

GAA HANDBALL

PERFECT

YOUR TECHNIQUE



A STEP-BY-STEP GUIDE TO DEVELOPING
YOUR SHOT TECHNIQUE IN HANDBALL

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HANDBALL



UNDERARM STROKE

THE UNDERARM STROKE is the most basic of the three strokes and is generally used to strike the ball at waist level or below. It can be used as a defensive or offensive shot.

Sometimes it will be necessary to use this stroke on retrieving low hit shots directly in front of the player, and on back wall shots that are very close to the side wall. It is also the stroke used in the underhand fist ceiling shot, or whenever the ball is too close to the body to use the sidearm or low sidearm stroke.

- **Body position** facing side wall with knees slightly bent
- **Point of contact** at centre of body, below waistline
- **Fingers pointing** towards floor at contact
- **Weight starts** on back foot, and transfers onto the front foot
- **Off hand used** as a guide and balance, and you follow through with the direction of the ball

COACHES CORNER



Coaches tip to help you execute this skill...

Imagine your arms to be the arms on a clock.

Starting position at 11pm and finishing position at 2pm.



OVERARM STROKE

THE OVERARM is generally the most natural stroke for a beginner to execute. It is used when striking the ball at shoulder level or above. It is mostly used as a defensive stroke.

The most regular instance in which the overarm stroke is used, would be when executing an overhand ceiling shot in the 40x20 court. It is an important defensive shot for a young player to develop and be able to execute of both hands. It is also regularly used as an attacking serve in the One-Wall code to serve the ball deep with power.

- **Body position** rotates from side to front, with knees slightly flexed.
- **Weight starts** on back foot, and transfers onto the front foot
- **Contact point above** shoulder level, with elbow bent.
- **Fingers pointing** towards ceiling on contact.
- **Off hand used** as a guide and balance, and you follow through with the direction of the ball

COACHES CORNER



Coaches tip to help you execute this skill...

If you are finding the skill difficult to execute, try throwing the ball using the overhand stroke.

Start the swing with your throwing/ striking arm bent at shoulder height, at 90 degrees.

COACHES CORNER



Coaches tip to help you execute this skill...

If you are having difficulty performing the sidearm, visualize 'skimming a stone' whilst executing the sidearm via a throwing motion.

The sidearm technique is very similar to the overarm technique, with the key difference being further flexion of the back in particular, and the knees.



SIDEARM STROKE

THE SIDEARM is the most complex of the three strokes, and is mainly used as an attacking option to hit either kill shots or low passing shots. It is also the most prominent stroke among the games elite players to hit low power serves.

It is a very complex skill for a beginner to learn, and thus throwing the ball is a useful exercise to help the player develop the correct body movement without the added pressure of striking the ball. The sidearm stroke is more prominently used in the 40x20 and One-Wall codes of Handball.

- **Body in crouched** position facing sidewall
- **Weight starts** on back foot, & transfers onto the front foot
- **Elbow is bent** and wrist is curled on backswing
- Make sure to get into an **adequate pre-shot position**, allowing the ball to drop below waist level.
- **Contact point** away from body, in line with centre
- **Forearm and fingers** point to sidewall, and you follow through in the direction of the ball.

GET THE **BASICS** RIGHT...

HAND CUPPED

WHEN STRIKING THE BALL, THE HAND SHOULD BE:

- 1) Held in a relaxed cup, with fingers closed
- 2) The wrist should be loose and flexible
- 3) Contact should be made in the cupped hand, near the base of the first two fingers

BALL CONTACT

WHEN MAKING CONTACT WITH THE BALL, CONTACT SHOULD ALWAYS BE MADE IN LINE WITH THE VERTICAL MIDLINE OF THE BODY.

If you strike the ball before the midline, then the ball will likely go lower than you want. If you strike the ball after the midline, then the ball will likely go higher than you want.

BODY POSITIONING & FOOTWORK...

FOOTWORK IS THE MOST IMPORTANT FUNDAMENTAL TO HITTING THE BALL PROPERLY.

The ball will rarely come to a player in a perfect position to be hit. Thus it is essential that the player moves into a position in order to have the best opportunity to use the proper stroke. Whenever the ball is in play, the player should quickly move into a side on position about six feet deeper in the court than where the ball will be contacted. This is called the 'pre-shot' position.

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