

# YEAR 7 HANDBALL KNOWLEDGE ORGANISER

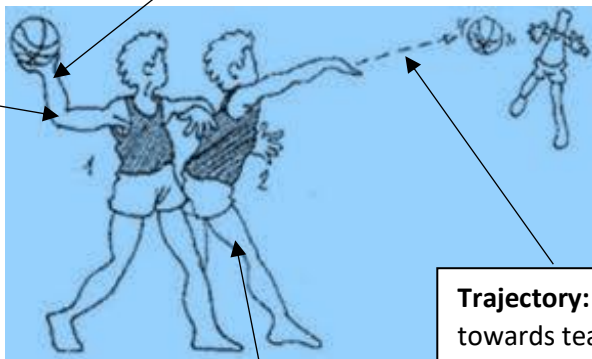
## 1. Passing & Receiving – How do we throw and catch the ball effectively in handball?

- A) Shoulder Pass
- B) Bounce Pass

### A) Shoulder pass:

**Hands:** one handed throw to use the shoulder for more power

**Elbow:** up at shoulder height and behind to prevent opponent having access to the ball

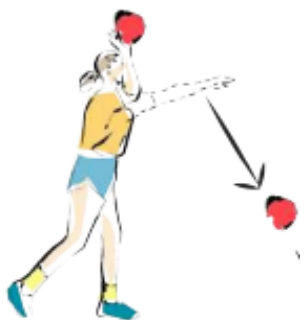


**Receiving:** hands in 'W' shape so ball doesn't go in between them

**Trajectory:** straight aiming towards team mate's head height

**Legs:** step into pass for more power

### B)



**Bounce pass:** used when opponent is close up to you.

- Bring ball from head height down to throw into ground
- Away from opponents feet
- Step into pass
- Pass to bounce underneath and to the side of opponent

## 2. Moving with the ball – How can we move effectively with the ball?

3 steps allowed whilst holding the ball to:

- Move past an opponent
- Move towards a teammate
- Move out of a congested area
- Move closer to the goal



## 3. What fitness components are important in handball?

### Components of Fitness

**Agility** - To change direction quickly whilst using the three steps

**Speed** - to move the legs quickly to move past an opponent

**Coordination** – ability to move arms to pass whilst using eyes to look for the target

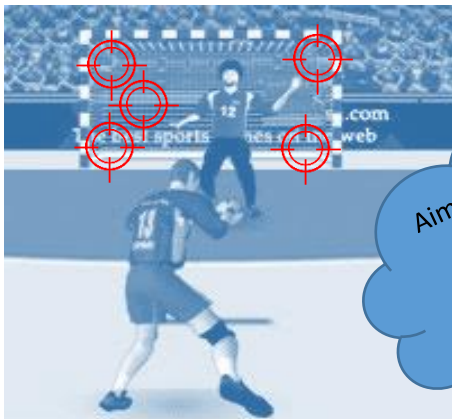
**Power** – to ensure that shooting is performed explosively to make it harder for the goalkeeper to save

## 4. Shooting – How can we effectively shoot in handball?



**Shots cannot be made inside the goalkeeper's area known as the 'D'**

- Receive ball on the move
- Raise the ball above shoulder alike to when performing the shoulder pass
- Use the three steps to move into the shot to produce more power
- Transfer body weight from back to front



Aim to corner areas / where the goalkeeper is not covering

## 5. Tackling – how can we defend effectively in handball?

Meet the opponent with the opposite arm to their shooting arm

Ensure arm is up there where the ball is

Other arm to be by the opponent's hip to restrict their movement



Attempt to replicate opponent's movements

Opposite foot to opponent's shooting arm to be in front for stability

## 6. What muscles are used in handball?

