

## Pyramid Handball

This is a great activity for 2 players.  
It can help improve their touch, timing and also set them an achievable target to reach.

Each player starts with a football.  
At the same time the footballs are handpassed to the other player.  
Players use their right hand to perform the first handpass. They handpass once.  
Both players then use their left hand to handpass back. They handpass once.  
Both players then use their right hand to handpass back. They handpass twice.  
Both players then use their left hand to handpass back. They handpass twice.

This can continue to a designated number of handpasses. Usually 5.  
Then players work their way back from 5 to 1 handpass.

