

# SCHOOLS' HANDBALL EQUIPMENT GUIDE

## PRIMARY SCHOOL GUIDE

### Handball Goals

Quickplay Junior Goals (2.4m x 1.7m)



### Handballs

#### P1 and P2

Size 00 handball or "street" handball (soft & easy to hold)

#### P3 to P5

Size 00 handball

#### P6 & P7

Size 0 handball or size 00

This is a guide for each age category at primary school but for a **bulk order** it is recommended to order size 00 for primary school children.



## SECONDARY SCHOOL GUIDE

### Handball Goals

Quickplay Adult Goals (3m x 2m)

### Handballs

	S1 & S2	S3	S4 - S6
FEMALE	Size 1	Size 2	Size 2
MALE	Size 1	Size 2	Size 3



**SCHOOLS**

Head to <https://handball.scot> for x10 free School Session Plans

## **BALL INFLATION**

### **STEP 1.**

Start with the ball completely deflated

### **STEP 2.**

Straighten out the ball as best as possible

### **STEP 3.**

Hold the ball so that the valve is facing the ceiling

### **STEP 4.**

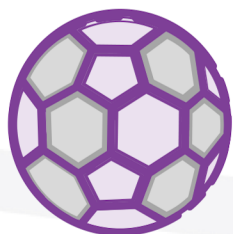
Establish the recommended ball pressure (this can be found on the ball)

### **STEP 5.**

Use a hand pump (electrical pump can be used but be cautious as it is easy to over inflate a ball) to inflate the ball and ensure that you maintain the same ball position from step 3. (valve facing the ceiling)

### **STEP 6.**

Remove pump and check with a ball pressure gauge to ensure the ball is at the recommended psi



### **TOP TIP**

The ball should still feel slightly soft but still bounce well. If the ball is hard and bounces high then it has been over inflated



**SCHOOLS**

Head to <https://handball.scot> for x10 free School Session Plans