

# DTE - DC - PHYSICAL EDUCATION

## FURTHER READING

### PASSING SKILLS IN HANDBALL

#### Passing in Handball

Passing is a fundamental skill in handball that ensures smooth team play, quick ball movement, and effective attacks. There are different types of passes used depending on the game situation.

#### Performing the Skill of Passing in Handball

Accurate passing allows players to move the ball effectively to team mates and create scoring opportunities.

#### Key points in passing

##### 1. Grip

The player should hold the ball firmly with fingers spread out, ensuring full surface contact. This allows accurate and powerful passes.

##### 2. Stance

- The player should stand feet shoulder-width apart.
- Keep the weight balanced on the balls of feet to maintain stability and allow for quick movement when adjusting to game situations.

##### 3. Eye Contact

Before executing a pass, the player establishes eye contact with the targeted teammate. This ensures accuracy and allows the teammate to anticipate and prepare to receive the ball.

##### 4. Loading Phase

In preparation to throw, the player generates power by bringing the throwing arm back slightly, engaging the hips and shoulders to build momentum and add force to the pass.

##### 5. Release

Depending on the type of pass to use, the player should snap the wrist quickly when releasing the ball, directing it towards the targeted teammate. For accurate passes, it is important to target the teammate's chest or hands, making it easier for them to catch and continue the play smoothly.

##### 6. Follow Through

Extend your throwing arm toward the target after releasing the ball for recovery. This also enhances accuracy and ensures the ball reaches its destination with the intended speed and power.

#### Qualities of a good pass

- Accurate- lands on the hands of the targeted teammate without a challenge when catching.

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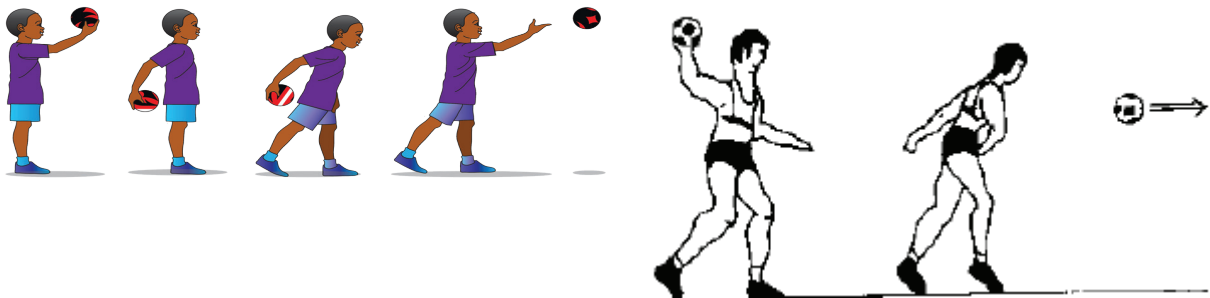
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- **Fast and timely** - to exploit the play chance promptly as it is delivered quickly and at the right moment to take advantage of openings in the opponent's defense.
- **Useful** - as it is directed to the targeted teammate whose position disadvantages the opponent and in the best position to advance the play.

#### Types of passes Handball

- **Overarm pass**- is a powerful and precise passing technique performed through throwing the ball overhand. It is commonly used for long-distance passes and quick attacks.



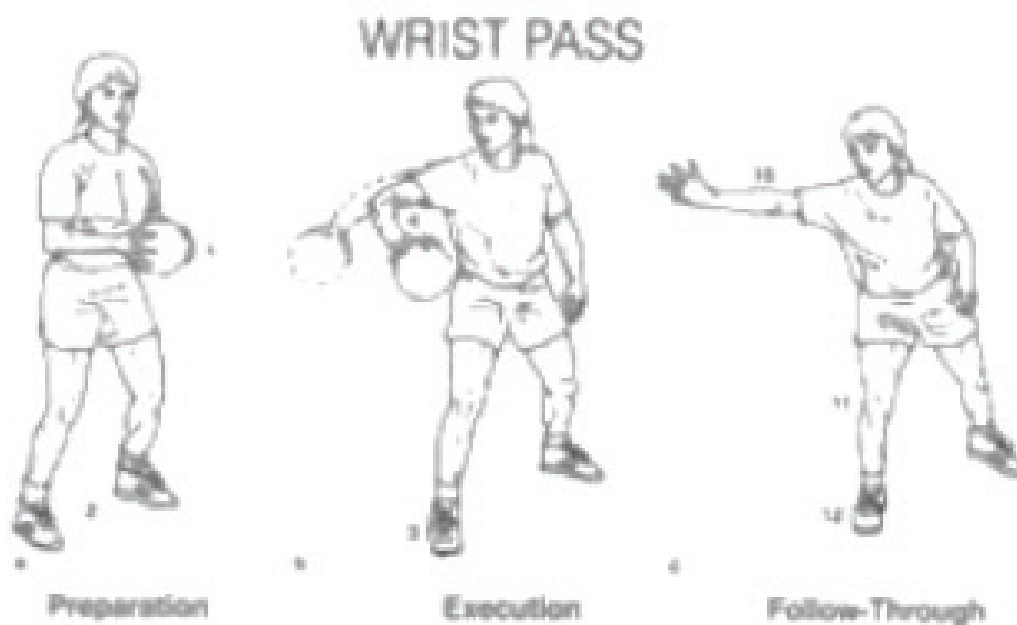
- **Under arm pass** is a one-handed pass for making short passes executed just above the waist level.
- **Jump pass**-a player leaping in the air and throwing the ball to a teammate before landing.
- **Side pass** is also known as wrist pass as it involves a quick flick of the wrist to send the ball sideways to a teammate.



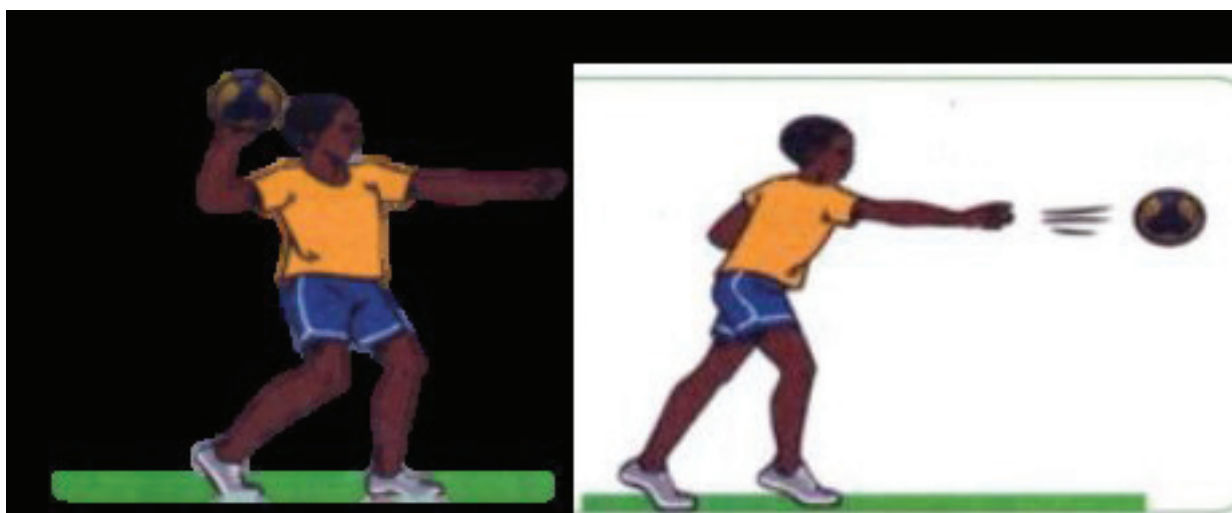
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- **Flick pass**- it is a pass where the passing arm quickly propels the ball forward by releasing the ball with forward wrist action.



#### Practice drills of passing

When teaching learners the skill of passing in the game of handball, you can engage them to practice the following drills.

##### 1. Two line drill

Learners to form two lines

Each player passes the ball to the players in the queue and then joins the line from behind.

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2. **Wall Passing** – Players throw the ball against a wall and catch it, improving accuracy and reaction time.
3. **Triangle Passing** – Three players pass the ball in a triangle while moving, enhancing teamwork and quick decision-making.
4. **One-Touch Passing** – Players must pass the ball immediately upon receiving it, improving reflexes and ball control.

