

# Invasion Sports

## Team Handball Set Shot - Feedback

- \_\_\_\_\_ Shift weight on back foot.
- \_\_\_\_\_ Flex elbow at ninety degrees or greater.
- \_\_\_\_\_ Rotate shoulders perpendicular to goal.
- \_\_\_\_\_ Lift head up and look at goalie.
- \_\_\_\_\_ Step forward transferring weight from rear to front foot.
- \_\_\_\_\_ Rotate and square shoulders to goal.
- \_\_\_\_\_ Throw ball leading with elbow and aiming for open corner.
- \_\_\_\_\_ Whip forearm and snap wrist on release.
- \_\_\_\_\_ Follow through with arm across the body.

