

How to Get Involved



1. Overview - The Sport

- Fast... skilful... fun!
- It's simple, all you need is a ball & a wall
- Onewall balls are soft, made of rubber and is hit with the palm of the hand
- Suitable for players of all ages & abilities

2. Why Offer in Your Club?

- Minimal equipment (any ball, any wall)
- Accessible & cheap
- Compliments other GAA Codes
- Walls easily adapted
- Provides an alternative GAA option for players who aren't competent in large teams (1vs1 | 2vs2)
- Suitable for all ages & abilities
- Attract new members to join your GAA community

More Info: www.gaahandball.ie
Contact: development.handball@gaa.ie



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3. Benefits

Many benefits including:

- Hand-eye co-ordination
- Develop both sides of the body
- Movement efficiency & agility
- Quicker reaction time
- Improves speed
- Mental quickness
- Aerobic & anaerobic fitness



GAA HANDBALL



Find further info on the spec via
www.gaahandball.ie // scan QR code

4. How to Get Started

- Identify location/space
- Chose a programme (e.g. social adults/juvenile)
- Promote in club/community

To register,

- Contact Foireann – add GAA Handball to club account
- Members add “Handball” to account (Adult, Youth, Social)
- <https://www.foireann.ie/>
- Contact the GAA Handball Team

5. Playing Area - Wall/Surface

- Walls can be adapted to suit the space
- Court can be lined out with tape/paint
- Standard surfaces are wooden (indoor) or cement/tarmac (outdoor)
- Specifications for a full size 1-Wall Court:
 - Wall: 20ft Wide, 16ft High | Floor: 20ft Wide, 34ft Long



Example of Courts: Indoor, Outdoor, Ballwall, Side of a Building/Stand

