

Handball Development Program for Children: Creating a Healthy and Accomplished Generation

Ramadhany Hananto Puriana¹, Muhammad Wahyono², Angga Indra Kusuma³, I Gede Dharma Utamayasa⁴, Bayu Akbar Harmono⁵, Ismawandi Bripandika Putra⁶, Shandy Pieter Pelamonia⁷
^{1,2,3,4,5,6,7}University of PGRI Adi Buana Surabaya, Indonesia



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ABSTRACT

Objective: This study aims to evaluate the effectiveness of a handball development program for children in creating a healthy and accomplished generation. In addition, the program also teaches the value of sportsmanship and cooperation. **Method:** Although there are challenges in the implementation of the program, such as lack of facilities and parental support, collaboration between schools and communities can increase the success of the handball development program among children. **Results:** The participation of the government and schools in this program is necessary, in addition to improving cardiovascular ability, strength and coordination, the students will have good sportsmanship values, discipline and confidence. **Novelty:** This finding confirms the importance of sports development, especially handball, as a strategic step to form a healthier and more accomplished generation.

INTRODUCTION

Sports play a very important role in the physical and mental development of children. One of the sports that is becoming increasingly popular among children is handball. Handball not only offers fun and challenge, but also teaches important values such as cooperation, discipline, and sportsmanship. In this context, handball development programs for children become very relevant and necessary. Handball is a team sport where two teams of 7 players each (6 players and 1 goalkeeper) try to put a ball into the opponent's goal. This game is similar to soccer and futsal, but the ball is moved using the players' hands instead of feet.

This program aims to introduce handball to children in a fun and educational way so that they can develop useful physical and social skills. Through structured training and healthy competition, children will not only learn the basic techniques of the game but also build self-confidence and the ability to interact with peers. More than just a sport, handball can be a tool to create a healthy and accomplished generation. By increasing physical activity, children can reduce the risk of health problems such as obesity and heart disease in the future. In addition, the experience of competing in handball can motivate children to achieve goals and accomplishments, both on the field and in everyday life.

Through this article, we will explore more about the handball development program for children, the benefits that can be obtained, and strategies that can be applied to ensure the success of this program in creating a healthy and accomplished generation.

RESEARCH METHOD

This research uses a qualitative method, by collecting data from sources circulating on the internet. This article will explain the mechanism of the handball sports development program for children, the benefits obtained, and the strategies applied to ensure the success of the program. The target of this program is students who are still in the school environment, both elementary, junior high, and high school.

RESULTS AND DISCUSSION

1. The Benefits of Handball for Children

Handball offers a variety of valuable benefits for children. One of the main benefits is the improvement of physical health. In the game of handball, children are involved in dynamic movements such as running, jumping, and making fast and precise hand movements [1]. These activities help increase cardiovascular endurance, muscle strength, and body flexibility [2]. In addition, handball also involves fine motor skills and hand-eye coordination that are important for various daily activities [3], [4].

Besides physical benefits, playing handball also trains the mental aspects of children. This game requires tactical planning, strategy, and quick reactions to changing situations in the game [5]. Children can learn to think quickly and make the right decisions in demanding situations. In addition, handball is also a competitive sport, where children must learn to face pressure and challenges. This experience helps them develop mental toughness, learn to overcome failure, and stay focused on their goals, [6].

Handball also has value in shaping the character and personality of children. To achieve success in this sport, discipline and dedication are required. Children learn about the importance of regular training, regular preparation, and responsibility to achieve success. They also learn to appreciate cooperation and teamwork. Playing on a handball team teaches children about the importance of working together to achieve common goals, as well as valuing each team member's contribution. The social aspect is also very meaningful in handball [7]. Playing on a team and competing with opponents from other teams allows children to interact with peers and people from different backgrounds [8]. This helps them develop social skills, such as communication, empathy, and understanding toward others. This social experience helps children understand the importance of cooperation, appreciate differences, and learn how to act with sportsmanship and respect [9].

The flexibility of handball playing places is also an advantage. This sport can be played both indoors and outdoors, and on smaller or larger fields. This allows children to stay active and play even in limited space. This helps them stay moving and lead an active lifestyle, as well as reduce dependence on technology and sedentary lifestyles. In addition to physical, mental, social, and character benefits, playing handball can also increase children's self-confidence. Achievements in this sport, whether through personal achievements or team victories, provide a positive boost to their self-esteem [10]. The ability to master skills and achieve goals in this sport can bring positive self-confidence and help children feel proud of themselves [11].

Overall, handball is a fun and beneficial sport for children. In addition to its obvious physical benefits, this sport also develops important mental, social, and character aspects for the holistic development of children [12]. Handball teaches discipline, cooperation, and mental toughness while fostering confidence and appreciation for teamwork. With all the benefits it offers, handball is a very good sport choice for children.

2. Socialization of Handball to Schools

Socialization about handball is very necessary to make this program successful. Delivering material about what handball is, is very important, knowing that handball is still not popular among the public, especially children. In the delivery of the material, the activity implementers emphasize that sports are an activity that needs to be done because this sport has an important role in maintaining the human body and health. Of course, doing sports does not need to be done for hours, and sports are not just limited to running, cycling, and several other common sports [13]. Handball is also a sport that has many benefits for the body [14].

This sport has begun to develop in various regions but still needs comprehensive socialization so that handball is increasingly known to all circles. This socialization is carried out by first providing material regarding the role of sports in general and handball in particular, which includes the definition, history, and how to play handball, [15].

The local government must also help the implementation of this program, with the holding of annual inter-school competitions at the district or city level. It must be routinely carried out to develop and introduce handball and also to find potential handball athlete talents in Indonesia. Collaboration with communities and sports clubs will also be carried out to support the success of this program. The provision of adequate facilities and equipment must also be well prepared.

3. Basic Technical Knowledge of Handball

There are several basic techniques that will later be taught by teachers to students. The learning will be made as interesting as possible to attract students' interest and provide them with an understanding of the basic techniques of handball. The teachers will later modify these techniques so that learning at school will be more interesting.

a. Catching Technique

This technique is important to control the ball. There are two types of catching techniques:

1. Catching a high ball: Stand with feet shoulder-width apart, hands open forming a bowl with thumbs and index fingers meeting, then pull the ball to the chest with elbows bent.
2. Catching a low ball: Stand with feet shoulder-width apart, hands open forming a bowl with thumbs and index fingers meeting, then pull the ball to the chest with elbows bent.

b. Dribbling Technique

The technique of repeatedly bouncing the ball on the floor with the hand to move without committing a foul. Good dribbling involves:

1. Dribbling with one hand alternately (right/left).
2. Dribbling with two hands.
3. Dribbling with low bounce so that it is difficult for opponents to steal.
4. Dribbling with high bounce to be easily controlled again.

c. Passing Technique

Passing the ball is throwing the ball to a teammate to maintain ball possession and build an attack. Passing techniques include:

1. Overhead pass: with the body sideways to the target, the throw is done with fast and accurate arm movement
2. One-handed and two-handed passes, including jump pass, side pass, and bounce pass

d. Shooting Technique

Shooting is the technique of throwing the ball into the opponent's goal to score points. There are several common shooting techniques:

1. Jump shot: jumping before throwing the ball to make it more difficult to block by the goalkeeper.
2. Standing throw shot: shooting without jumping with full power.
3. The fall shot: shooting while falling forward.
4. Side shot: shooting with the body sideways.
5. Dive shot: jumping while facing away from the goal and then throwing the ball.
6. Reverse shot: turning the body while throwing the ball into the goal.
7. Flying shot: shooting while jumping with the body in a slanted position.

CONCLUSION

Fundamental Finding : This study finds that children's participation in the handball development program significantly enhances physical fitness, including strength, speed, and coordination. It also fosters key social and mental traits such as self-confidence, discipline, teamwork, and a sense of responsibility. **Implication :** The program serves as a valuable tool not only for physical development but also for character-building, contributing to the formation of a healthier and more well-rounded younger generation. **Limitation :** However, limited facilities and insufficient parental support remain significant obstacles that may hinder the program's consistent implementation and broader impact. **Future Research :** Future studies should explore strategies to increase stakeholder engagement, particularly among parents and local authorities, and assess long-term outcomes of children's involvement in such sports programs.

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***Ramadhany Hananto Puriana (Corresponding Author)**

University of PGRI Adi Buana Surabaya Indonesia

Email: ramadhany@unipasby.ac.id

Muhammad Wahyono

University of PGRI Adi Buana Surabaya Indonesia

Email: muhammadwahyono@unipasby.ac.id

Angga Indra Kusuma

University of PGRI Adi Buana Surabaya Indonesia

Email: anggaindrakusuma@unipasby.ac.id

I Gede Dharma Utamayasa

University of PGRI Adi Buana Surabaya Indonesia

Email: dharmautamayasa@unipasby.ac.id

Bayu Akbar Harmono

University of PGRI Adi Buana Surabaya Indonesia

Email: bayuakbar@unipasby.ac.id

Ismawandi Bripandika Putra

University of PGRI Adi Buana Surabaya Indonesia

Email: ismawandibp.68@gmail.com

Shandy Pieter Pelamonia

University of PGRI Adi Buana Surabaya Indonesia

Email: shandypieter@unipasby.ac.id
