

Handball

**Preparation**

\_\_\_\_\_1. Grip ball with two hands at waist

\_\_\_\_\_2. Place feet shoulder width apart

**Execution**

\_\_\_\_\_3. Step laterally toward target

\_\_\_\_\_4. Raise and point elbow toward target

\_\_\_\_\_5. Grip ball in passing hand

\_\_\_\_\_6. Transfer weight toward target

\_\_\_\_\_7. Extend elbow

\_\_\_\_\_8. Flip wrist

\_\_\_\_\_9. Push ball with thumb

**Follow-Through**

\_\_\_\_\_10. Extend and relax passing arm

\_\_\_\_\_11. Bend knee

\_\_\_\_\_12. Put weight on passing-side foot