**Cone Handball**

**Grades 3-5**

**Cone handball**

* Game to practice overhand throw and offensive/defensive strategy.
* The object of the game is to score the most points by knocking down the pins in the other teams goal area.
1. Divide the group into two teams of equal number of players.
2. Players will compete to score as many points as they can within set time by knocking down cones/bowling pins placed in their opponents‘ goal areas.
3. All shots at the cones & defensive actions must take place **outside** the goal areas.
4. The game starts with a jump ball & is played according to no body contact rule.
5. Players can dribble, pass/catch, hold the ball for 3 sec. & make 3 steps with a ball.
6. A point is scored for each cone that is knocked down by an overhand throw from outside the goal area.
7. After each point scored, the game is restarted from the goal area by a player from the non-scoring team.
8. If the ball goes out of bounds, the game is restarted from sideline with a throw-in (an overhand throw).
9. A penalty shot is called when defender(s) fouls a shooter or protect cones in the goal area.

Equipment

1 ball (small foam ball that players can hold in one hand)

25 cones (15 for boundaries = X, 5 in each goal area = X) OR 10 bowling pins for goal area.

Tape or poly spots to mark the goal area (players should be 5 meters from the cones) This could be rounded.

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Adapted from

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