

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

DRIBBLING SKILLS IN HANDBALL

Dribbling in handball

Dribbling in handball is an essential skill that allows players to maintain control of the ball while moving across the court, evading defenders, and creating scoring opportunities. Effective dribbling requires proper body positioning, ball control, and movement techniques.

How to Perform Dribbling in Handball

1. Body Position & Stance

- Stand with your feet shoulder-width apart to maintain balance.
- Keep your knees slightly bent and your body weight on the balls of your feet to stay agile.
- Lean slightly forward for better control and movement.

2. Eye on the Ball & Awareness

- Keep your head up and avoid constantly looking at the ball to stay aware of teammates, defenders, and passing opportunities.
- Use peripheral vision to monitor the ball and surroundings simultaneously.

3. Ball Control

- Push the ball downward using the wrist and fingers rather than the palm for better precision.
- Control the ball by flexing the wrist and fingers, ensuring smooth and steady dribbling.
- The non-dribbling hand should be extended outward for balance and to shield the ball from defenders.

4. Dribbling

Use either low dribble by bouncing below knee level to minimize the risk of losing possession or high dribble for speed and fast breaks by bouncing the ball slightly above knee level

5. Movement While Dribbling

- Stay light on your feet and move smoothly and quickly without losing control of the ball.
- Use quick changes in direction and speed to evade defenders.
- Avoid excessive dribbling—use it strategically before passing or shooting.

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Types of dribbling handball

1. **Low dribble**- the ball is bounced below knee level to minimize the risk of losing possession.



2. **High dribble**- the ball is bounced slightly above knee level, but not too high



Practise drills of dribbling

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

1. **Step and dribble**

Learners take three steps, make one dribble and take three more steps then pass the ball.

2. **The Cone Drill**

Arrange seven cones in a straight line with consistent spacing between each. Arrange Learners in groups to practice a zigzag movement pattern by weaving in and out of the cones in turns. Start with low dribble and then high dribble.

3. **The court drill**

Organise learners individually to dribble a ball along the handball court marking by practicing high and low dribbles in patterns.