**Handball Visual Aid – Key Stage 1 & 2**

1) **Grip:** Fingers and thumb spread around the ball.

2) **Dribbling:** 3 steps then bounce. Encourage pupils to dribble the ball in front of them.

3) **Catching:** Aim to receive the ball out in front of the chest.

4) **Short Pass:** Swing the arm back and release the ball at waist height.
5) **Mid-Long Pass:** Apply this pass when attempting to get the ball to travel over a longer distance and to increase the power of a pass.

6) **Pivoting:** Players use the pivot in order to manoeuvre themselves so that they have a clear line of sight to ‘open’ players or the goal in order to make a pass or to shoot at goal. When pivoting one foot must remain on the floor rotating around it.

7) **Standing Shot:** Choose to use this shot when close to the goal.
8) **Jump Shot:** This shot enables players to increase the power of the shot. The extra height also allows players to choose whether to shoot directly at the goal or to bounce the ball in order to trick the goalkeeper.