

Doubles Handball is a unique 'Training Game' designed to improve balance, coordination and Bilateral Symmetry

You must use both hands and both sides of your body!

Doubles is not easy - It is intended to challenge!

Games are played with a bat strapped firmly to each hand

Usually played with a 'High Bounce' ball or with a table tennis ball for 'Doubles Ping Pong'

www.doubleshandball.com

doubles HANDBALL

Here are some basic rules or you can adapt your own favourite sport rules as practice or for fun

Doubles Solo - Workout with rhythm

- Bounce the ball on the ground with left and right hands alternately
- Consciously exercise both arms, both shoulders and back
- Try playing to music to add rhythm - Set targets as you improve
- Get closer to the ground to increase speed, exercise level and concentration
- Juggle the ball in the air with both hands to improve skill and concentration

Doubles Solo - Wall Workout

- Play against any wall - Bounce once on the ground
- Serve with one hand against the wall and take the return with the other hand
- Start close to the wall and move back as speed and power improves

Doubles Handball - Two players

- Draw a circle on a hard surface into which the ball is played
- Play and receive the ball with alternate hands
- Move around as the play dictates
- Scoring - Lose points for wrong hand or missing the circle
- Game gains power and speed as proficiency improves



Doubles Ping Pong

- Use any table - Smaller is harder
- Play is to keep the ball bouncing on the table like table tennis
- Scoring - Lose points for wrong hand or missing the table
- Move around as play dictates - No formal sides



Call Mike (61) 0418 233 311