

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

FOOTWORK SKILLS IN HANDBALL

Footwork is essential in handball for maintaining balance, agility, and effective movement. Proper footwork helps players position themselves for passing, shooting, and defending efficiently.

1. Enhances agility and speed as it allows players to change direction, dodge defenders, and react faster to opponents' movements.
2. Improves Balance and Stability while dribbling, shooting, or defending.
3. Ensures Compliance with the three-step rule to avoid fouls such as traveling.
4. Enhances Injury Prevention as players make controlled foot movements thus reduce the risk of falls, sprains and injuries.
5. Eases players' recovery and follow through after attacking or defending, ensuring better transitions between offense and defense.

How to perform footwork in Handball

Body Positioning

- Take a firm stance while knees slightly bent to allow quick movements.
- Lean upper body slightly forward for better control and reaction time.
- Extend arms comfortably for balance and readiness to defend, pass or shoot.

Footwork Movements

Apply the appropriate footwork movements depending on the player intention such as:

- Dribbling Movement- players make steps while dribbling to maintain balance and avoid traveling fouls.
- Pivoting- players maintain one foot planted while the other moves to adjust positioning for shooting or passing.
- Shuffling - these are side-to-side steps by defenders to track opponents while maintaining balance.
- Jumping and Landing movements- these footwork movements involve landing on both feet to prevent injury.

Recovery

- After a shot, pass or defensive movement, players should maintain a balanced stance of one or both feet to avoid losing control.

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FOOTWORK DRILLS IN HANDBALL

Some of the drills to practise footwork in handball includes:

1. Four Corner Ball Retrieving drill

- Place four balls in the center of the court.
- Organise players to pick up one ball at a time and place it in a designated corner. Ensure that corner has only one ball.
- When moving to the right-side corners, the player must use their right hand to lift and place the ball; the same applies to the left side with the left hand.
- Repeat this drill three times.

2. Shuttle Run Drill

- Organise the players each to start at the back wall of the court.
- Each player is expected to run and turn three times.
- When turning, players must touch the floor before changing direction.
- Alternate the leg used for turning with each movement.
- Click the link below and observe how these drills are performed and learn more footwork drills.

(https://uploads.gaahandball.ie/files/speed_footwork_drills.pdf)