

Invasion Sports

Team Handball Jump Shot

- _____ Take three steps.
- _____ Jump
- _____ Plant foot opposite throwing arm.
- _____ Drive knee up.
- _____ Raise shooting arm up and back.
- _____ Rotate shoulders square to goal.
- _____ Bring arm forward using whipping action.
- _____ Pike slightly at waist.
- _____ Land on takeoff foot.



*Use jump shot to shoot over a defender or when jumping into the goal area to shoot.