

UCS Handball Volunteering

Roles/Responsibilities

- a) Court Set Up (6-12 Students) – **8:45 AM**
 - *Set up nets, score tables, training stations ect.*
 - *giveaway package*
- b) Attend Training Session (All Students Volunteering 12+) **9:00 AM**
 - *Will review the day*
 - *Will review the rules and roles*
 - *Will review how to officiate*
 - *Will demonstrate the training activities*
- c) Giveaway/Registration (2-3 Students) **9:30 AM**
 - *Direct schools to the gym, check off who has arrived, provide all athletes with new*
- d) Leading Skills and Drills) (10+ Students) **10:30 AM**
 - *There will be 5 training groups (2+ volunteers leading each group)*
 - o Each group is 8-12 students (aka one team)
 - Volunteers will lead their respective groups through the three training activities
 - 1. Passing and Moving Without the Ball) - 10:30-10:55 AM**
 - A: Passing with a partner (bounce pass, football throw, flip pass) – (5-10 mins)
 - B: Passing Moving: 3 Person Weave (5-10 mins)
 - C: Passing While Defended: Monkey in the Middle (5-10 mins)
 - 2. Dribbling and Moving with the Ball - 11:00-11:20 AM**
 - A: Zig Zag Drill (5-10 mins)
 - B: One end to the Other (5 mins)
 - o Divide the group in half. One group is on defence, the other is on offence. Have the offence group try to get it to the other end of the gym without dribbling. Then on the way back with dirbbling. Then switch
 - C: Race! (Race from one end to the other) (5 mins)
 - 3. Shooting and Gameplay 11:25-11:55 AM**
 - A: The Jump Shot (5-10 mins)
 - B: 3 Steps & Practice Shot (5-10 mins)
 - C: Practice Shooting With Goalie – 6FT, 8FT & 10 FT Away (10 mins)

Next Review the Rules and do a practice game with the small group! (15 Minutes)

e) Officiating (4 Students) **12:30 PM**

- *Students will help officiate the fun/recreational scrimmage games (2 per court)*

f) Score Keeping & Timing (4 Students) **12:30 PM**

- *Students will keep score and 20minute timing*