

## **Handball.**

### **Skills required**

#### **Hands**

passing - right and left hand, short, long, stationary, on the move

catching - one handed, two handed, static, on the move

footwork - running pass, running shot, dribbling

evasion - feints with and without a ball

shooting where appropriate to position - jump shot, standing shot

defending - blocking, interceptions, stealing

### **Use of skills in game situations**

#### **Head**

contribution to open play: e.g. moving up court, moving into space, creating space, interceptions in attack and defence

contribution to set play/moves; free throws, goalkeeper throw, fast break,

decision making; making correct decision to use techniques as appropriate

demonstrating communication and influence on team performance

adhering to rules, health and safety guidelines



## **Volleyball.**

### **Skills required**

#### **Hands**

Dig

Set

Smash

Serve

## Use of skills in a game situation

### Head

decision making; making correct decision to use techniques as appropriate (Dig, Set, Smash)

demonstrating communication and influence on team performance

adhering to rules, health and safety guidelines



## **Basketball**

Skills required

### Hands

passing – chest and bounce pass

shooting – lay-up, set shot

dribbling – either hand, changes of direction

rebounding

footwork – pivot

### Head

Use of skills in a game situation

Half court defence

Out of bounds

Decision making

