



Dear Active School Flag Coordinator,

The Irish Olympic Handball Association (IOHA) would like to help your school achieve the Active School Flag. We can help and support you in the following review areas:

The school seeks the assistance of outside agencies such as National Governing Bodies (NGBs), Local Sports Partnerships and the HSE to help promote physical activity

The Olympic Handball Association would like to help and support schools that wish to introduce/develop Olympic Handball or Street Handball. Olympic Handball has been played in Ireland since the 1970's and is a popular sport with both children and adults.

The IOHA has now established a modified version of the game called *Street Handball*. Street Handball will be launched in Limerick this September. Seminars and taster days will roll out throughout Ireland over the next 12 months. Please click on this link for further information - www.streethandball.org, or contact Lisa Regan, IOHA Development Officer development@olympichandball.org or on (01) 625 1165

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.
- It is suitable for pupils from 8 years of age.
- The game is refereed by the pupils.
- 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.

The schools extracurricular program is inclusive. It caters for the diversity of the pupils including those with special needs.

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 school encourages teachers to attend in service courses in the areas of PE, physical activity and sport.

The IOHA offers coaching courses that are suitable for teachers and senior cycle students. These include:

Level One Coaching Handball – This course is accredited by the European Federation of Handball and the Sports Council of Ireland. It is 4 hours in duration and costs €50. Dates and venues will follow.

Introduction to Street Handball – This seminar will demonstrate how to teach Street Handball and to demonstrate new training methods and techniques. The seminar will run for 3 hours at a cost of €50. Dates and venues will follow.

Both courses will assist the participants to obtain a level one coaching standard in handball, therefore allowing them to teach and coach Olympic Handball. They will also give participants a better understanding of the roles of the official within the game.

For more information please contact Lisa Regan, IOHA Development Officer and/or to register your interest

The school has adequate equipment to provide pupils with comprehensive PE, physical activity and sports programmes

Even schools with limited resources can teach Street Handball - the IOHA are here to assist you. It may be possible for schools to make use of local club facilities and equipment. Schools should visit www.ioha.org to locate their nearest Olympic Handball Club and/or contact the IOHA Development Officer.

The IOHA can also supply official equipment at a special schools rate to teachers wishing to include Olympic Handball as part of their programmes.

Contact Us

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