



Creating positive change for communities & children





WHAT IS HANDBALL?

Handball is a dynamic, fast-moving team sport that incorporates elements of running, passing, throwing and team-tactics.

Two teams playing against each other, trying to score goals with a handball. The team that scored the most goals during the playing time is the winner.

Each team consists of 6 field players and one goal keeper. A game takes up to 2 x 30 minutes and an average of 50 goals per game are scored.

The ball is half the size of a Soccer ball and is grabbed with one hand. The field is 20m x 40m and the goal is 3m wide x 2m high. Handball can be played indoors or outdoors.

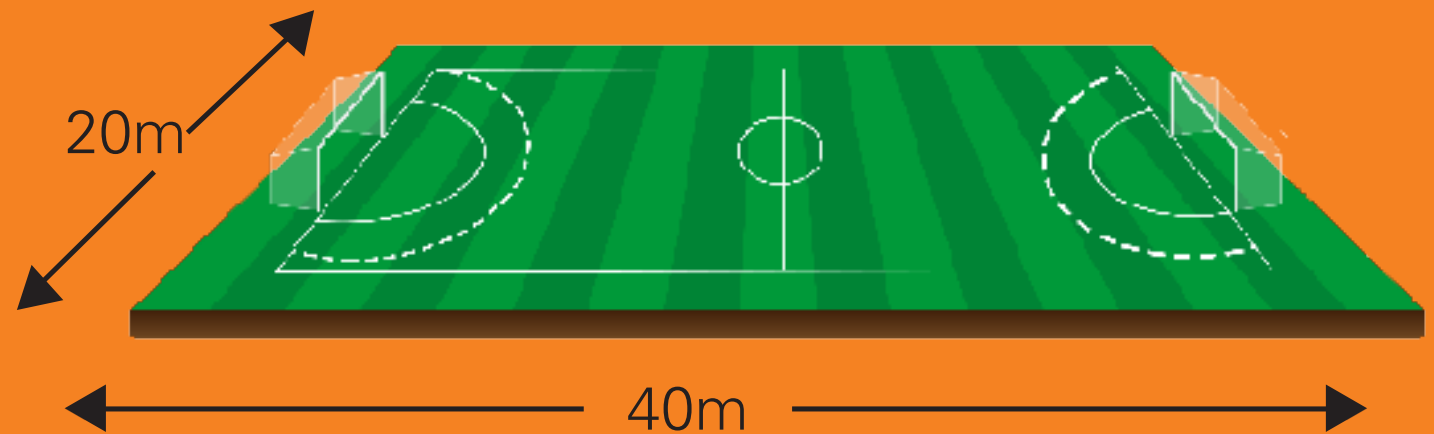
HOW HANDBALL IS PLAYED

- Play the ball with your hand
- Players may not take more than three steps without dribbling (bouncing) the ball
- Ball may be hold for maximum of three seconds
- Defence: physical contact is allowed, but you are only allowed to defend from the front
- No tripping, pushing or holding the opponent. Players may not kick the ball
- Goal area: occupied only by the goal keeper
- Players are not allowed to step into the goal area, but can jump over 6m line and shoot for goal releasing the ball before landing inside the goal area



THE FIELD

- Field 20m x 40m
- Goal area 6m line
- 7m line: penalty throw for major offenses
- 9m line: free throw line for minor offenses
- Center line



HOW HANDBALL CHANGES LIVES

PERSONAL AND COMMUNITY UPLIFTING THROUGH HANDBALL



COGNITIVE MOTOR SKILLS:

- Health: physical & mental
- Coordination
- Athleticism
- Creative techniques
- Improved concentration



LIFE SKILLS:

- Teamspirit
- Discipline
- Responsibility
- Self-Confidence

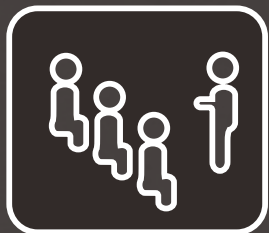


POSITIVE SOCIAL IMPACTS:

Less risk in becoming involved in crime, gangs, violence, drug abuse, and other anti-social behaviors



OUR GOOD NUMBERS



NUMBER OF HANDBALL
COACHING WORKSHOPS

4



NUMBER OF
COACHES TRAINED

69



NUMBER OF
TOURNAMENTS
ORGANISED

5



NUMBER OF CHILDREN
COACHED AT
TOURNAMENTS

357



TOTAL COMMUNITIES
REACHED

16

Play Handball volunteer programme



PLAY HANDBALL
VOLUNTEERS

4



NUMBER OF CHILDREN
GRADE 5 -7 COACHED
BY VOLUNTEERS

2048



SCHOOLS IN
VOLUNTEER PROGRAMME

8



COMMUNITIES REACHED
BY VOLUNTEER
PROGRAMME

4



OUR GOOD NUMBERS

Workshops in partnership with South African Handball Federation
and German Olympic Sports Confederation



WORKSHOPS HOSTED
IN PARTNERSHIP WITH
SAHF & DOSB

12



NUMBER OF
COACHES TRAINED

196



NUMBER OF
CHILDREN TRAINED

117

CHALLENGES

- No sports or physical education in most of the schools
- No trained sport teachers
- No proper facilities; mostly grass or ground
- Huge classes of up to 50 children
- No or limited sport equipment
- Sport is still divided by races, social background and gender in South Africa

& OPPORTUNITIES

- You can play handball everywhere: indoor and outdoor
- Requires less equipment: affordable everywhere and for everyone
- Game for both genders: supports gender equality and female involvement
- No racial history: encourages multi-cultural and -racial diversity
- Combination of well-known South African sports mix of rugby, netball or soccer: helps simplify the implementation process



WHAT IS PLAY HANDBALL?

We are a South African sports and development NPO focusing on Handball

OUR VISION

To use Handball to empower the youth, especially girls, and create an open-minded society without cultural, gender and racial boundaries based on respect, mutual support and unity!

We offer an integrated development programme for the sport, a handball tool kit:

- We recruit handball volunteers and place them in communities to train handball in schools
- We organize tournaments and establish school leagues
- We implement handball afternoon programmes
- We organize handball coaching workshops to educate local coaches
- We offer training concepts (coaching manuals and weekly training plans) to help local coaches planning and improving their training skills
- We donate handball equipment to the schools



OUR GOALS IN NUMBERS

YEARS	COMMUNITIES	SCHOOLS	VOLUNTEERS	CHILDREN COACHED	WORKSHOPS	COACHES
2014	4	8	4	2048*	–	–
2015	4	8	8	2048		
2016	6	12	12	3072	1(LEVEL 1)	24
2017	10	20	40	5120	2(LEVEL 1+2)	24 + 16

***Average of 265 kids reached per school**



HOW YOU CAN HELP

Donate money for community programmes, programme management, workshops and donate equipment

WHAT WE NEED	OUR OBJECTIVES	FOR WHAT	COST
Certified Children Handball Coaching Workshop (Certification of a provincial handball federation in Germany: 8 days)	<ul style="list-style-type: none"> Qualify 20 to 30 potential coaches from the road-show and in communities as coaches Create a network between communities for friendly matches 	<ul style="list-style-type: none"> Accommodation for participants and facilitator Facilitator fee Manuals 	Approx: R70 000 per work-shop
General Programme Management: Volunteer and community programme	<ul style="list-style-type: none"> Develop handball on grassroots level Get youth away from crime and drugs Teach life skills, health, multi-cultural awareness and gender-inclusivity Programme development 	<ul style="list-style-type: none"> Overhead and running costs Salaries Office Communication Post programme evalution 	Approx: R250 000 to R500 000 per annum
Car	<ul style="list-style-type: none"> On-sight visit of partners and volunteers Organisation of Street-Events in City Center Transport of equipment and volunteers 	<ul style="list-style-type: none"> Rent or buy Fuel Insurance Maintenance 	Depends on donation
Handball starter kit: 2 goal posts, 20 balls, 10 bibs, 20 cones, etc.	<ul style="list-style-type: none"> Sustainable coaching in the community Motivation of youth 	<ul style="list-style-type: none"> Prizes at tournaments Training kit for volunteers Donation to clubs or schools 	Approx: R10 000 per kit
Events & Tournaments	<ul style="list-style-type: none"> Create excitement and sport for youth in mainly disadvantage areas Get youth away from crime and drugs Create awareness for handball Multi-cultural awareness 	<ul style="list-style-type: none"> T-Shirts for volunteers Medals Give-aways, equipment, refreshments 	Approx: R25 000 per event
Volunteer placement programmes	<ul style="list-style-type: none"> Coach children Organise school tournaments Teach life skills and health 	<ul style="list-style-type: none"> Volunteer accommodation Volunteer meals Orientation days and cultural training 	Approx: R50 000 per volunteer for one year

EXPOSURE & OPPORTUNITIES FOR SPONSORS & DONORS

- Sponsorship via CSR programmes
- Branding at tournaments
- Branding at coaching and volunteer clinics
- Branding on website
- Branding on social media
- Mentions in press releases
- Branding on T-Shirts, stickers, videos



WHO AM I ?

Hi, I am Nicola Scholl founder of Play Handball a registered South African Sports NPO.

Since graduation with a degree in a Master's in Science in Business Administration, I have worked as a business/management consultant for DOUGLAS Holding AG in Germany, an international retail company with five business units/areas, 2000 stores and a turnover in excess of 4.47 billion USD (FY 2011/12).

In 2012 I came back to South Africa to follow my passion and my vision for girls empowerment through handball.

As I had been working in 2009 the first time as a sports volunteer with SCORE in Hanover Park, I knew about the challenges that girls are facing and the gap of activities for young people in South Africa. In 2013 as a result of my efforts I registered the NPO Play Handball ZA.

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