

## **Handball**

### **Skills required**

#### **Hands**

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

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

control - stability in performance of skills, footwork - running pass, running shot,

evasion - feints with and without a ball, shooting - standing shot

defending - blocking, interceptions, man to man,

#### **Head**

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

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

decision making; making correct decision to use techniques as appropriate contribution to strategy and tactics

demonstrating communication and influence on team performance



## **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

