

SECTION

7

HAND GAMES IN PHYSICAL EDUCATION AND HEALTH



PHYSICAL ACTIVITY AND HEALTH

Organised Sports Participation

INTRODUCTION

Handball is a fast-paced team sport that originated in northern Europe in the late 19th century. The objective of the game is to score goals by throwing a ball into the opposing team's net. Handball is played on indoor court, typically 40 meters long and 20 meters wide. Handball requires a combination of athleticism, skill, and strategy. Players must have excellent hand-eye coordination, speed, strength, and agility to excel in the sport. Tactics such as fast breaks, counterattacks, and set plays are crucial in creating scoring chances and defending against the opposition. This section has been broken down into the chest pass in handball, the overhead pass in handball and shooting in handball. The polishing of these fundamental skills in handball will go a long way to making you a better handball player and to shape your understanding, attitude and interest in handball. Practicing these skills will allow you to leverage you for a much better understanding of hand games and you will be in a position to develop a love for the game and by so doing be equipped to continue your handball experiences across all levels of the sport. This section will help you to acquire some basic skills in handball which can be used in all hand games involving movement.

At the end of this section, you will be able to

- Identify the types of basic skills in handball and apply them in the game of handball (chest pass, overhead pass, shooting in handball)

Key Ideas

- **Handball:** is a team sport where two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the opposing team
- **Chest pass:** is performed by using the following steps; grip, stances, body position, visualising a target, initiate a pass, use the body and follow through
- **Overhead pass:** is a technique used to pass the ball to a teammate while in a standing or jumping position.
- **Shooting:** Refers to the action of throwing the ball towards the goal with the intent of scoring.
- **Types of shooting:** The types of shooting in handball are jump shot, running shot, dive shot, side shot and standing shot.

CHEST PASS IN HANDBALL

Have you watch a handball match before?

Click this link below to watch a short match of handball.



https://youtu.be/Ou_k4LoU55I

Handball

Handball is a team sport, where the teams attempt to pass a ball to one another and throw it into the opposition's goal. It is one of the most fast-paced and exciting team sports globally. Handball is played on an indoor court, typically 40 meters long and 20 meters wide. Two teams of seven players each (six outfield players and one goalkeeper) attempt to score goals by throwing the ball into the opposing team's net. Players can only take a maximum of three steps with the ball, and must then pass, shoot, or dribble the ball. Physical contact is an integral part of the game, with players using their hands, arms, torso, and legs to gain possession of the ball and create scoring opportunities. Handball is popular throughout Europe, particularly in countries such as Germany, Denmark, and France. It is also growing in popularity globally, with the sport being contested at major international competitions like the Olympics and the World Championships. There is a variety of skills in handball, in this section we will learn about chest passing, overhead passing and shooting.

Chest Pass

The chest pass is one of the fundamental skills in handball which is used to give short- and close-range passes. Chest passing is the act of passing or pushing a ball directly from the chest to a teammate's chest, usually using both hands. It is a close-range pass, where a player does not need too much strength or power to execute it.



Fig. 7.1: Demonstration of chest pass

Click this link below to watch chest pass in handball

<https://youtu.be/VrDkFC3yZvs?t=70>

How to Perform the Chest Pass

- i. **Grip:** Hold the ball with both hands at chest level with a space between the palm and the ball, ensuring a loose wrist. Fingers should spread around the ball with thumbs pointing towards each other on the backside. Ensure a firm but not overly tight grip.

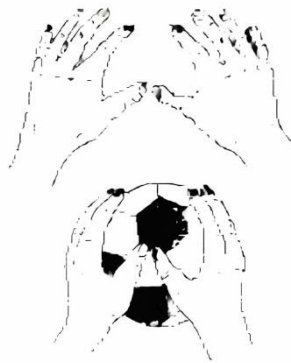


Fig. 7.2 : The Grip

- ii. **Stance:** Stand with the feet shoulder-width apart. Position one foot slightly ahead of the other to provide balance and stability. Keep the knees slightly bent and the core engaged.

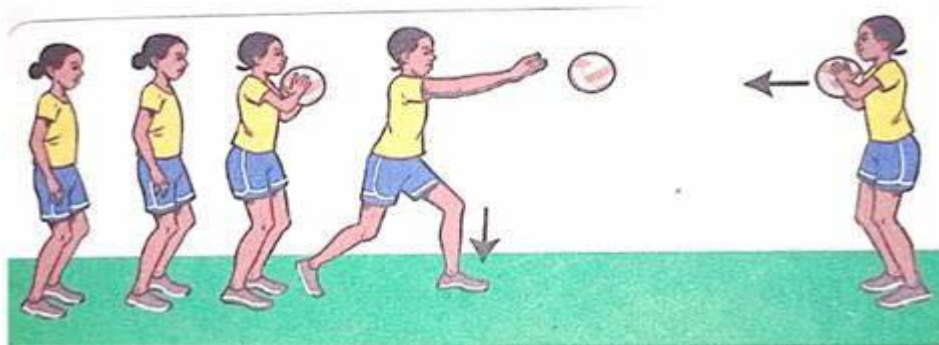


Fig. 7.3 : Proper body stance

- iii. **Body position:** Keep the elbows bent and positioned near the body. The ball should be held close to the chest. This position provides control and a strong base for the pass.
- iv. **Visualise the target:** Look towards the intended target, focusing on a specific spot to increase accuracy. Communicate with the receiver or teammate if necessary.



Fig. 7.4: Demonstration of the Grip, Stance, Position and Target Visualisation.

- v. **Initiate the pass:** To pass, extend the arms forward in a smooth and fluid motion. As you do this, push the ball with the palms and follow through with the wrists, pointing the thumbs downward at the end of the pass. This wrist action adds spin and stability to the ball.
- vi. **Use the body:** As the arms extend, transfer the weight from the back foot to the front foot. This shift in weight adds momentum and power to the pass. The body should move naturally as the pass is performed, ensuring balance and control.
- vii. **Follow through:** After releasing the ball, continue the follow-through by extending the arms completely. This helps ensure the pass is straight and reaches its target with enough force.
- viii. **Return to ready position:** Bring the hands back to the ready position to be prepared for the next action; whether to receive a return pass or move to another position on the court.

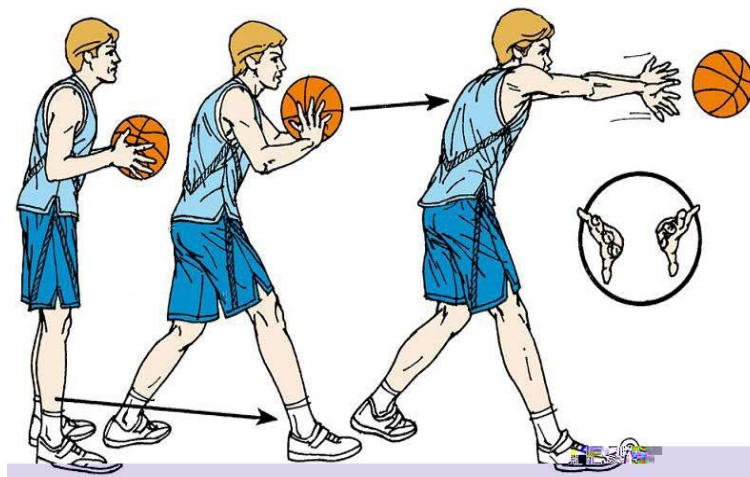


Fig. 7.5: Initiating the Pass, Using the Body and Following Through

The Importance of the Chest Pass in Handball

Chest passing is a basic skill that plays an important role in handball. Chest passes contribute to:

- i. **Efficient Movement** Chest passing allows players to move the ball

- ii. efficiently and accurately to a teammate.
- iii. Scoring:** It creates scoring opportunities for teams.
- iv. Maintaining possession:** Effective chest passing helps to maintain possession of the ball and distribute it among teammates or players.
- v. Breakthrough:** A well-executed chest pass helps a team to break through or penetrate the opponent's defensive lines.
- vi. Transition play:** Chest passing is essential during any facet of transition from defence to offence or the other way round.
- vii. Team coordination:** A successful chest pass encourages teamwork and coordination among players or teammates.
- viii. Short passes:** It is essential in short and close-range passes.

Activity 7.1

Your teacher will lead you in a warm-up activity. Use the space below to note why it is important to warm up prior to starting activity in sport.

Activity 7.2

Use a chest pass to throw the ball to a partner standing directly opposite or in a circle with one hand or both. Rotate between different angles and positions, throwing from a slow pace to a high-speed pace. Focus on your chest pass technique.

Use the space below to explain how to execute a chest pass in handball.

Activity 7.3

1. Chest Pass Relay Race

- Form teams of 10 players.
- Divide into two groups of 5 players.
- Form a line with the first person standing facing the other group. Your

teacher will tell you how far apart to stand.

- Pass the ball to the player facing you.
- After passing, follow your pass and run to join the end of the other group's line.
- Continue until everyone has passed and received the ball.

Now that you've had a practice, join other teams. Teams stand next to each other. When your teacher says 'go' complete the activity racing the other teams. The first team to complete the activity wins.

Activity 7.4

Let's add in some movement by playing a game of 3 vs 1.

- Form teams of 4 people.
- Three team members chest pass the ball between each other.
- The fourth team member should try to intercept the ball.
- Every time the ball is intercepted, swap roles. The person who threw the ball becomes the new person attempting to intercept the ball.

You can also try different variations by adding in additional team members. For example 6 vs 1, 4 vs 2 etc.

Activity 7.5

Time for a mini-game.

Your teacher will divide your class into teams.

The aim of the game is to connect three consecutive chest passes without giving the ball to the other team.

Every time your team connects three chest passes; you score a point. The winning team is the team who scores the most points in the allocated time.

After each game, the winning team plays a new team, continue until there is an overall winner.

Remember to cool down following Activities 2-5.

Activity 7.6

Now that you have executed a chest pass, take time to reflect on the importance of the chest pass in handball. Use the space below to note five reasons why the chest pass is important.

- 1.
- 2.
- 3.
- 4.
- 5.

So far, we have covered chest pass in handball, we're now going to take a look at the overhead pass in handball. You will learn the right procedures involved in performing the overhead pass in handball and practice the pass with your colleagues. Let's get started and watch your performance soar!

THE OVERHEAD PASS IN HANDBALL

The overhead pass in handball is a technique where a player throws the ball with one hand over the head to deliver it to a teammate. This pass is often used when a player needs to quickly move the ball to a teammate who is positioned farther away or to evade defenders. The technique requires precise coordination, timing and strength to accurately deliver the ball to its intended recipient. It is an essential skill in handball, facilitating effective ball movement and strategic gameplay. The overhead pass is the most powerful and often the most accurate pass in handball. It can also be referred to as the overarm pass and is used the most in gameplay. When done properly, the overhead pass makes the ball move straight to the target or teammate.

It is important to make sure a player is in the correct body position to make the pass to increase accuracy and power.



Fig. 7.6: Overhead pass

Click on this link to watch video on overhead pass in handball



<https://youtu.be/A6XltqcUR2U?t=38>

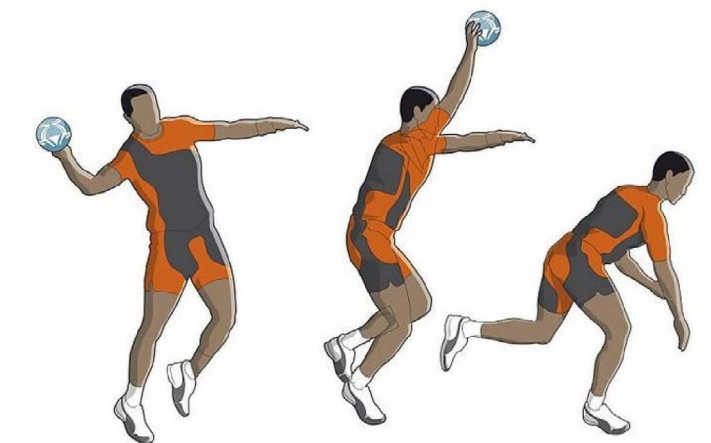


Fig. 7.7: Demonstration of overhead pass

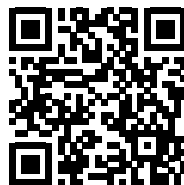
How to Perform the Overhead Pass

- i. **Grip:** Hold the ball with one hand above shoulder level with a space between the palm and the ball, ensuring a loose wrist. Fingers should spread around the ball. Ensure a firm but not overly tight grip.



Fig. 7.8: The Grip in handball

Click on this link to watch video on the grip in handball



<https://youtu.be/PZNcTa4UzsQ?t=4>

- ii. **Stance:** Stand shoulder width apart, sideways onto the target on the balls of the feet, with the weight transferred to the back foot.
 - The throwing arm is held high and taken back behind the head.
 - Point the non-throwing arm at the target.
- iii. **Body position:** Keep the elbows bent and positioned near the body. The ball should be held with the throwing hand which could be right or left. Extend the throwing hand with the ball back over the shoulders. The lead leg, depending on

the hand being used, should step forward. If the left hand is used, the right leg (foot) becomes the lead leg, and vice versa if the right hand is used. This position provides control and a strong base for the pass.

- iv. **Visualise the target:** Look toward the intended target, focusing on a specific spot to increase accuracy. Communicate with the receiver or teammate if necessary.
- v. **Initiate the pass:** To pass, extend the throwing arm backwards in a smooth and constant motion. As you do this, point the free hand to the target.
- vi. **Use the body:** Extend the arm and transfer the weight from the back foot to the front foot. This shift in weight adds momentum and power to the pass. The body should move naturally as the pass is performed, ensuring balance and control.

Follow through: After releasing the ball, continue the follow-through by extending the arms completely. This helps to ensure that the pass is straight and reaches its target with enough force. Release the ball just in front of the head with both feet on the ground and the chest facing the target. Follow through with the throwing arm pointing towards the target.



Fig. 7.9: Demonstrating Basic Overhead Pass Skills

- viii. **Return to ready position:** Bring the hands back to the ready position to be prepared for the next action; whether to receive a return pass or move to another position on the court.

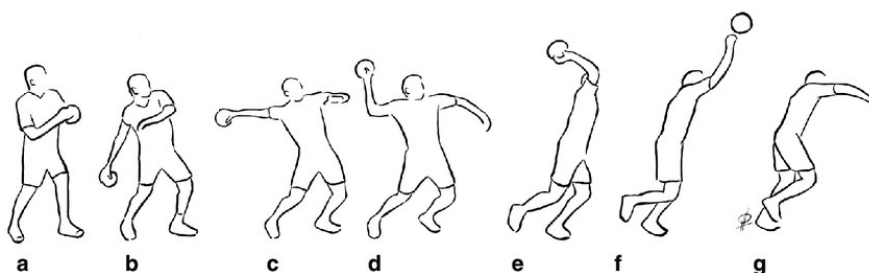


Fig. 7.10: Overhead Pass Skill - From Start to Finish

The Importance of the Overhead Pass in Handball

The overhead pass is a fundamental skill that plays an important role in handball. Overhead passes contribute to:

- i. **Good decision-making:** The overhead pass allows players to survey the court and make smart decisions based on what they see.

- ii. **Fast passing:** Extending the arms fully in an overhead pass, players have a clear line of sight to their teammates and can offer quick or fast passes.
- iii. **Stability and accuracy:** This grip provide stability, control and accuracy while minimising the risk of turnovers.
- iv. **Powerful long passes:** The overhead pass is preferred for longer distances, especially when the ball needs to travel over multiple defenders. There is power and less susceptibility to deflection or interception by the defence.
- v. **Scoring:** It creates scoring opportunities for teams.
- vi. **Maintaining possession:** An effective overhead pass helps to maintain possession of the ball and distribute it among teammates or players.
- vii. **Breakthrough:** A well-executed overhead pass helps a team to break through or penetrate the opponent's defensive lines.
- viii. **Transition play:** Overhead passing is essential during any stage of transition from defence to offence or the other way round.
- ix. **Team coordination:** A successful overhead pass encourages teamwork and coordination among players or teammates.

Activity 7.7

Your teacher will lead you in a warm-up activity. Use the space below to think of a different warm-up that can be used at the start of a game of handball.

Feeling confident? Ask your teacher if you can lead the warm-up using your warm-up activity in the next lesson.

Activity 7.8

With a partner, practice the steps in performing an overhead pass. Focus on the movement in preparation for adding in the ball.

Note the steps in performing an overhead pass below:

Activity 7.9

Let's now practice passing.

Stand 3m apart facing your partner. Using the movements practiced in Activity 7.1, throw the ball to your partner. Be ready to receive the ball back from your partner.

Activity 7.10

Let's mix it up.

Make two groups. Each group lines up facing each other. There should be 3m between groups and 3m between the person standing to the left and right of you.

One group will have a ball each.

Listen carefully to your teacher who will tell you where to pass the ball. This could be 'left', 'right', 'across' etc.

If you don't have a ball, be ready to receive as this game can move quickly.

Activity 7.11

The overhead pass is great when looking for **accuracy** and **power**. Let's now work on this.

- Your teacher will set up a target for you to hit using the overhead pass.
- Face the target, first standing 5m away.
- Throw the ball with the aim of hitting the target.
- Move back to 10m and 15m from the target.
- Take turns at throwing the ball to hit the target.

Top tips:

- Challenge yourself to increase the power of your pass while maintaining accuracy.
- Adjust your stance, grip, and follow-through for better results.
- You can add a competitive element by timing how quickly you can hit all targets or by giving points for each accurate pass.

Activity 7.12

Your teacher will explain the rules of a tournament that emphasises the use of the overhead pass.

Before starting with your team, think about the following:

- How can we use overhead passes effectively during the game?
- What tactics should we use to score as many points as possible?

Following the tournament, discuss the key moments and how the overhead pass impacted the game.

Use the space below to make notes:

Remember to cool down following Activities 8-12.

Activity 7.13

Now that you have executed an overhead pass, take time to reflect on the importance of the overhead pass in handball. Use the space below to note five reasons why the overhead pass is important.

- 1.
- 2.
- 3.
- 4.
- 5.

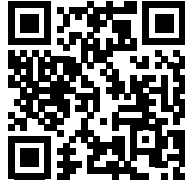
SHOOTING IN HANDBALL

Shooting in handball refers to the action of attempting to score a goal by throwing the ball into the opponent's net. Shooting requires accuracy, power and timing to bypass the goalkeeper and score points.

Types Of Shooting

i. Jump shot: The jump shot is a technique where a player leaps into the air to shoot at the goal. This technique is often used to shoot over defenders or to add power and speed to the shot.

Click on this link to watch the jump shot in handball



- https://youtu.be/UPcte5OLr_k?t=12

The jump shot typically involves the following key steps:

- **Stance:** Stand on the balls of the feet with knees flexed, feet shoulder-width apart and facing the target. Extend the knees and transfer the body weight from low to high, jumping upwards.
- **Approach and take-off:** Approach the shooting area, usually from a diagonal angle to create space from defenders. As you near the shooting zone, gather momentum and jump into the air, often using a single leg to propel you upwards.
- **Execution and recovery:**
 - In the air, extend the throwing elbow so that the arm is high and extends above the shoulder to the arm back behind the head. Point the non-throwing arm at the target.
 - Pull the throwing arm through towards the target leading with the elbow, forearm and wrist following. Release the ball at the highest point of jump and just in front of the head. Release the ball sharply downwards at the required target.
 - Follow through with the throwing arm pointing towards the target and keep arms out wide and maintain balance on the way down, flex knees upon landing to reduce the impact.



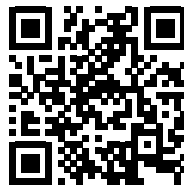
Fig. 7.11: Jump shot



Fig. 7.12: Jump Shot

ii. Running shot: In handball, the running shot is a key technique used by players to score goals while on the move.

Click on this link to watch the running shot in handball



- https://youtu.be/UPcte5OLr_k?t=4

Breakdown of a running shot:

- As the goal is approached, maintain a good running pace. Position yourself on the court slightly to the side of the goal. Position the body to be effective when executing the skill.
- Hold the ball securely with the dominant hand. Extend the non-throwing arm towards the target. Grip and arm movement are essential at this moment.
- Pull the throwing arm through, leading with the elbow, forearm and wrist.
- Release the ball at the highest point of the movement in front of the head.
- Aim to release the ball sharply downwards towards the desired target area with accuracy and speed.
- Practise running and shooting without a defender to work on accuracy and timing.
- When facing a defender, use deception (feigning/faking) and speed to gain an advantage. Shoot swiftly to give the goalkeeper less time to react. Mastering the running shot requires practice and coordination.



Fig. 7.13: Running Shot

iii. Diving shot: In handball, a dive shot is another technique used to score goals. Some techniques used in executing a dive shot are:

- *Take off:* The player jumps forward with one or two feet, bending the ankle, knee and hip. The trunk is also bent forward and the eyes are focused on the goal.
- *Sliding forward:* The chest, belly and upper leg slide along the floor, while the arms push the body forward.
- *Leg position:* Both legs are bent almost 90 degrees, with the soles of the feet pointing upwards. As the chest touches the floor, the player slides forward.
- *Landing:* After the shot, both arms touch the floor because the landing occurs immediately after releasing the ball.
- To cushion the fall, there's a fast bending of the arms. The trunk continues forward and the head remains in line with the neck.



Fig. 7.14: Dive Shot

Safety: Please do not practice the dive shot without the permission of your teacher.

iv. Side shot: The side shot in handball is a crucial technique used to score goals or create opportunities during a match.

The techniques for executing the side shot are as follows:

- *Stance:* Stand sideways to the goal, with the non-throwing shoulder facing the target. Keep the feet shoulder-width apart for stability.

- *Grip and ball placement:* Hold the ball with the throwing hand (usually the dominant hand). The ball in hand should be positioned near the hip or waist level. Use the fingertips to maintain control.
- *Execution:* Extend the throwing arm sideways, parallel to the ground. Rotate the hips and torso towards the goal. Pull the throwing arm through, leading with the elbow and forearm. Release the ball just in front of the head. Aim for the desired spot on the goal.
- *Follow through:* After releasing the ball, allow the wrist to flex naturally. Keep the head up to observe the ball's direction.



Fig. 7.15: SideShot

- v. **Standing shot:** The standing shot in handball is a crucial technique used by players to score goals.

Here are some techniques for executing standing shots:

- *Stance:* Stand with the feet shoulder-width apart, ensuring a stable base and hold the ball firmly with the fingers spread out, resting it on the palm.
- *Execution:* The backswing for the standing shot occurs directly as the ball is received. Surprise opponents by executing the shot swiftly and unexpectedly.
- *Return to ready position:* Bring the hands back to the ready position to be prepared for the next action; whether to receive a return pass or move to another position on the court.



Fig. 7.16: Demonstration of shooting

The Importance of Shooting in Handball

Shooting offers several advantages for players. These include:

- i. *Overcoming defenders*: Shooting enables players to overcome tall defenders because of players jumping more effectively to shoot. This makes it harder for defenders to block the shot.
- ii. *Better view of the goal*: Players have a better view of the goal when shooting. This provides them the opportunity to aim more accurately and increase their chances of scoring.
- iii. *Unpredictability*: By incorporating shooting into their game, players catch goalkeepers off guard.

Activity 7.14

One of your classmates is going to lead the warm-up. Remember to listen carefully to their instructions and thank them following the activity.

Make a note of the warm-up activity below:

Activity 7.15

With a partner, practice the steps in performing the following shots:

- Jump shot
- Running shot
- Side shot
- Standing shot
- Diving shot – **Note: please only perform this shot if your teacher has set up a safe area to practise.**

Focus on the movement in preparation for adding in the ball.

Note the steps in performing each type of shot below:

Jump shot:

Running shot:

Side shot:

Standing shot:

Diving shot:

Activity 7.16

Let's now use a ball to practice shooting in handball.

Your teacher has set up various shooting technique stations for you.

You will use the set markers and targets at each station to help you focus on your accuracy and technique.

Instructions:

Station 1: Jump Shot

- Practice the jump shot by leaping into the air and shooting at a target. Note the following; stance, approach, and follow-through.
- Place obstacles or cones in front of the goal to simulate defenders. Jump over or around the obstacles to take your shot.

Station 2: Running Shot

- Run towards the goal and execute a running shot while maintaining speed and accuracy.
- Perform a feint or fake before taking your shot to simulate evading a defender.

Station 3: Diving Shot

- Practice the dive shot by diving forward and shooting the ball towards the goal. Use mats or soft surfaces to ensure safety.
- Place targets in different areas of the goal and aim at these spots while diving.

Station 4: Side Shot

- Stand sideways to the goal and practice the side shot, focusing on body rotation and follow-through.

Challenge: Shoot from different angles and distances to improve your versatility with the side shot.

Station 5: Standing Shot (In Pairs)

- Practice the standing shot, focusing on speed and surprise. Shoot as soon as you receive the ball.
- Place cones around the shooting area to simulate defenders and encourage yourself to find the best position to take your shot.

Rotation:

- Rotate through each station, your teacher will tell you when it's time to move to the next station.
- Write down your experience at each station and share with a colleague.

Remember to cool down following Activities 15-16.

Activity 7.17

Now that you have practiced shooting, take time to reflect on the advantages shooting provides for players in handball. Use the space below to note five advantages.

1.
2.
3.
4.
5.

Review Questions

Scenarios

1. The Game-Winning Pass

Imagine you are playing in a crucial handball match, and your team is tied with just a few seconds left on the clock. You have possession of the ball and notice a teammate in a perfect position to score. To ensure your teammate gets the ball quickly and accurately, you decide to use a chest pass.

Question: Why would a chest pass be the best choice in this situation, and what is its primary purpose in helping your team win the game?

2. The Perfect Preparation

You are about to pass the ball during a fast-paced practice session. To make sure the pass is accurate and reaches your teammate effectively, you need to have the correct grip and stance.

Question: Describe how you would grip the ball and position your body before making the chest pass, ensuring that your pass is strong and precise.

3. The Smooth Transition

During a practice drill, your coach emphasises the importance of body movement in making a successful chest pass. As you prepare to pass the ball to a teammate, you think about how your body should move to add power and accuracy to the pass.

Question: Explain how your body position and movement, including the shift in weight, contribute to making your chest pass effective in reaching your teammate accurately.

4. Complete the following table to show the steps and proper technique for performing a chest pass in handball.

Step	Technique

5. Use the following information on how the chest pass helps in maintaining possession during a handball game to complete the table below:
- Enables quick ball movement between players to avoid pressure from opponents and maintain possession.
 - Provides reliable passes to support players, ensuring the ball stays within the team’s control.
 - Facilitates smooth ball circulation among teammates, helping to maintain control and set up attacks.

Situation	How a Chest Pass Helps to Maintain Possession
Short-Distance Passing	Allows quick, accurate passes to teammates nearby, reducing the risk of interception.
Avoiding Pressure from Opponents	
Building Play	
Support Play	

6. Complete the following table to explain the role of the chest pass in transitioning from defence to offence in handball.

Defensive Situation	How to Transition to Offence Using a Chest Pass
After Winning Possession	
Breaking Opponent’s Press	
Quick Ball Movement in Counterattack	
Connecting Defense and Midfield	

7. Arrange in order and describe the following key steps involved in performing an overhead pass in handball.

Key steps: body position, visualisation, grip, initiate the pass, return to ready position, use the body, follow through, stance,

8. How does the overhead pass contribute to team coordination in handball?

9. In what situations during a handball game would an overhead pass be most useful?

10. During a crucial handball match, your team is trailing by one goal with only a minute left on the clock. The ball is in your possession, and your teammate is open near the opposing goal. Describe how you would execute an overhead pass to quickly and accurately deliver the ball to your teammate, considering the pressure and urgency of the situation.

11. Complete the table to compare the overhead pass and chest pass in the game of handball.

Pass type	Purpose	Execution	Advantages	Situations best suited for
Overhead pass			High power, less susceptible to interception	
Chest pass	Quick, short to mid-range passes			

12. Explain the Key Steps Involved in Executing a Jump Shot in Handball.

- Consider the stance, approach, take-off, execution, and recovery phases.

13. Analyse the following scenarios in a handball match and provide your answers to the follow-up questions:

Scenario: A

You are defended by two opponents close to the goal in a handball match.

Question:

Based on your knowledge of shooting techniques, which type of shot would you choose to attempt a goal, and why?

Consider factors such as your position on the court, the defenders' positions, and the goalkeeper's likely response.

Scenario: B

A teammate passes you the ball, and you are running towards the goal.

Question:

Analyse the situation and decide whether to execute a running shot, a side shot, or a jump shot. Justify your decision with specific reference to the scenario provided.

14. Discuss the potential risks associated with executing a dive shot and suggest safety measures that should be taken to minimise injury during practice and games.
15. Complete the table to compare the techniques of the five types of shooting in handball (Jump shot, Running shot, Dive shot, Side Shot, Standing shot).

Type of shot	Stance	Execution	Follow-through	Advantages
Jump shot				
Running shot				
Dive shot				
Slide shot				
Standing shot				

Answers to Review Questions

1. The chest pass is the best choice in this situation because it allows you to quickly and accurately deliver the ball directly to your teammate's chest, minimising the chance of the ball being intercepted by the opposing team. The primary purpose of the chest pass is to maintain possession while ensuring that the ball reaches your teammate efficiently, enabling them to take a shot at goal and potentially win the game.
2. To execute a strong and precise chest pass, grip the ball with both hands at chest level, ensuring that your fingers are spread evenly around the ball with your thumbs pointing towards each other on the backside. Your grip should be firm but not too tight, with a space between your palms and the ball. Stand with your feet shoulder-width apart, one foot slightly ahead of the other for balance. Keep your knees slightly bent and engage your core to provide stability. This stance gives you the control needed to make an accurate and powerful pass.
3. Answer: Your body position and movement play a crucial role in the effectiveness of the chest pass. Start by holding the ball close to your chest with bent elbows. As you prepare to pass, extend your arms forward while simultaneously shifting your weight from your back foot to your front foot. This transfer of weight adds momentum to the pass, making it more powerful. The follow-through, where your arms continue to extend after releasing the ball, ensures the pass is straight and reaches your teammate with enough force. This coordinated movement helps deliver a precise and controlled pass.
4. Steps and Proper Technique for Performing a Chest Pass in Handball

Step	Description of technique
Grip	Hold the ball with both hands at chest level, fingers spread, thumbs pointing towards each other on the backside.
Stance	Stand with feet shoulder-width apart, one foot slightly ahead of the other for balance, knees slightly bent.
Body position	Keep elbows bent and near the body, hold the ball close to the chest for control.
Visualise Target	Focus on the intended target, ensuring accuracy by looking at a specific spot.
Initiate the Pass	Extend arms forward smoothly, push the ball with palms, follow through with thumbs pointing down.

Use the Body	Transfer weight from back foot to front foot as arms extend, adding momentum and power.
Follow Through	Extend arms completely after release, ensuring the pass is straight and forceful.
Return to Ready Position	Bring hands back to the ready position, preparing for the next action.

5. How the Chest Pass Helps in Maintaining Possession During a Handball Game

Situation	How a Chest Pass Helps to Maintain Possession
Short-Distance Passing	Allows quick, accurate passes to teammates nearby, reducing the risk of interception.
Avoiding Pressure from Opponents	Enables quick ball movement between players to avoid pressure from opponents and maintain possession.
Building Play	Facilitates smooth ball circulation among teammates, helping to maintain control and set up attacks.
Support Play	Provides reliable passes to support players, ensuring the ball stays within the team's control.

6. Role of the Chest Pass in Transitioning from Defence to Offence in Handball

Defensive Situation	How to Transition to Offence Using a Chest Pass
After Winning Possession	Quickly pass to a teammate to initiate a fast break or counterattack.
Breaking Opponent's Press	Use chest passes to move the ball out of a tight defensive area, transitioning smoothly into an offensive play.
Quick Ball Movement in Counterattack	Execute chest passes to maintain speed and accuracy during a counterattack, creating scoring opportunities.
Connecting Defense and Midfield	Chest passes allow defenders to connect with midfielders, facilitating a smooth transition into an offensive formation.

7. The overhead pass in handball involves several key steps in the following order that ensure its accuracy and effectiveness:

Grip: Hold the ball with one hand above shoulder level, ensuring a loose wrist and spread fingers. This grip allows for control over the ball while maintaining flexibility in the wrist for a smooth release.

- i. **Stance:** Stand with feet shoulder-width apart, sideways to the target, with the weight on the back foot to provide a stable base and prepare you for the transfer of weight during the pass.
 - ii. **Body Position:** The throwing arm is extended back over the shoulder, with the non-throwing arm pointing at the target. The lead leg steps forward, which aligns the body for an accurate and powerful pass.
 - iii. **Visualisation:** Look toward the intended target, focusing on a specific spot to increase accuracy and also to ensure that the pass is directed precisely to the intended target.
 - iv. **Initiate the Pass:** Extend the throwing arm backward, transferring weight from the back foot to the front foot while rotating the hips and torso to add power to the pass.
 - v. **Use the Body:** Extend arm fully as the weight shifts, to contribute to the momentum of the pass and to ensure balance and control.
 - vi. **Follow Through:** After releasing the ball, continue the follow-through by extending the arms completely. This helps to keep the pass straight and powerful.
 - vii. **Return to Ready Position:** Bring the hands back to the ready position, preparing for the next action on the court.
8. The overhead pass contributes to team coordination by enabling quick and accurate ball movement between teammates, facilitating strategic gameplay, and allowing for effective communication and timing during offensive plays.
 9. The overhead pass is most useful when a player needs to quickly pass the ball to a teammate who is farther away, particularly when trying to bypass defenders or move the ball down the court during fast breaks or transitions.
 10. In a high-pressure situation with only a minute left and trailing by one goal, the overhead pass can be a game-changing move:

Execution: I would quickly assess the court, identifying my open teammate near the opposing goal. With the clock ticking, I would assume the proper stance, focus on my teammate, and execute an overhead pass with maximum power and accuracy.

Considerations: I would consider the defenders' positions, the speed needed to deliver the ball, and the importance of not making an error under pressure. I would ensure that my follow-through is strong to maintain the accuracy of the pass, giving my teammate the best chance to score.

11. Complete the table to compare the overhead pass and chest pass in the game of handball.

Pass type	Purpose	Execution	Advantages	Situations best suited for
Overhead pass	Long, powerful passes over distance	One hand, above head, arm fully extended	High power, less susceptible to interception	Long-distance passing, breaking through defence
Chest pass	Quick, short to mid-range passes	Both hands, from chest level	Fast, accurate, suitable for close-range passing	Short to mid-range passing, quick ball movement

12. Key Steps Involved in Executing a Jump Shot in Handball:

- **Stance:** Begin with a balanced stance, feet shoulder-width apart, and knees slightly bent. Hold the ball with both hands near the chest.
- **Approach:** Take three or four quick steps towards the goal, with the last step being the longest and most powerful, propelling you into the air.
- **Take-Off:** Push off the ground with your stronger foot, lifting your body vertically while keeping your eyes on the goal.
- **Execution:** While airborne, bring the shooting arm back and then quickly whip it forward to release the ball. The non-shooting hand should be used for balance. Aim for a spot that is difficult for the goalkeeper to reach.
- **Recovery:** Land on both feet with your knees slightly bent to absorb the impact, ready to either continue the play or transition to defense.

13.

- A. In this scenario, the best shot to attempt could be a dive shot or a side shot. A dive shot allows you to get under the defenders' reach while using your momentum to direct the ball into the goal. A side shot might also be effective, as it can be executed quickly and from a lower angle, making it harder for the defenders and goalkeeper to block. The choice depends on the exact positions of the defenders and your own movement.
- B. Given this situation, a running shot would be ideal. Since you are already in motion, the running shot allows you to maintain your speed, making it difficult for defenders to adjust. Additionally, it enables you to catch the goalkeeper off guard with a quick and powerful shot. However, if the defenders are closing in fast, a jump shot might be more effective to get over their reach.

14. A dive shot involves significant physical risk as the player dives toward the goal while releasing the ball. The potential risks include collisions with defenders, hitting the floor hard, or landing awkwardly, which can lead to injuries such as sprains, fractures, or concussions. To minimize these risks, safety measures

should include proper technique training, wearing protective gear like knee pads, ensuring the playing surface is well-maintained, and teaching players to anticipate and avoid dangerous situations. Coaches should also emphasize the importance of executing dive shots only when necessary and when there is enough space to land safely.

15. Complete the table to compare the techniques of the five types of shooting in handball. (Jump shot, Running shot, Dive Shot, Side shot, Standing shot).

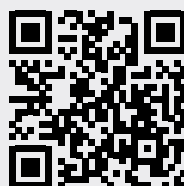
Type of shot	Stance	Execution	Follow-through	Advantages
Jump shot	Balanced knee bent	Jump off strong foot, shoot mid- air	Land softly, ready to continue	Difficult for defenders to block due to elevation
Running shot	Moving forward	Shoot while in stride	Continue running or prepare for defense	Maintains momentum, useful in fast breaks
Dive shot	Low, diving forward	Release ball while diving	Slide or roll to minimize impact	Low trajectory, difficult for defenders to block
Slide shot	Side-on to the goal	Quick release from the side	Maintain balance, prepare for next action	Quick, can be executed with little preparation
Standing shot	Stationary, balanced	Precise, controlled release from a standing position	Follow through towards goal, ready for defense	Allows for accuracy and control, useful in set plays

Extended Reading

Use the links to further access information on chest pass in handball



- <https://youtu.be/69Ap8WsenXc>



- <https://youtu.be/4tb-8W0SxcY>

Here is a summary of some relevant journals and books on passing in handball:

1. Blazic, B., Z. Soric, and J. Belford, eds. 1972. *Team handball—An exciting physical fitness game for all*. Winnipeg, Manitoba: Manitoba Team Handball Federation.
2. Marczinka, Z. 1993. *Playing handball: A comprehensive study of the game*. Budapest, Hungary: Trio Budapest.
3. International Handball Federation. 1987. *Handball: Sport for all—technique and method*. Basel, Switzerland: International Handball Federation.
4. Hamil, B.M., and J.D. LaPoint. 1994. *Team handball: Skills, strategies and training*. Dubuque, IA: Eddie Bowers
5. Johnson, C., and G. Macdonald. 1990. *Team handball: An instructional package for coaches, teachers and recreation leaders*. New Westminster, British Columbia: Douglas College
6. Reita E. Clanton and Mary Phyl Dwight. 1952. *Team Handball: Steps to Success*. Library of Congress Cataloging-in-Publication Data
7. [Handball vertical jump shot - Handball - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize](<https://www.bbc.co.uk/bitesize/guides/z32qmnbn/revision/4>)
8. “Passing and Catching while Moving - Part 1” by Jörg Madinger (<https://www.everand.com/book/316414111/Passing-and-Catching-while-Moving-Part-1-Handball-Reference-Book>).

Use these to further access information on the overhead pass in handball.

1. Blazic, B., Z. Soric, and J. Belford, eds. 1972. *Team handball—An exciting physical fitness game for all*. Winnipeg, Manitoba: Manitoba Team Handball Federation.
2. Marczinka, Z. 1993. *Playing handball: A comprehensive study of the game*. Budapest, Hungary: Trio Budapest.
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7. [Handball vertical jump shot - Handball - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize](<https://www.bbc.co.uk/bitesize/guides/z32qmnbn/revision/4>)
8. [Handball Drills Throwing & Shooting | planet.training](<https://planet.training/handball/throwing-shooting-drills>)

Use these to further access information on shooting in handball

1. Blazic, B., Z. Soric, and J. Belford, eds. 1972. *Team handball—An exciting physical fitness game for all*. Winnipeg, Manitoba: Manitoba Team Handball Federation.
2. Marczinka, Z. 1993. *Playing handball: A comprehensive study of the game*. Budapest, Hungary: Trio Budapest.
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6. Reita E. Clanton and Mary Phyl Dwight. 1952. *Team Handball: Steps to Success*. Library of Congress Cataloging-in-Publication Data

- 7.[Handball vertical jump shot - Handball - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize](<https://www.bbc.co.uk/bitesize/guides/z32qmnb/revision/4>)
- 8.[Handball Drills Throwing & Shooting planet.training](<https://planet.training/handball/throwing-shooting-drills>)

References

Use the links to further access information on passing in handball

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14. www.sportplan.net/handball

GLOSSARY

Accuracy

The condition or quality of being true, correct, or exact; free from error or defect; precision or exactness; correctness.

Coordination

The process of organising people or groups so that they work together properly and well or the harmonious functioning of parts for effective results.

Deflection

The act of turning aside or away from a straight course; a deviation from the original direction or focus.

Enthusiasm:

A strong feeling of excitement and eagerness about something; a passionate interest or enjoyment.

Evade:

To escape or avoid something, especially by cleverness or deceit; to avoid giving a direct answer to a question.

Facilitating:

Making a process easier or more achievable; helping to bring about an outcome or to assist in a task.

Fundamental Skills

The basic abilities or competencies that serve as the basis for a situation.

Techniques

A way of carrying out a particular task or activity.

Unpredictably

In a way that cannot be predicted.

Interception

The act of stopping or catching the ball while it is on its way from one place to another.

Recipient

A person or team member that receives the ball.

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Service (GES)



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