**FASTRAK TO LEARNING HANDBALL**

While it may take years to develop the skills to play competitive handball it only takes a few minutes to learn the fundamental strokes. This guide is intended to have the new player stroking the ball during their first session. If the new player takes the time to develop these strokes the next step is to seek coaching and mentoring from a local handball player and to contact the United States Handball Association for additional instructional and training

**Step 1-Equipment**

The necessary tools are a ball and a wall. During your first session it is recommended that the new player use a ball that is at least 2 inches in diameter (tennis ball or racquetball) and stand no more than 6’ from the wall. If you are playing on a 4-Wall court it is recommended that instead of using the court long ways that you use the court sideways. In other words use the side wall as a front wall.

**Step 2-Throwing**

Before you can hit a handball you must know how to throw a ball. Begin by throwing the ball with your dominant hand and catching the ball with your non-dominant hand, then throwing the ball with your non-dominant hand and catching the ball with your dominant hand. Repeat. Throw-turn-catch, throw turn, catch, etc.

Get sideways with your belly button facing the side wall make an ‘L’ with your throwing arm by bending your arm (fingers pointing up), raise your lead arm and point it toward your target, transfer your weight to your rear leg, pretend your lead arm is ‘moving a curtain’ as it clears for your throwing arm, move forward ‘leading with the elbow’ (elbow ahead of hand) of your throwing arm, as your arm moves forward your bent arm is extended at release (flex to extend), transfer your weight to your front leg, step toward your target so that your belly button is now facing the front wall

**Step 3-Hitting the ball**

The only difference between throwing the ball and hitting the ball is contact with your hand. Your hand should be cupped like you are ‘shaking hands’ and should NOT be flat like a paddle, your hand should not be ahead of your elbow , contact the ball at the base of your fingers with your arm fully extended

Drop and hit: Use the same technique as throwing a ball. Drop and ‘hit’ the ball with your dominant hand and catch the ball with your non-dominant hand. Drop and hit the ball with your non-dominant hand and catch the ball with your dominant hand. Repeat. Hit-turn-catch, Hit-turn-catch, etc.

Rally: Drop and hit the ball with your dominant hand to your non-dominant hand, hit the ball with your non-dominant hand to your dominant hand and keep the ball in play as long as you can using both your dominate and non-dominant hands. Hit-turn, hit-turn, hit-turn, etc.

**Summary**

You are now playing handball. Try to keep the ball in play as long as you can. As your skills increase, adjust by moving away from the front wall and by using a smaller ball. The path of the ball will travel perpendicular to your shoes. Strike the ball in the center of your body and adjust the direction you are hitting the ball by moving