

## 32 HANDBALL OUT THE BACK

**Purpose:** Move the ball away from an opponent ahead of the player in possession.

### ORGANISATION

- ▶ 7 players per group.
- ▶ F rolls the ball to handballer A (R1).
- ▶ Opponent puts pressure on handballer (2).
- ▶ Handballer turns and handballs quickly to target B behind him (Hb2).
- ▶ B then handballs to C on the fly (Hb4).
- ▶ C kicks to targets (K5).
- ▶ Rotate roles.

### COACHING POINTS

- a. The distance the opponent is from A will alter the pressure on the first handball.
- b. The aim is to move the ball as far and as quickly as possible from the pressure coming from the front.

