

Handball Drills and Techniques

Sports · Practice Test · 10 Questions

1. What is the purpose of the 'Overhead Part' drill?

- A) To practice overhead passes
- B) To improve bouncing skills
- C) To develop quick hand-eye coordination
- D) To practice defensive movements

2. Which drill helps practice coordination with both hands?

- A) Großover
- B) Bouncing
- C) Overhead Part
- D) Hand Bye

3. The 'Bouncing' drill involves what action with the ball?

- A) Throwing it high
- B) Bouncing it unexpectedly
- C) Rolling it on the ground
- D) Catching it with one hand

4. What skill does the 'Großover' drill aim to improve?

- A) Defensive blocking
- B) Quickly passing the ball from one hand to another
- C) Accurate long throws
- D) Agility around the court

5. The 'Hand Bye Goinction' drill is designed to improve what?

- A) Footwork
- B) Catching and throwing accuracy
- C) Stamina
- D) Team communication

6. According to Page 2, what is a 'Chett r'?

- A) A type of pass
- B) A drill name
- C) A scoring move
- D) A defensive stance

7. What does 'Tuworet oF asiny' likely refer to?

- A) Types of throws
- B) Passing techniques
- C) Training methods
- D) Player positions

8. The 'Oyeod ftt' drill involves throwing the ball where?

- A) Towards a teammate
- B) Above your head
- C) Towards the goal
- D) Onto the ground

9. What is the primary focus of the drills described in the text?

- A) Shooting accuracy
- B) Goalkeeping skills
- C) Passing and catching
- D) Player stamina

10. The 'Bouncing te laoll cepectediy wth ove hand whie aeg acound he coae' description most likely refers to which drill?

- A) Großover
- B) Bouncing
- C) Overhead Part
- D) Hand Bye