

Basic Skills

TEAM HANDBALL

The basic skills to be discussed in this section are passing, catching, dribbling and shooting.

Passing

Passing is the most important fundamental of T-H. It allows a player to move the ball quickly and accurately; to advance the ball and set up scoring opportunities. T-H passing fundamentals are quite similar to those utilized in basketball.

(Team Handball)

General Reminders

1. The speed of the receiver as well as the distance between the receiver and the passer will determine how hard the ball should be thrown and the type of pass to be used.
2. For practice purposes the non-throwing arm should be pointed in the direction of the throw (in actual game situations, more deception must be used so that the individual does not "telegraph" his pass).
3. Use finger-tip control to insure a more consistently accurate pass.
4. Maintain proper balance and distribution of body weight to ensure a more accurate pass. Shift your weight from the back to front foot maintaining momentum behind the ball for a crisp pass. (Don't throw a pass when you are off balance except in improvised or emergency situations).
5. Step forward with the leg opposite to throwing arm.
6. Snap your wrist upon release.
7. Select a pass which is appropriate for a specific situation.
8. After you pass always be ready to penetrate the defense and await a return pass.
9. A properly thrown pass will usually enable your teammates to catch the ball more easily.
10. A generalized rule to keep in mind when passing the ball is to always make a threatening motion (feint) to score before passing to a teammate.

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Types of Passes

Passes can be divided into three categories characterizing the distance, trajectory, and type (arm form) of the throw.

Passes which are normally used in *short* distances include:

1. *Bounce*—The ball should be thrown so that it bounces approximately three feet in front of the receiver. The receiver should move toward the ball and try to catch it on the short hop (as in baseball) in such a manner that he is immediately prepared to throw the ball.
2. *Close-Hand-off* (front and back)—In this pass (which usually occurs in close quarters around the goal area) the player merely hands the ball to a teammate in a manner similar to an “end-around” (reverse) play in football. Deception is of utmost importance in this pass. It should only be used after considerable practice and by players who are very familiar with each other since the chance for error is much greater than most other passes.
3. *Hook*—This pass is very useful when a player is closely guarded by two or more players. It can also be used when a player is in the air for a jump-shot. He simply releases the ball at the top of his jump to one of his teammates who might be penetrating toward the goal. This pass is the same as the “hook shot” in basketball.
4. *Chest* (push)—This pass should be one of the most frequently used in short distances. It is one of the most accurate passes and it is relatively simple to learn. The same fundamentals can be applied as the two-hand chest pass.
5. *Shovel* (scoop)—This pass is less frequently used than those passes described thus far. The player picks a low ball upon the short hop and remains in a crouched position while quickly tossing the ball (underhand) to a teammate.
6. *Overhead* (two hands)—One of the methods of putting ball back into play after it has crossed one of the side lines. The throw is taken by a player of the team which did not cause the ball to go out. The player making the throw must have both feet touching the surface outside the sideline and throw in to the playing area with one or two hands in any manner.

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Types of Passes

Passes which are normally used in *medium* distances include:

1. *Ground* ("roller")—When all other passing lanes are blocked it may, on occasion, be appropriate to roll the ball between a defender's legs. Also, when there is a "scramble" for a loose ball on the court and a player can't control the ball completely, he can roll it to a nearby teammate.
2. *Jump*—When normal passing lanes are impeded a player can use this pass by jumping into the air and releasing the ball in a manner similar to the shoulder throw.

Passes which are normally used in *longer* distances include:

1. *Shoulder* (baseball)—When throwing, the player should not attempt to grip the ball as if it were a baseball. Rather, he should allow the ball to rest in his hand with a flexed wrist and fingers spread wide enough to cover as much of the ball surface as is comfortably possible.
2. *Side Arm*—This pass is the same as the shoulder pass except the positioning and action of the throwing arm may be likened to a $\frac{3}{4}$ and/or "submarine" pitching motion as in baseball.

In the shoulder pass the passer should aim for his teammate's chest.

The length of stride for the lead leg should correspond (approximately) to the length of the pass. For a right handed throw the right foot can remain in place (with weight back) and the left foot can stride forward simultaneously with the arm throwing motion.

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Shooting

Introduction

The primary objective of attacking the goal in T-H is to score. Shooting will not occur in T-H as frequently as in basketball. Players must learn to be patient and work for a good opportunity to score a goal. This does not mean that players should be over-cautious, as T-H is an aggressive game in which the offense must continuously attack the goal and generate its own scoring opportunities.

The following are suggested basic principles for the various types of shots used in T-H.

1. The shooter must have a definite throwing direction in mind prior to releasing the ball. Shots blocked and easily caught by the goalie often result in fast-break 2 on 1 situations for the opposing team. The most vulnerable shooting lanes are the high and low corners of the goal mouth (see diagram, pp.9-10). It is generally agreed that shots directed to the lower corners of the goal have greater scoring percentages.
2. The momentum of the shooter should always be toward or perpendicular to the goal.
3. The use of deception is of utmost importance as the shooter should attempt to draw the goal-keeper towards one corner of the goal and depending upon the commitment of the goal-keeper, the player should aim his shot for the opposite corner.
4. The shoulder pass is the most frequently used in T-H shooting.
 - a. The ball is held behind the head with the arm cocked to hide the ball from the goalie and make it more difficult for defensive players to take the ball away.
 - b. The non-shooting arm remains forward to ward off defenders and assist in maintaining balance.
 - c. The shot should be released with a snap of the wrist and follow through (as in throwing a football or baseball).
5. There are numerous foot movement patterns which can be utilized in T-H shots to include hop-steps, cross-over steps, and running steps. New players are encouraged to experiment with different step and dribble combinations which fit their individual abilities.

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Shooting

Techniques of Specific Shots

a. *Jump Shot*

This shot simply involves the use of the shoulder throw (pass) in which the ball is released at the height of the jump with the momentum of the body directed toward the goal rather than falling away. By jumping high in the air the player is able to see the goal more clearly and determine the direction of his shots. (see photo C)



Photo C

b. *Dive Shot*

This shot also utilizes the shoulder throw. The shooter stretches his body out and directs his momentum toward the goal. He should release the ball at the last possible moment and as close to the goal mouth as he can.

1. The weight is evenly distributed on both feet as the shot is initiated.
2. The body is leaning, moving in a position parallel with the floor.
3. The upper body is thrust upward in a diving action toward the goal.

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4. Snap the wrist and release the ball quickly.
5. Break the fall with your chest and both hands positioned at your side about chest level. (see Photo. D, E)

c. *Underhand Shot*

The side arm or $\frac{3}{4}$ pitching motion is used in this shot. The right handed thrower (twists) turns his left side toward the goal. To generate increased power, a cross-over step is used with the push off coming from the rear foot. (Left-cross behind with the right-step with left-push off of right foot. This shot is used when upper scoring lanes are cut off by the defense over playing the high shots. The shot is on a low trajectory with a continuous follow through). (see Photo. F)

d. *Reverse Shot (circle)*

This shot is used around the 6 meter (goal) area when the defender is playing behind and/or overplaying to the shooting side. When you are unable to execute a normal shot lower your center of gravity (Bend knees), fake to the strong (normal shooting) side, turn and quickly pivot away from the strong side on your right foot (if you are right handed) releasing the ball in a side-arm motion. (This is similar to the initial backward motion in the discus throw). As the ball is released body momentum should be directed toward the goal. (see Photo. G)

e. *Side Throw (twister)*

This is a relatively weak shot but with the proper element of surprise it can be successful. It is most frequently used in close to the goal area when an attempted shot with a regular shoulder throw is stopped by a defender. If you are right handed, drop your left shoulder, step across your body with your right foot, then execute the same arm motion described for the reverse shot with body momentum directed toward the goal. (see Photos. H, I, J, K)

f. *Lob Shot*

This shot is often used in a 1 on 1 fast break situation and also in certain 2 on 1 situations. When the goalie comes out to challenge, the offensive player lobs the ball over his head into the goal, or to his teammate if this is a 2 on 1 situation. Timing is of utmost importance in the execution of this shot.

g. *Penalty-Shot*

This throw is taken at the 7 meter penalty mark. It is a 1 on 1 situation with the goalie as the only defender. The goalie may move about and come within three meters of the penalty line. The player who is awarded the penalty throw cannot move his foot or touch