

Handball – Core and advanced skills

| | Core skill | Advance skill |
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| Year 7 | Catching: (two handed)/shot stopping (goalkeeper only) <ul style="list-style-type: none"> - Upper - Lower - From bounce Positions for catching the ball: <ul style="list-style-type: none"> - Frontal Dribbling with dominant hand Passing: <ul style="list-style-type: none"> - Standing Shooting: <ul style="list-style-type: none"> - Shot in place | Catching: (two handed)/shot stopping (goalkeeper only) <ul style="list-style-type: none"> - Half upper - From the ground - Jumping Positions for catching the ball: <ul style="list-style-type: none"> - Sideways |
| Year 8 | Catching: (two handed)/shot stopping (goalkeeper only) <ul style="list-style-type: none"> - Upper - Lower - From bounce - Half upper - From the ground - Jumping Positions for catching the ball: <ul style="list-style-type: none"> - Frontal - Sideways - Dribbling with dominant hand Passing: <ul style="list-style-type: none"> - Standing Shooting: <ul style="list-style-type: none"> - Shot in place Offensive and defensive movement: <ul style="list-style-type: none"> - Feinting with the body | Catching: (two handed)/shot stopping (goalkeeper only) <ul style="list-style-type: none"> - 'putting down' - Lunging Positions for catching the ball: <ul style="list-style-type: none"> - Backwards Passing: <ul style="list-style-type: none"> - Running Shooting <ul style="list-style-type: none"> - Leaning back Offensive and defensive movement: <ul style="list-style-type: none"> - Feinting a shot - Feinting a pass |
| Year 9 | Catching: (two handed)/shot stopping (goalkeeper only) <ul style="list-style-type: none"> - Upper - Lower - From bounce - Half upper - From the ground - Jumping - 'putting down' - Lunging | Catching: (one handed assisted on both sides)/ shot stopping (goalkeeper only) <ul style="list-style-type: none"> - Upper - Half upper - Lower - Mid-air - From bounce - From the ground - 'putting down' - Jumping |

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| | <p>Positions for catching the ball:</p> <ul style="list-style-type: none"> - Frontal - Sideways - Backwards <p>Dribbling with dominant hand</p> <p>Passing:</p> <ul style="list-style-type: none"> - Standing - Running <p>Shooting:</p> <ul style="list-style-type: none"> - Shot in place - Leaning back <p>Offensive and defensive movement:</p> <ul style="list-style-type: none"> - Feinting with the body - Feinting a shot - Feinting a pass | <ul style="list-style-type: none"> - lunging <p>Dribbling with either/both hands</p> <p>Passing:</p> <ul style="list-style-type: none"> - Forward jumping - Vertical jump <p>Shooting:</p> <ul style="list-style-type: none"> - Vertical jump shot - Striding/jump shot - Shot whilst falling <p>Offensive and defensive movement:</p> <ul style="list-style-type: none"> - Stealing the ball - creening an opponent without the ball - Screening an opponent with the ball |
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Decision making and tactical awareness, to include

- When to pass/shoot/dribble
- Where to pass/shoot/dribble
- Which pass to make
- Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays
- Attacking positioning on the field
- Defensive positioning on the field
- Defensive ploys – man to man marking, zonal marking
- Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
- Awareness of the rules and regulations of the game and their application (including refereeing signals)
- Positioning and organisation at defensive set pieces, communication