



GOALCHATM
STREET HANDBALL

The COACH-MANUAL
Version 7 (12.10.2019)

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GOALCHA

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1. Handball Status Quo

Handball enjoys great attractivity in our society. However, in spite of all popularity this sport is practically not played outside the organized environment of handball clubs, mostly because being dependent on sports halls, standardized goals, balls and boundary lines. Also, for the match a referee or coach is required. Renting a sports hall is expensive and, therefore, very often not an option.

Specifications – Preconditions – Standards

Handball is rarely part of school sports. This is also up to fixed preconditions for the sizes of goals, balls and playing fields. In addition, for the match a fixed number of players is necessary. The children have to possess a high degree of skills and fitness, and they must understand the numerous complex rules. Handball, therefore, is too unalluring for sports teacher to practice it in school teaching.

Fear of Pain

Not only children but also older beginners are discouraged by the body-oriented aspect of the match (e.g. tacklings). The usual ball is hard and especially hurts the children when catching it. Furthermore, the rules seem to be too difficult and complex. These and further factors produce the undesirable secondary effect that numerous potential players are deterred.

2. GOALCHA – A Sport with a Mission

In 2008, the Danish trio Lasse Boesen, Ole Bruun Andersen and Torben Sørensen got together to develop new handball activities. They wanted to create a game that due to its basic composition, values, and activities boost the handball sport and inspire those youths who normally are not attracted by this sport.

GOALCHA Was Developed to Master the Restrictions of the Conventional Handball sport!

By their experience as handball players, -coaches and sports teachers as well as their analysis of the Danish handball, they came to the conclusion that the composition, rules, equipment and structure of the handball game should be reduced to increase the motivation of those who want to practice this sport. In the Street Handball Organization, (SHO) founded by Lasse, Ole and Torben, they came to the conviction that schools play a key role in the achievement of that goal. They hoped to ensure the development and diversity of this sport by implementation of GOALCHA at schools.

What is GOALCHA?

GOALCHA is subdivided in the leisure time sport and modern type of handball game **GOALCHA Street Handball**, focused on fun and less rules, and in the numerous **GOALCHA Activities**, aiming at exercise and the gathering of positive experiences with the purpose-made **GOALCHA-Ball**.

3. The GOALCHA™

The team behind GOALCHA consists of the developers of Street Handball and founders of the Street Handball Organization (SHO) Lasse Boesen, Ole Bruun Andersen und Torben Sørensen.

The Inventors

Lasse Boesen



- Up to end-of-season 2014/15 active player of KIF Kolding
- Former player of the Danish Team
- Founder of the GOALCHA™ GmbH
- GOALCHA-Ambassador for the Scandinavian countries

Ole Bruun Andersen



- Former coach and player of the Representative Team
- Founder and Managing Director of GOALCHA™ GmbH

Torben Sørensen

- Former coach and player of the Representative Team
- Former founder of GOALCHA™ GmbH

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4. The GOALCHA–Ball

Soon it became clear that the biggest challenge consisted in the development of a ball which is grippable for all persons, irrespective of their age and sex. The trio of developers wanted to create a ball which one can "feel" in the hand. It should be a ball suitable for persons with different motoric skills. After more than six months of development time, they had achieved their aim - they had found the ball of their dreams!

The Centerpiece – The GOALCHA-Ball

The GOALCHA-Ball developed by the Danish is the centerpiece of the leisure time sport **GOALCHA Street Handball** and the **GOALCHA Activities**. It was developed especially for children and youths, therefore, a high quality standard was precondition.

Material and Size

The GOALCHA-Ball is available in two sizes, circumference 42 cm and 47 cm. Like common handballs, the GOALCHA-Ball is hand sewed out of synthetic leather. The special surface facilitates the grasping and control of the ball. The GOALCHA-Ball is filled with synthetic wool, making it soft and easy to squeeze. For the manufacture, no toxic materials are used.



Characteristics

The hard-wearing GOALCHA-Ball can be played on every surface, indoor as well as outdoor. The GOALCHA-Ball is very soft and facile to compress, thus the ball can easily be caught and controlled. The ball is not inflated.

Cuddling & squeezing - the GOALCHA-Ball can easily be compressed and always turns back to the original form. It is cushy to catch, does not bounce and cannot be dribbled! Wetness does no damage to the ball. The success of all GOALCHA-Activities are based on all these characteristics of the GOALCHA-Ball.



Cuddling



Squeezing



Original form

Due to the final fusion of the companies SHO and GOALCHA, the yellow SELECT-GOALCHA-Ball (circumference size 44 cm, available in Germany) was replaced by the two green SELECT-GOALCHA-Balls (42 cm and 47 cm, see above), available since March 2015.

5. GOALCHA in Practice

In order to play GOALCHA, one is neither dependent on sports halls or fields and their boundary lines nor on special surfaces. GOALCHA can be played indoor and outdoor, e.g. on schoolyards, in the streets, in parks, on the beach - virtually everywhere. All you need is the GOALCHA-Ball. Everyone can become a player, independent of age, sex or motoric and technical skills. There are no requirements concerning the personal capabilities, experiences with handball, body height or strength. There are no referees or coaches who organize the match or the conditions after their conceptions. Everyone can participate in GOALCHA. It's about communication, respect, equality and fair play, these are the core values of the game. Using the GOALCHA-Ball in these easy and uncomplicated surroundings, the participants can playfully achieve self-confidence and a feeling of skillfulness in the handling of balls.



GOALCHA is subdivided in two basic categories – the game **GOALCHA Street Handball** per se and the **GOALCHA Activities**.

GOALCHA Activities

The **GOALCHA Activities** mostly deal with exercises, juggling and different challenges with the GOALCHA-Ball. How can "I", can "we", interact with the environment when there is no 'right' or 'wrong'? The aim is, to get as many contacts with the ball as possible, thereby, achieving self-confidence and a feeling of skillfulness in the handling of the GOALCHA-Ball. Furthermore, the coordination between hand and eyes as well as the individual skills of each and every player shall be improved by the physical activity. By motivation and rejoice in the game with the GOALCHA-Ball, the technical capabilities of the players, especially for the different throws, feints, passes etc. will be enhanced.



GOALCHA Street Handball

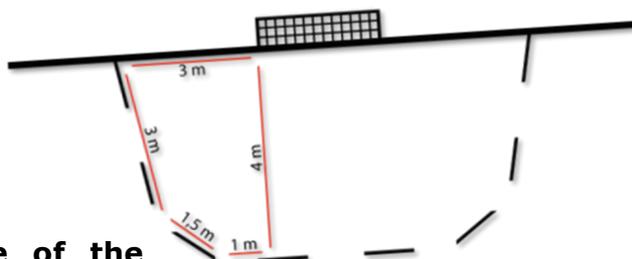
GOALCHA Street Handball has adapted or removed all difficult elements of common handball and, simultaneously, had got inspiration from other Street Games, like Street Basketball. Here are the few and simple rules of the game:

These are the Basic Rules!

(They can be adapted or changed by the players for their own game)



- **Play on one (small) goal**
 - Thereby, a goal can be improvised
 - So, a goal can be chalked on a wall or two trees, a park bench or a door frame (or any other alternative object) can serve as goal
- **No body contact**
 - Body contact is forbidden – duels are not allowed! The ball can only be won when it is "free"
 - This rule is particularly important in order to avoid fears of tacklings, and to bring players of different ages and sexes together
- **3 steps – no dribbling**
 - As the GOALCHA-Ball is not inflated but filled with synthetic wool, it is anyway difficult to dribble
- **Fair play – no referees**
 - There are no referees, each player is responsible for the flow of the game, to see to it that the line of the goal area is not transgressed or that the maximum number of three steps is observed
- **Play e.g. 2 versus 2 or 4 versus 4**
 - A team consists of 2, 3 or 4 players
 - In the same game, the teams can be mixed independent of age limits or sex
- **After a goal or a goal attempt, the teams take turns**
 - The attackers are now the defenders - one defense player is appointed as goal keeper
 - The goal keeper is regarded as additional fielder of the attacking team – the advantage is that there are good opportunities to complete each attack successfully
 - As there are no fixed positions, each player in the same game can and should once be goal keeper
 - Before an attack can be launched, the offensive players must stand with the ball behind the line of the goal area



- **No lines or regulations to the size of the playing field** (graphics is an example!)
 - The goal area is marked by adhesive tape or, improvised, by objects like shoes or parts of garment
 - There are no sidelines!

You can find videos of the play at our YouTube-channel „GOALCHA Street Handball“ under the titles „GOALCHA Game 3 vs. 3“ and „GOALCHA Game 4 vs. 4“.

6. The Values and Beliefs of GOALCHA

With GOALCHA, all focuses on the positive experience – the point is not competition or rather who scored more goals when playing Street Handball.

GOALCHA was developed with the objective to bring handball back to schools. The focus lies on exercise, pleasure in playing and positive experiences for all participants. To achieve these aims, GOALCHA™ GmbH has defined a number of basic conditions and fundamental values which are determined in the following guidelines:



- **Everybody is welcome**
 - Age, sex, motoric skills and precognition of a player are irrelevant
- **The game can be played everywhere**
 - Indoor, outdoor and on every surface, from grass to rough asphalt
- **The necessary equipment is reduced to a minimum**
 - Essentially, all you need is the special GOALCHA-Ball
- **No organization is necessary**
 - It's a game without referee and coach
- **It's no competition**
 - The main concern is not, to be better than the others
 - Main concern is pleasure in playing with others and sharing own experiences to inspire, in turn, the others
 - As the degree of activity is high, the players don't get around to count points.

7. The Role of the GOALCHA-Coach

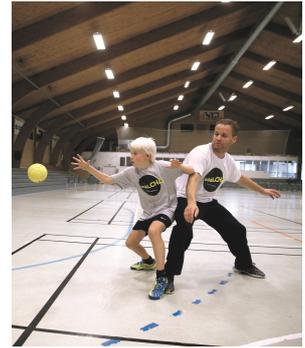
Anyone using the GOALCHA-Ball has to disengage oneself from the attitude to conventional handball and has to distance oneself from the fixed methods of training and style of play. The players shall be encouraged! They just shall show initiative and readiness to act, perceive chances and possibilities and they shall not be restricted by any guidelines. Top priority is given to pleasure and the many prospects of the game.

Participate instead of Order

The biggest challenge for a GOALCHA-Coach consists in allowing "chaos" at the training, or even enforce it. To make oneself dispensable and withdraw for a time, is a worthwhile experience. Also, the coach should play along, try the many different possibilities without dictating the game, and always ask himself: "What else can I do with the GOALCHA-Ball?" At GOALCHA there is no 'right' or 'wrong'!

Responsibility and Respect

A training is particularly commendable and beneficial when it causes the participants to realize the possibilities and liberties of their actions and gain their own experiences. To remain from external interference and, thereby, let the events develop may appear chaotic. But it leads the players to assume responsibility, motivates and also challenges themselves. The game is applied in such a manner that the degree of activity is high. Assuming responsibility, the players procure themselves a good feeling and discover the spirit of the game.



The GOALCHA Coach-Workshop

In order that a GOALCHA-Coach can realize the concept exceedingly successful, GOALCHA™ GmbH offers a workshop in which the philosophy and practical implementation of GOALCHA Street Handball and GOALCHA Activities are imparted. This 2 hours lasting inspiration course is subdivided in a theoretical and a practical part, with the objective of providing the basis for the practical work with the GOALCHA-Ball in schools and clubs.

8. GOALCHA in the Schools

We recommend to include GOALCHA in the curriculum so that the pupils can gather positive experiences with the GOALCHA-Ball. This is important in order that the pupils reach self-confidence and a feeling of skillfulness in the handling of the GOALCHA-Ball. It is advisable to take the time for the improvement of individual capabilities. Furthermore, the capabilities of each player should be estimated and also integrated. Thus, from beginning the pupils will have a feeling of success that motivates them to further GOALCHA Activities. They also should be guided and encouraged to practice GOALCHA Activities and Street Handball even outside school time on the schoolyards, in streets and public parks or commercial centers.



9. GOALCHA in the Local Handball Club

In order to boost the handball sport, we recommend to include GOALCHA as activity in the handball clubs, too. The continuous use of the GOALCHA-Ball at the training not only improves the technical capacities of the players, especially for the different throws, feints, passes etc., but also the proper "playing" with the ball. Moreover, it is reasonable to make the own players acquainted with GOALCHA because in order to attract the attention of the public to the handball sport. Such, the participating players of the clubs carry the sport outwards into the urban centers like schools and streets. The leisure time sport can be performed at events and in projects where the spectators can actively take part and create a positive experience. GOALCHA can thereby be a further good medium to gain new members.

10. Street Handball – References

Since 2008, Lasse Boesen and Ole Bruun Andersen of the Street Handball Organization (SHO) present the leisure time sport in Denmark, Scandinavia and even Africa at events, projects, courses and at schools, in handball clubs, commercial centers and shops. This occurs in close cooperation with companies, associations and educational institutions. With the foundation of GOALCHA™ GmbH in 2011, the dissemination of the GOALCHA concept was expanded to Germany and countries outside Scandinavia.



Since 2013, GOALCHA™ GmbH instruct coaches and PE teachers in schools by GOALCHA-Coach-Workshops, organized by the corresponding Regional Handball Association. Furthermore, selection coaches have been trained as GOALCHA-Instructors for the corresponding Regional Handball Associations in order to hold their own workshops. A close cooperation already exists with the regions Bavaria, Berlin, Hessen, Rhineland and South-Baden, others will follow.

From 2012 till 2014, GOALCHA™ GmbH supported the Deutschen Handball-Bund (DHB) and the Handball-Bundesliga (HBL) in their joint project „Handball Stars Go School“. Here, the participating handball stars used GOALCHA in their training units and at play stations or handball obstacle courses on the schoolyards and in the halls of the participating schools.

Publication of own articles with exercises as photo gallery: in the magazine „Handball Training Junior“, edition 02/14: „GOALCHA Streethandball Part 1“ (philosophy of the game and familiarization with the ball), 03/14: „GOALCHA Streethandball Part 2“ (passes – feints – target – play), 01/15: „Better throwing Part 1“ (technique training with GOALCHA-Balls) und 02/15 „Better throwing Part 2“ (technique training with GOALCHA-Balls).



Publication of an article „Streethandball: Few rules – Lots of fun“ by Dr. Steffen Mehl and Jens Hofmann as survey of the game and the use in different domains (physical education, working groups, sport in pauses or clubs) in the magazine "SportPraxis", Special edition 2012.

11. Equipment and Materials

Precondition of the subsequent described exercises is that each player has a GOALCHA-Ball at his proposal so that the players during an exercise in a group can mutually inspire each other. At GOALCHA Street Handball, the small flexible GOALCHA-Goals or also the usual goals in the sports halls can be used. Furthermore, goals can be improvised - e.g. a door, marks or lines at walls, the gap between two trees etc. The goals should not be too big. GOALCHA-Goals are intentional kept smaller (width: 2 m, height: 1,80 m). Primarily important is that objects in the surroundings are included, e.g. benches and pieces of equipment on a playground. Here, particularly elements of an obstacle course and exercises from gymnastics can be integrated to train the mobility and the sense of balance of the players.

The GOALCHA-Rebounder

In addition, the GOALCHA™ GmbH uses at some activities the GOALCHA-Rebounder. The Rebounder is stringed with a qualitative high-class resilient net which by its excellent elasticity let bounce the GOALCHA-Balls. The angles are flexibly adjustable by a security lock. The GOALCHA-Rebounder can be used on different surfaces, e.g. asphalt, lawn and in sports halls.

The Dimensions:

- 2,00 m width
- 1,80 m height
- ca. 14 kg



12. GOALCHA – Exercises and Inspiration

To each GOALCHA-Exercise the corresponding video material is available on the GOALCHA-YouTube-Channel: www.youtube.com/user/GOALCHA/videos. There is also a link on the GOALCHA-Homepage www.goalcha.com. Furthermore, on the GOALCHA-Facebook-Fan Page www.facebook.com/GOALCHA more pictures and video clips of events, workshops etc. are included.

Pictures and videos with the GOALCHA-Ball can be sent to the GOALCHA™ GmbH in order to post them on the Facebook-Fan Page and to upload them on YouTube. Thereby, exercises, tricks and positive experiences are shared and others are inspired.

13. GOALCHA – Video Exercises

A. Control of and Getting Accustomed to the Ball



Exercise 1

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Balance the ball on your clenched fist as if you had an ice-cone in your hand.

Modification:

Walking, standing on one leg, running, hopping, with closed eyes etc.

Exercise 2

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball on your clenched fist as if you had an ice-cone in your hand. Throw the ball into the air and catch it with the same fist.

Modification:

Walking, standing on one leg, running, hopping, with closed eyes etc.

Exercise 3

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball on your clenched fist as if you had an ice-cone in your hand. Throw the ball into the air and catch it with the other fist.

Modification: Walking, standing on one leg, running, hopping, with closed eyes etc.

Exercise 4

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Balance the ball on the back of your hand.

Modification:

Walking, standing on one leg, running, hopping, with closed eyes etc.

Exercise 5

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Balance the ball on the palm of your hand.

Modification:

Walking, standing on one leg, running, hopping, with closed eyes etc.

Exercise 6

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Balance the ball on the back of your hand. Throw the ball into the air and catch it with the back of your other hand.

Modification:

Walking, standing on one leg, running, hopping, with closed eyes etc.

Exercise 7

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Balance the ball on the palm of your hand. Throw the ball into the air and catch it with the palm of your other hand.

Modification:

Walking, standing on one leg, running, hopping, with closed eyes etc.



Exercise 8

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between ear and shoulder. The palm shows upwards. Let the ball role down the arm and try to catch it.

Modification:

Walking, standing on one leg, running, with closed eyes.

Exercise 9

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between ear and shoulder. The palm shows downwards. Let the ball role down the arm and try to catch it.

Modification:

Walking, standing on one leg, running, with closed eyes.

Exercise 10

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between ear and shoulder. The palm shows downwards. Let the ball role down the arm and over the back of the hand and try to catch it with the other hand.

Modification:

Walking, standing on one leg, running, with closed eyes.

Exercise 11

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between ear and shoulder. The palm shows downwards. Let the ball role down the arm and over the back of the hand. Touch the ball with the knee before catching it.

Modification:

Walking, standing on one leg.

Exercise 12

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Lay the ball on your forehead. Let the ball role over chest and belly before catching it.

Modification:

Standing on one leg and with closed eyes.

Exercise 13

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Lay the ball on your forehead. Let the ball roll over chest and belly and try to catch it with the knees.

Modification:

Standing on one leg and with closed eyes.



Exercise 14

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between elbow and waist. Let the ball loose and catch it before it hits the ground.

Modification:

Standing on one leg. Catch it with the other hand.

Exercise 15

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between chin and chest. Take your hands over your head. Let the ball loose and catch it before it hits the ground.

Modification:

Standing on one leg. Catch it with only one hand.

Exercise 16

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between chin and chest. Let the ball loose and try to catch it with both hands from behind between your knees.

Exercise 17

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between chin and chest. Let the ball loose and try to catch it with one hand from behind between your knees.

Exercise 18

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Stay on one leg. Hold the ball between elbow and knee. Let the ball loose and catch it with one hand before it hits the ground.

Modification:

Catch it with both hands.

Exercise 19

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Stand yourself on one leg. Hold the ball between heel and bottom. Let the ball loose and catch it with one hand before it hits the ground.

Modification:

Catch it with the other hand.



Exercise 20

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball in the crook of the arm. Stretch your arm and "fling" the ball into the air. Catch it with the same hand.

Modification:

Walking, running, standing on one leg. Catch it with the other hand.

Exercise 21

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball in the crook of the arm. Stretch your arm and "fling" the ball into the air. Catch it with the same crook of the arm.

Modification:

Walking, running, standing on one leg.

Exercise 22

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball in the crook of the arm. Stretch your arm and "fling" the ball into the air. Catch it with the other crook of the arm.

Modification:

Walking, running, standing on one leg.

Exercise 23

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Hold the ball between ear and shoulder. Let the ball role to the crook of your arm, Stretch your arm and "fling" the ball into the air and with the same hand.

Modification:

Walking, running, standing on one leg. Catch it with the with the other hand.

Exercise 24

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Walk about. Throw the ball into the air and catch it alternately with right and left.

Modification:

Vary the height of the throw.

Exercise 25

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Walk about. Hop while you throw the ball into the air and catch it alternately with your right and left hand.

Modification:

Vary the height of the throw.

Exercise 26

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Walk about. Throw the ball into the air with one hand and catch it with the other in a jump.

Modification:
Vary the height of the throw.

Exercise 27

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Walk about. Throw the ball into the air with one hand and make a full turn before you catch the ball with both hands.

Modification:

Catch the ball with one hand. Vary the height of the throw.

Exercise 28

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Stand on one leg. Throw the ball into the air with one hand and catch it with the other hand.

Modification:

Vary the height of the throw.

Exercise 29

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air, turn a somersault and catch the ball with both hands.

Modification:

Catch the ball with one hand.

Exercise 30

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air. Before catching it with both hands, the ball has to touch your head.

Modification:

Walking, running, standing on one leg. Catch the ball with one hand.



Exercise 31

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air. Before catching it with both hands, the ball has to touch your knee.

Modification:

Walking, running, standing on one leg. Catch the ball with one hand.

Exercise 32

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air. Before catching it with both hands, the ball has to touch your shoulder.

Modification:

Walking, running, standing on one leg. Catch the ball with one hand.

Exercise 33

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air. Before catching it with both hands, the ball has to touch your elbow.

Modification:

Walking, running, standing on one leg. Catch the ball with one hand.

Exercise 34

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air. Before catching it with both hands, the ball has to touch your chest.

Modification:

Walking, running, standing on one leg. Catch the ball with one hand.

Exercise 35

Material: 1 ball per player (alternatively 1 ball for 2 players)

Description:

Throw the ball into the air. Before catching it with both hands, the ball has to touch two parts of the body, like knee, shoulder, head, elbow or chest.

Modification:

Walking, running, standing on one leg. Catch the ball with one hand.

B. Passes

Exercise 36

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Vary the distance between each other.

Modification:

Throw with the other hand.



Exercise 37

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Hop while throwing.

Modification:

Vary between shorter and longer distances. Throw with the other hand.

Exercise 38

Material: 1 ball for 2 players

Description:

Walk about and pass the ball alternately to one another in a funny and imaginative way. Throw the ball e.g. from front or back between your legs. Or throw the ball from the back over your shoulder.

Modification:

Vary between shorter and longer distances. Throw with the other hand.

Exercise 39

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Throw and catch the ball with only one hand.

Modification:

Vary between shorter and longer distances. Throw and catch with the other hand.

Exercise 40

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Do cartwheels while having the ball in your hand.

Modification:

Vary between shorter and longer distances. Throw with the other hand.

Exercise 41

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Make a full turn before you pass the ball.

Modification:

Vary between shorter and longer distances. Throw with the other hand. Turn around in the opposite direction.

Exercise 42

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Turn your back to your partner and throw the ball between your legs.

Modification:

Vary between shorter and longer distances. Throw with the other hand.

Exercise 43

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Use different objects (e.g. a climbing frame, a tree, a wall, a door, a basketball board etc.) against which you throw the ball before your partner can catch it.

Modification:

Throw with the other hand. As partner, catch the ball with the other hand.



Exercise 44

Material: 1 ball for 2 players

Description:

Walk about and throw the ball alternately to one another. Jump at or off different objects like e.g. walls, benches etc. (cf. obstacle course exercises).

Modification:

Throw with the other hand. As partner, catch the ball with the other hand.

Exercise 45

Material: 1 ball for 2 players

Description:

"The crab": Imagine you are a crab: Walk in a supine position on all fours ("backward movement"). Keep the ball between your feet. Lift your feet shortly and try to throw the ball to your partner who tries to catch it being upright.

Modification:

Vary between shorter and longer distances.

Exercise 46

Material: 1 ball for 2 players

Description:

"The Scorpion": Imagine you are a scorpion: Start upright with the ball between your feet. Your partner stands about 2 meters away. Bend forward and support yourself with your arms on the ground. Lifting quickly your feet, throw the ball over your back to your partner who tries to catch it being upright.

C. Tricks

Exercise 47

Material: 1 ball per player

Description:

Lay the ball on the back of your hand. Let the ball roll down to your fingertips and try to catch it then.

Modification:

Use the other hand. Standing on one leg.



Exercise 48

Material: 1 ball per player

Description:

Hold the ball downwards. Flick the ball on the back of your hand (try to roll the ball by an upward movement on the back of the hand). Then let the ball roll again over your fingertips and try to catch it again.

Modification:

Use the other hand. Standing on one leg.

Exercise 49

Material: 1 ball per player

Description:

Lay the ball on the back of your hand. Let it roll over the edge of your hand and try to catch it. Then roll the ball back on the back of your hand.

Modification:

Use the other hand. Standing on one leg.

Exercise 50

Material: 1 ball per player

Description:

Juggle/dribble the ball alternately on the palm and the back of your hand.

Modification:

Walk about while juggling. Several players juggle jointly with one ball in a circle.

Exercise 51

Material: 1 ball per player

Description:

Juggle/dribble the ball alternately on the palm and the back of your hand. When juggling, touch the ball also with your knees, head, elbows, shoulders and other body parts.

Modification:

Walk about while juggling. Several players jointly juggle with one ball in a circle.

Exercise 52

Material: 1 ball per player

Description:

"Around the World": Juggle or dribble the ball alternately on the palm and the back of your hand. When juggling, circle the ball with your hand.

Exercise 53

Material: 1 ball per player

Description:

Juggle/dribble the ball alternately on the palm and the back of your hand. When juggling, touch the ball also with your knees, head, elbows, shoulders and other body parts. Sit down and stand up again during the exercise.

Modification:

When juggling, lay down and stand up again.

Exercise 54

Material: 1 ball per player

Description:

Throw the ball behind your back into the air and try to catch it again.

Modification:

Catch it with the same hand you are throwing it.



Exercise 55

Material: 1 ball per player

Description:

Throw the ball from behind between your legs and try to catch it again.

Modification:

Catch it with the same hand you are throwing it. Both feet are on the ground.

Exercise 56

Material: 1 ball per player

Description:

Throw the ball from the front between your legs over your back upwards and catch it again.

Modification:

Catch it with the same hand you are throwing it.

Exercise 57

Material: 1 ball per player

Description:

Throw the ball from behind over your shoulder and catch it again.

Modification:

Catch it with the same hand you are throwing it.

Exercise 58

Material: 1 ball per player

Description:

Throw the ball into the air and catch it with both hands behind your back.

Modification:

Catch it with the only one hand.

Exercise 59

Material: 1 ball per player

Description:

Throw the ball with the right hand over your left shoulder and catch it again with the right hand behind your back, and vice versa.

Modification:

Catch the ball with both hands.

Exercise 60

Material: 1 ball per player

Description:

Throw the ball into the air and catch it with one hand between your legs. Your knees are bent.

Exercise 61

Material: 1 ball per player

Description:

Throw the ball into the air and catch it with both hands between your legs. Your knees are bent.

Exercise 62

Material: 1 ball per player

Description:

Throw the ball into the air and catch it with one hand between your legs. Thereby lift one leg, i.e. stand on one leg.

Exercise 63

Material: 1 ball per player

Description:

Throw the ball into the air and catch it with your elbows.

Exercise 64

Material: 1 ball per player

Description:

Throw the ball into the air and catch it with your knees.

Exercise 65

Material: 1 ball per player

Description:

Throw the ball into the air and catch it between heel and bottom.



Exercise 66

Material: 1 ball per player

Description:

Let the ball roll from your hand over your arm and chest and catch it with the other hand.

Modification:

Stand on one leg.

Exercise 67

Material: 1 ball per player

Description:

Let the ball roll from your hand over your arm and chest and back over the other arm and catch it again.

Modification:

Stand on one leg.

Exercise 68

Material: 1 ball per player

Description:

Spin the ball on your fingertip.

Modification:

Stand on one leg. Use different fingers.

Exercise 69

Material: 1 ball per player

Description:

Do a cartwheel with the ball in your hand.

Exercise 70

Material: 1 ball per player

Description:

Do a handstand with the ball in your hand.

Exercise 71

Material: 1 ball per player

Description:

Do a handstand with the ball in your hand. Throw the ball forward.

Modification:

Throw the ball backward. Throw the ball sideward.

Exercise 72

Material: 1 ball per player

Description:

"The Crab": Walk in a supine position on all fours ("crabwalk"). Keep the ball between your feet. Lifting your feet shortly, try to throw the ball into the air and catch it with your hands.



Exercise 73

Material: 1 ball per player

Description:

"The Scorpion": Start upright with the ball between your feet. Bend forward and support yourself with your arms on the ground. Lifting quickly your feet, throw the ball over your back into the air.



Exercise 74

Material: 1 ball per player

Description:

"The Scorpion": Place the ball 2 meters in front of you. Walk to the ball and try to lift it with both feet. Bend forward and support yourself with your arms on the ground. Lifting quickly your feet, throw the ball over your back into the air.

Exercise 75

Material: 1 ball per player

Description:

Lift the ball with both feet from the ground. Throw the ball with your feet by a jump into the air and catch it with both hands.

Modification:

Catch it with only one hand.

D. Precession

Exercise 76

Material: 1 ball for 2 players

Description:

2 players challenge each other. One of them assigns a target in the surroundings, e.g. a sign, a tree, a flagstaff, a mail box, a point at a wall etc. This target must be hit with the ball by both players. Then, the other player assigns the target.

Modification:

The players don't take turns until both players have hit the target.



Exercise 77

Material: 1 ball per player and 1 bucket/tub

Description:

Throw the ball into the bucket/ tub.

Modification:

Vary the distance to the target. Throw with the other hand.



Exercise 78

Material: 1 ball per player and 1 bucket/tub

Description:

Throw the ball behind your back into the bucket/tub.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 79

Material: 1 ball per player and 1 bucket/tub

Description:

Throw the ball between your legs into the bucket/ tub.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 80

Material: 1 ball per player and 1 bucket/tub

Description:

Throw the ball at a wall. Try to hit the bucket/tub via the wall.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 81

Material: 1 ball per player and 1 bucket/tub

Description:

Throw the ball behind your back at a wall. Try to hit the bucket/tub via the wall.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 82

Material: 1 ball per player and 1 bucket/tub

Description:

Throw the ball between your legs at a wall. Try to hit the bucket/tub via the wall.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 83

Material: 1 ball for 2 players

Description:

Mark a circle on the ground. Throw the ball into the circle.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 84

Material: 1 ball for 2 players

Description:

Mark a circle on the ground. Throw the ball behind your back into the circle.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 85

Material: 1 ball for 2 players

Description:

Mark a circle on the ground. Throw the ball between your legs into the circle.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 86

Material: 1 ball per player and 1 can/cone

Description:

Put a can or cone on the ground. Try to hit the can/cone with the ball.

Modification:

Vary the distance to the target. Throw with the other hand.



Exercise 87

Material: 1 ball per player and 1 can/cone

Description:

Put a can or cone on the ground. Throw the ball behind your back and try to hit the can/cone with the ball.

Modification:

Vary the distance to the target. Throw with the other hand.

Exercise 88

Material: 1 ball for 2 players and 1 can/cone

Description:

Put a can or cone on the ground. Throw the ball between your legs and try to hit the can/cone with the ball.

Modification:

Vary the distance to the target. Throw with the other hand.

E. Show Ball

Exercise 89

Material: 1 ball per player and 1 goal

Description:

One player keeps the goal. The attacker tries to score a goal by a throw behind his back. Afterwards the players take turns.

Modification:

Throw in a jump.



Exercise 90

Material: 1 ball per player and 1 goal

Description:

One player keeps the goal. The attacker tries to score a goal by a throw between his legs. Afterwards the players take turns.

Modification:

Throw in a jump.

Exercise 91

Material: 1 ball per player and 1 goal

Description:

One player keeps the goal. The attacker does a cartwheel and then tries to score a goal. Afterwards the players take turns.

Exercise 92

Material: 1 ball per player and 1 goal

Description

One player keeps the goal. The attacker does a full turn and tries to score a goal. Afterwards the players take turns.

Exercise 93

Material: 1 ball per player and 1 goal

Description

One player keeps the goal. The attacker turns a somersault and tries to score a goal. Afterwards the players take turns.

Exercise 94

Material: 1 ball per player and 1 goal

Description:

One player keeps the goal. The attacker runs/walks to an obstacle (e.g. a raked wall), jumps on it, and tries to score a goal. Afterwards the players take turns.

Modification:

Walk/run over a raked bench, palette or other objects.

Exercise 95

Material: 1 ball per player and 1 goal

Description:

One player keeps the goal. The attacker runs/walks to an obstacle (e.g. a raked wall), jumps on it, makes a full turn and tries to score a goal. Afterwards the players take turns.

Modification:

Walk/run over a raked bench, palette or other objects.

Exercise 96

Material: 1 ball for 3 players and 1 goal

Description:

One player keeps the goal. One attacker passes to ball to his team-mate who catches the ball in a jump trying to score a goal still in flight. (Kempa-Trick). Afterwards the scorer takes turns with the goal keeper.

Modification:

Walk/run over a bench, palette or other objects.

Exercise 97

Material: 1 ball for 3 players and 1 goal

Description:

One player keeps the goal. One attacker passes the ball to his team-mate who runs/walks to an obstacle (e.g. a raked wall), jumps on it, catches the ball in the jump trying to score a goal still in flight. Afterwards the scorer takes turns with the goal keeper.

Modification:

Walk/run over a bench, palette or other objects.



Exercise 98

Material: 1 ball for 3 players and 1 goal

Description:

One player keeps the goal. Two attackers play together. One attacker runs/walks to an obstacle (e.g. a raked wall), jumps on it and passes the ball to his team-mate who tries to score a goal. Afterwards the scorer takes turns with the goal keeper.

Modification:

Walk/run over a raked bench, palette or other objects.

Exercise 99

Material: 1 ball for 3 players and 1 goal

Description:

One player keeps the goal. One attacker passes the ball between his legs to his team-mate who tries to score a goal. Afterwards the scorer takes turns with the goal keeper.

Modification:

Walk/run over a bench, palette or other objects.

Exercise 100

Material: 1 ball for 3 players and 1 goal

Description:

One player keeps the goal. One attacker passes the ball behind his back to his team-mate who tries to score a goal. Afterwards the scorer takes turns with the goal keeper.

Modification:

Walk/run over a bench, palette or other objects.

Exercise 101

Material: 1 ball for 3 players and 1 goal

Description:

One player keeps the goal. One attacker does a somersault with the ball in his hand, then passes the ball to his team-mate who tries to score a goal. Afterwards the scorer takes turns with the goal keeper.

Exercise 102

Material: 1 ball for 2 players and 1 goal

Description:

One player keeps the goal. One attacker does a cartwheel with the ball in his hand, then passes the ball to his team-mate who tries to score a goal. Afterwards the scorer takes turns with the goal keeper.

Exercise 103

Material: 1 ball per player, 1 goal and 1 rebounder

Description:

One player keeps the goal. Another throws the ball against the rebounder, catches it and tries to score a goal. Afterwards the scorer takes turns with the goal keeper.

Modification:

Use alternative throws as "spin-ball", throw behind the back, between the legs etc.

Exercise 104

Material: 1 ball per player, 1 goal and 1 rebounder

Description:

One player keeps the goal. Another throws the ball against the rebounder, catches it in a jump and tries to score a goal. Afterwards the scorer takes turns with the goal keeper.



Modification:

Use alternative throws as "spin-ball", throw behind the back, between the legs etc.

F. Find a Goal

Exercise 105

Material: 1 ball for 2 players

Description:

One of two players keeps the goal and chooses a "goal" in the surroundings, e.g. a door, bank, fence, wall, swing, etc. The other player tries to score a goal. Afterwards the players take turns and a new goal has to be chosen.

Modification:

Walk about and pass the ball to each other until a goal is found.



Exercise 106

Material: 1 ball for 4 players

Description:

The players form two teams, each a goal keeper and a field player. One team chooses a "goal" in the surroundings, e.g. a door, bank, bicycle rack, swing, etc. The other team attacks and tries to score a goal. Afterwards the teams take turns, and a new goal has to be chosen.



G. Rebounder

Exercise 107

Material: 1 ball per player, 1 rebounder and 1 bucket/tub

Description:

Throw the ball against the rebounder and try to hit the bucket/tub only by the ball's rebound.

Modification:

Vary the distance between rebounder and bucket/tub. Throw with the other hand.



Exercise 108

Material: 1 ball per player, 1 rebounder and 1 bucket/tub

Description:

Throw the ball behind your back against the rebounder and try to hit the bucket/tub only by the ball's rebound.

Modification:

Vary the distance between rebounder and bucket/tub. Throw with the other hand.

Exercise 109

Material: 1 ball per player, 1 rebounder and 1 bucket or tub

Description:

Throw the ball between your legs against the rebounder and try to hit the bucket/tub only by the ball's rebound.

Modification:

Vary the distance between rebounder and bucket/tub. Throw with the other hand.

Exercise 110

Material: 1 ball per player und 1 rebounder

Description:

Throw the ball against the rebounder and catch it again. Vary the distance after each throw.

Modification:

Throw with the other hand.

Exercise 111

Material: 1 ball per player und 1 rebounder

Description:

Throw the ball against the rebounder and catch it with one hand.

Modification:

Vary the distance. Throw with the other hand.

Exercise 112

Material: 1 ball for 2 players und 1 rebounder

Description:

Mark a square field. One player throws the ball against the rebounder, the other has to catch in inside the field.

Modification:

Use alternative throws like jump throw, throw behind the back, between the legs, etc.



Exercise 113

Material: 1 ball and 1 rebounder

Description:

"Chinese" - Merry-go-round: Draw two marking lines, the first 1 meter, the second about 6 to 10 meters in front of the rebounder. 4 to 10 players stand behind each other in a row. The first player throws the ball against the rebounder and runs around it back to the row. The next player catches the rebounding ball within the marks, also throws the ball against the rebounder and runs around it back to the row - and so on. A player is eliminated when he does not succeed to catch the ball within the marks or when his rebound ball does not land within the marks. When there are only two players left, they don't need to run around the rebounder. The play continues until one of them does not succeed to catch the ball within the marks or his rebound ball does not land within the marks.

Modification:

Use alternative throws like jump throw, throw behind the back, between the legs, etc.

H. Game

Exercise 114

Material: 1 ball for 2 x 3 players and 1 goal

Description:

Play on one goal

FairPlay – no referees

Team sport with 3 players

3 steps – no dribbling

No body contact

After a goal or a goal attempt, the teams take turns

The attackers are now the defenders - one defense player is appointed as goal keeper.

Before an attack can be launched, the offensive players must stand with the ball behind the line of the goal area.

Exercise 115

Material: 1 ball for 2 x 4 players and 1 goal

Description:

Play on one goal

FairPlay – no referees

Team sport with 4 players

3 steps – no dribbling

No body contact

After a goal or a goal attempt, the teams take turns

The attackers are now the defenders - one defense player is appointed as goal keeper.

Before an attack can be launched, the offensive players must stand with the ball behind the line of the goal area



14. GOALCHA Equipment Sale:
(All prices are without VAT and shipping)

Package 1: 10 GOALCHA Balls + 1 GOALCHA Ball-bag	€ 180,-
Package 2: 15 GOALCHA Balls + 1 GOALCHA Ball-bag	€ 253,-
Package 3: 25 GOALCHA Balls + 1 GOALCHA Ball-bag	€ 386,-
Package 4: 1 GOALCHA Rebounder	€ 240,-
Package 5: 25 GOALCHA Balls + 1 Ball-bag + 1 Rebounder	€ 600,-
Package 6: 25 GOALCHA Balls + 1 Ball-bag + 1 Quickplay goal	€ 545,-
Package 7: 25 GOALCHA Balls + 1 Ball-bag + 1 Quickplay goal + 1 Rebounder	€ 745,-

Package 8: Over 50 GOALCHA Balls (contact us and get at special offer)

Package 9: Private label Balls. Special production with commercial partners
or own logo and message. Starts from 300 balls

See all our package on:
www.goalcha.com

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At this point, we thank you for your interest in GOALCHA and wish you for your own implementation of the GOALCHA-concept good luck!

Should there be questions, suggestions or criticism, we look forward to your approach and the exchange!

The GOALCHA-Team wishes to you lots of joy with GOALCHA!



GOALCHATM

STREET HANDBALL

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GOALCHATM is a registered trade mark at the Deutsches Patent- und Markenamt under no. 302011059228 and at the Europäisches Markenamt under no. 010415396 and no. 010415412.

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