



May 4 - 8, 2020

Topic: HANDBALL – Types of passing

Lesson:

Last week our activity is how to pass and to receive ball in handball, which one of the basic needs to learn in skills of handball. Now we are going to tackle the kinds of passing on hand last time I discuss the types of passes and a tackle what is uses and so far as I know I give an assignment for that.

- ✓ **One hand pass:** The one pass is most basic pass in handball it is using by one hand to pass to your teammate, the procedure is you may hold the ball with two hands and you step you primary foot either right or left forward next is you will hold the ball either right or left you move your arm in a up position and the level of the ball on your ears, and you will throw the ball towards you partner with a follow thru of your hands.
- ✓ **Bounce pass:** It the second basic pass in handball the procedure of this pass this the same of one hand but this time you will bounce to the ground in ones toward to your partner.
- ✓ **Quick pass:** this pass is commonly use in a short distance pass and very quick, the procedure of this pass you may hold the ball with two hands and you step your foot forward and hold the ball, after you hold the you will move your arm in down positon and move your arm upward and you flit your hand and pass the ball to your partner.

To do list:

1. Please practice again the 3 types of passing for our next practical activity.
2. Please do the proper procedures or you refer on YouTube for seeing the proper execution.

Note:

Again you can ask help on your brother and sister to enable to practice better.