

MINIHANDBALL – A game for the kids

Philosophy of the game

Minihandball is a ball game for children. Playing this kind of handball, children of primary school age (6-10 years) can exercise, improve their basic motor skills and coordination, which is just as important as the development of specific game concepts such as “team spirit” or “Fair Play”.

The game and the experience should always be kept in the foreground, the results and achievement in the background. It is not adults’ handball! Training and tactics should not be involved.

Who can play the game?

5-10 year old boys and girls in mixed teams (coeducation!).

The two teams include 5-6 players (4-5 field players and a goalkeeper) depending on how practised the children are. The length of the game depends on their age, but every player should be involved for roughly the same time (perhaps also in the goal).



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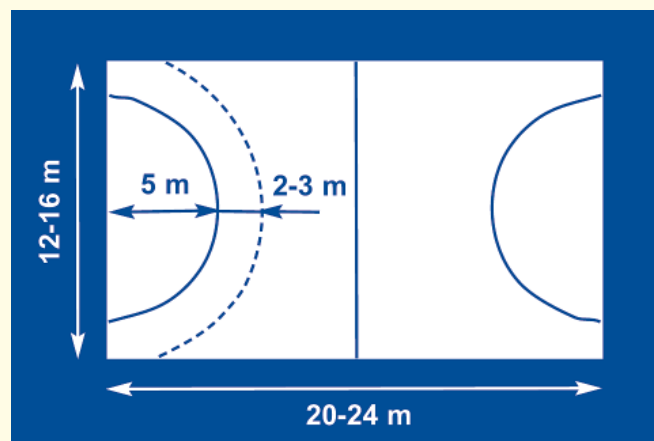
What do you need to play?

Small court: 20-24m x 12-16m
(e.g. 20x13m is exactly one third of the normal handball court).

Two goals: 1.70 x 3m or 1.60 x 2.0m.

Goal areas: 5 m radius.

Soft ball: The ball with a circumference of 44-49 cm should be colourful, suitable for children, soft, not too heavy, must bounce well and be easy to grab to guarantee a “fear-free” game. Children should like it and not be afraid of it.



How to play? Basic rules of the game

Minihandball rules are made extremely simple to allow the teacher or coach (not a referee in black!) to make fair and easy decisions that children can understand.

The general rules – ball handling, defending, attacking, scoring, etc. – are identical with the rules of basic handball.

The game should always be played in the spirit of fair play, but in case players behave unfairly, they will get substituted (not suspended) for two minutes.