we can say that the 360° spin shot performance was not corrected. Players were encouraged to carry out the attempt at different levels of difficulty: half spin, $\frac{3}{4}$ spin...

It must be clear that this session is not a typical session for beach handball initiation, since every session will be adapted to the subjects' chronological age and development. In the case of the group of players taking part in this session, we can state that most of them have played handball for at least one season. Also, we know that most of them master the fundamental motor skills. On the contrary, the choice of exercises and their progression should be adjusted to the children's basic motor skills development and, in many cases, to the specific beach handball motor skills.

2. Human and material resources

The session took place in the three beach handball courts located in the facilities of the University of Alcalá. The human resources and the materials needed included:

Resource	Amount	Organization providing material			
		Federation	Clubs	CBP Alcalá	Other
Instructors	6		x		
Balls	30	X (15)		X (15)	
Chest guards	32	X (4 colours)			
Facilities					X

3. Brief explanation of the rules

- The playing court
- Kickoffs
 - The referee throw
 - The goalkeeper throw
 - The throw-in
 - The free-throw
 - The 6-meter throw

- Playing the Ball
- Scoring
 - Scoring by the goalkeeper
 - 360° spin shot
 - In-flight shot
 - Goal scored by a 6-meter throw
 - Simple

4. Sesión Session

4.1. General objective

- 4.1.1. To promote beach handball for boys and girls from 10-11 years old from the Community of Madrid

4.2. Specific objectives

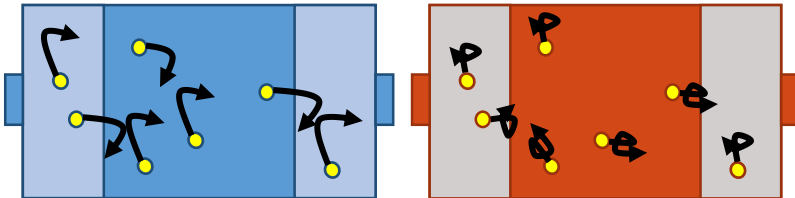
- 4.2.1. To know the basic aspects of beach handball rules
- 4.2.2. To practice specific beach handball motor skills

4.3. Didactic objectives

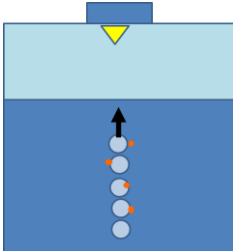
4.3.2.1	To prepare the children's body for the beach handball session To experiment different ways of moving and jumping with and without a ball on a beach sand surface To experiment different ways of passing a ball on a beach sand surface
4.3.2.2	To warm up the goalkeeper
4.3.2.3	To carry out 360° spin shots without interference of the opponent
4.3.2.4	To carry out throws in-flight shots with short passes
4.3.2.5	To carry out goalkeeper throws
4.3.1.1	To know the substitution rules regarding the beach handball goalkeeper
4.3.2.6	To execute the throws on beach sand, specially throws by the goalkeeper and 360° spin shot
4.3.1.2	To know the beach handball substitution systems and scoring systems

4.4. Tasks

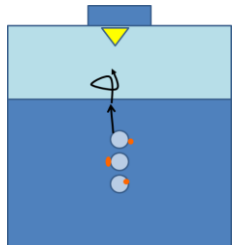
Task 1: Warm-up with a ball (10 balls on each playing side). Movements in the playing court carrying out the instructions given by the coach: frontal and lateral movements, backward. All movements must be accompanied with passes to the teammate without the ball. Then, with jumps, spin jumps, jumps to catch the ball in the air thrown by my teammate, ...

Perceptive variable	Decision making	Performance variable
To pass the ball to the teammate without a ball	To take up free spaces	All types of performances being innovative
		

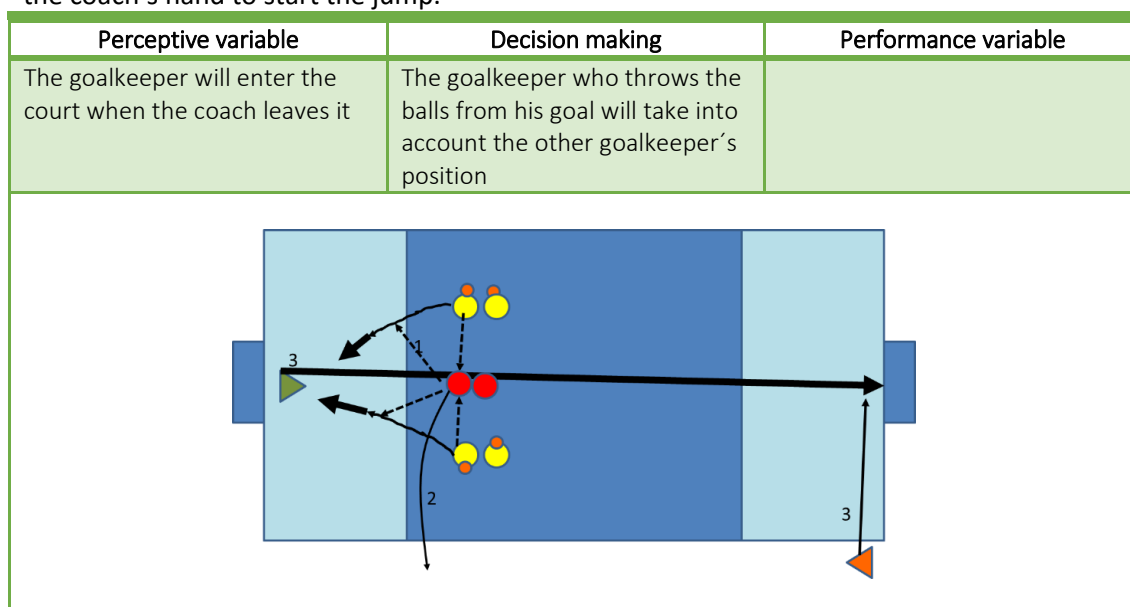
Task 2: Organization as shown in the diagram. Goalkeepers warm up. Throw the ball alternatively to the hands, to the corner signed by the goalkeeper.

Perceptive variable	Decision making	Performance variable
		With both hands, with the dominant arm, with the non-dominant arm, with and without fall, ...
		

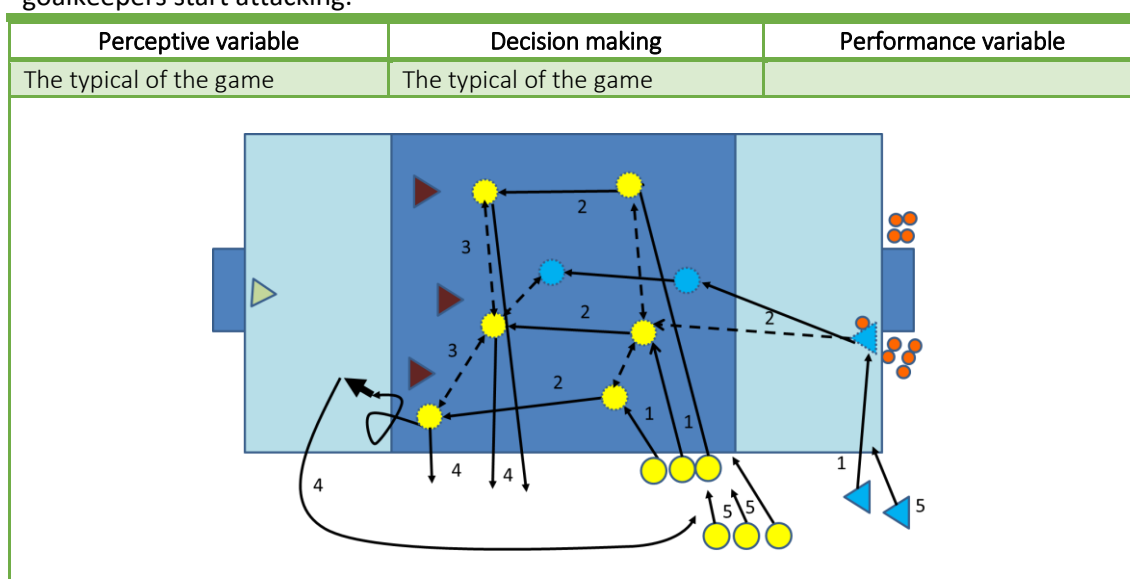
Task 3: Organization as shown in the diagram. 360° throws. First, with the back facing the goal. Then, with the shoulder with the ball facing the goal. Finally, trying to carry out a 360° spin.

Perceptive variable	Decision making	Performance variable
		

Task 4: Organization as shown in the diagram. In-flight spins with short passes. After the in-flight pass carried out by one of the coaches, the coach has to carry out the substitution. Once the coach leaves the playing area, the opponent goalkeeper will enter the court over the sidelines of his own team's goalkeeper area in order to try and stop the throw carried out by the other goalkeeper. The throws have to be very short in order to facilitate the in-flight throw. The message transmitted to the children is that they have to wait until the ball leaves the coach's hand to start the jump.



Task 5: Organization as shown in the diagram. A goalkeeper and three fixed defenders cover the goal. In the other goal, a goalkeeper and three players enter the correct substitution area. The goalkeeper takes the ball and carries out the offensive-defensive action. After completing the actions, the attackers carry out the substitutions correctly as soon as possible. At the same time, as a player leaves the court from offensive area, another player waiting in the substitution area enters the court through the defensive area. Players substitute players and goalkeepers substitute goalkeepers. After five or six actions, the fixed defenders and goalkeepers start attacking.



4. Bibliography

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