



Sunderland Handball Welcome Pack 2024/25

A warm welcome to our children’s handball sessions at Monkwearmouth Academy, which are being run in partnership with Sunderland-based North East Sport and Newcastle Vikings Handball Club. Our junior training sessions are open to boys and girls in school year groups 3-6 (ages 7-11).

What is Handball?

Handball is an action-packed, high-scoring Olympic sport and the fastest team ball-sport in the world! Junior handball is a great way for kids to get active, being an exciting and different way to encourage children’s physical development, improving coordination, essential motor skills and teamwork.

Indoor handball is a 7-a-side team game involving a goalkeeper and six outfield players with rolling substitutions, while mini handball for the little ones is played 5-a-side. There’s also summer beach handball which is a brilliantly fun 4-a-side version with rush keepers and full of acrobatic trick-shots. Goals are scored by passing the ball around the team to make space to shoot into the goal at the opposite end of the court.

So come and Try Handball now!

TEAM HANDBALL SKILLS

RUN 	3 STEP WITH BALL
SHOOT 	PASS
CATCH 	BLOCK
SAVE 	DRIBBLE

TEAM HANDBALL TERMS

3 steps 3 seconds 	DRIBBLE Step Sequence	Free Throw
SAVE GOAL 	PENALTY THROW 	
CORNER THROW 	FOUL 	
THROW-IN 	CROSSBAR 	

HAND BALL COURT

-Team Hand Ball

Training Sessions

Our weekly training sessions will begin on Monday 9 September 2024:

Mondays 6:00-7:00pm **Monkwearmouth Academy, Torver Crescent, Sunderland SR6 8LG**

Please wear suitable clothing for indoor sport (t-shirt, shorts/leggings and trainers), no jewellery, long hair tied back, and bring a water bottle.

Sign up to Attend a Session

To sign up a place at our Sunderland sessions, interested parents or guardians can either e-mail katerina@northeast sport.co.uk or text North East Sport's work phone on **07883-885708**.

Membership

Attending our training sessions will initially be FREE from 9 September to 14 October 2024. We will review this after the first 6 weeks and have a clearer idea of the level of interest and uptake.

Any membership fees will go towards the running costs of the sessions, hall hire and handball equipment.

Who Will You Meet? Introducing your Coach



Katerina Gibson

**Sunderland Handball Coach
North East Sport**

Contact North East Sport

North East Sport is a not-for-profit grassroots organisation dedicated to supporting Sunderland's young people to be happy, healthy and more hopeful! Our mission is to cultivate an environment brimming with positivity where the youth are empowered to unlock their full potential while building community.

www.northeast sport.co.uk

support@northeast sport.co.uk

07883 - 885708

 **North East Sport**

 **northeast sportcic**

 **@NorthEastSport**

Contact Newcastle Vikings Handball Club

NVHC is a fully constituted amateur club, welcoming beginners and experienced handballers of all ages as we work to grow and develop handball in and around Newcastle and the wider North East region whilst contributing to community development through sport. We are affiliated to both the England Handball Association (EHA) and Scottish Handball Association (SHA). Our long-term goal is to be more than a handball club, establishing sustainable handball teams in different age groups and genders to take part in league and cup competitions while enhancing our community links.

www.newcastlehandball.co.uk

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07838 - 542601

 **Newcastle Vikings Handball Club**

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