



Opportunity for your School to play Olympic Handball

The Olympic Handball Association (IOHA) will be hosting a two day seminar and taster day session for Teachers from County Donegal in **Letterkenny 17th Nov and Inver (outside Donegal Town) 18th Nov 2011.**

Olympic Handball has been played in Ireland since the 1970's and is a popular sport with both children and adults. The IOHA is now establishing a modified version of the game called Street Handball.

This can be viewed at www.streethandball.org.

What is Street Handball?

- The game is played 4 v 4
- It will be played with a soft ball
- It can be played into one goal.
- It can be played indoors or outdoors on any surface
- The game is refereered by the students
- It is a non contact sport.
- Street Handball promotes fair play
- It is a great game to introduce children to Handball.

Both Olympic and Street Handball convey many benefits to children including

- improvements in agility
- balance
- hand eye coordination,
- speed reactions
- decision making and building self confidence.

Handball can be coached either on an individual basis (skills test) or as a group activity played and can be played both indoors and outdoors.

Inclusion is an important value with the Irish Olympic Handball Association. We want everyone who plays both Olympic and Street Handball to feel the beneficial impact of number one, playing sport and number two, playing Handball as that sport.

Handball promotes fair play through its' Street Handball strand - children learn to respect their teammates and opponents. Through playing Street Handball they will also strengthen their fitness and physical ability whilst forging friendships and gaining a positive self esteem.

The IOHA would like to help and support schools that wish to introduce/develop Olympic Handball or Street Handball. Interested schools should contact

Lisa Regan the Development Officer at (01) 6251165 or at development@olympichandball.org.