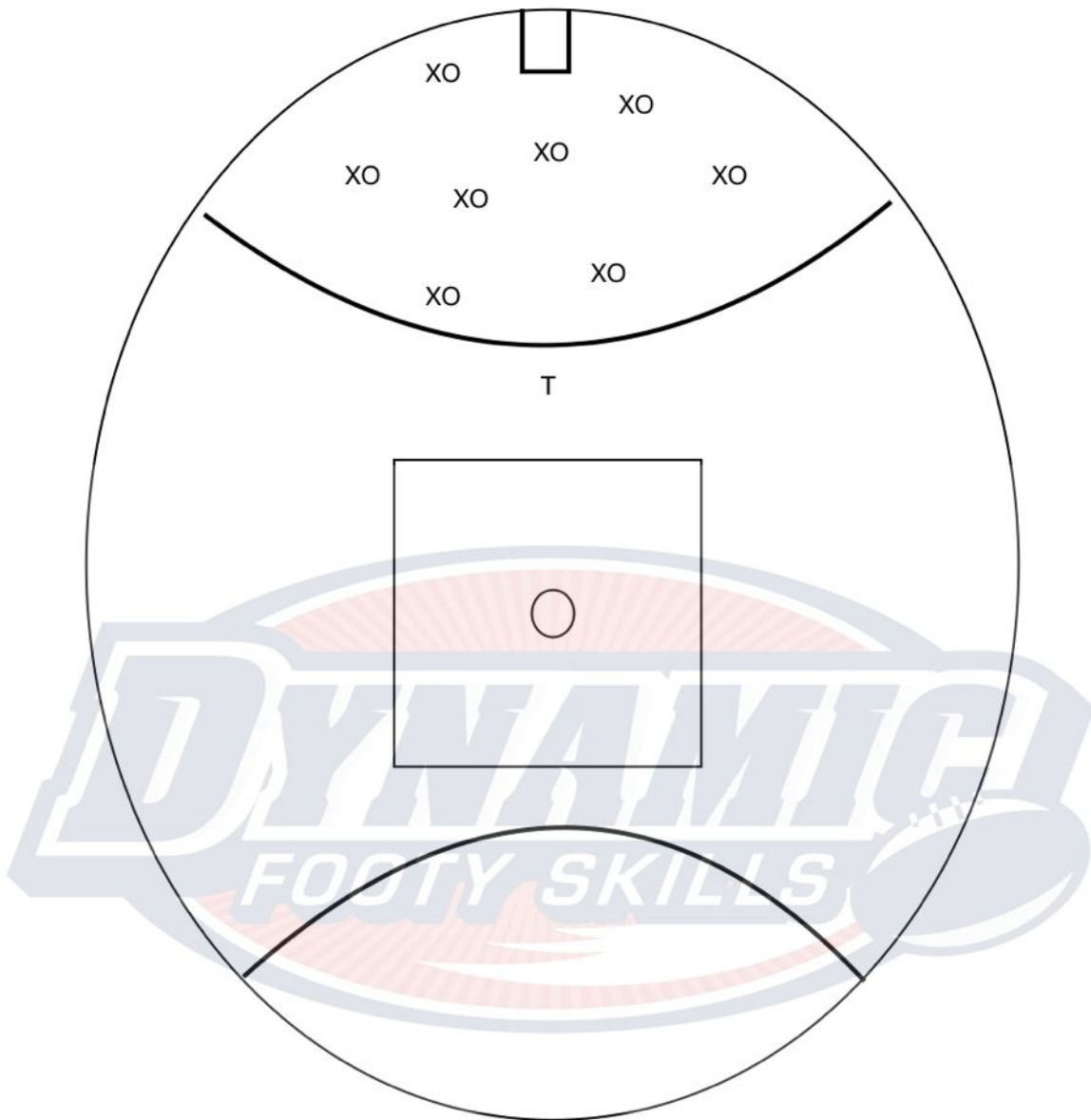


INSIDE 50 HANDBALL



O = Attacking team
P = Defending team
T = Target

Inside the 50m zone, the attacking team tries to score a goal through handballing while the defending team tries to handball the ball out of the 50m zone to the target player. The target player is allowed to move across the 50m line but is not allowed inside the 50m zone.

Teaching Points

Clean hands, creating space, defending space, decision making (attacking & defending)