

The Chinese University of Hong Kong P.E. Unit  
Content – Handball

<b>Week</b>	<b>1<sup>st</sup> Period</b>	<b>2<sup>nd</sup> Period</b>
<b>1</b>	1. Class regulations 2. Introduction of the course content	1. Ball sense practice 2. Ball holding with single hand 3. Ball catching with two hands (high & low)
<b>2</b>	1. Overarm pass warm up 2. Overarm pass (Chest, bounce)	1. Overarm pass with side steps 2. Application: fast break from goalkeeper
<b>3</b>	1. Overarm pass 2. Running overarm pass	1. Wrist pass 2. Running wrist pass
<b>4</b>	1. Overarm shot 2. Overarm shot with side steps 3. Overarm shot with cross steps 4. Running shot	1. 3 steps jump shot 2. Running pass between 2 players with shot 3. Introduce fall shot
<b>5</b>	1. Dribbling 2. Dribbling with shot (e.g. Running 3 steps with ball, dribble, and shoot after running another 3 steps)	1. Left, right wing shot 2. Wing shot after passing
<b>6</b>	1. Individual basic defense 2. Individual defense footwork 3. Individual breakthrough & feint	1. 1 vs 1 offense and defense 2. Shooting with 'H' formation 3. 2 vs 1 offense and defense
<b>7</b>	1. Shooting with 'X' formation 2. 2 vs 1 offense and defense 3. Advance 'X' formation with roll in shot	1. Shooting with 'H' + 'X' formation Centre shot 2. 3 vs 2 offense and defense
<b>8</b>	1. Pivot shooting 2. 4 vs 3 with pivot 3. 5-1 offense	1. Basic position of goalkeeper 2. Saving techniques of goalkeeper 3. Fastbreak initiated by goalkeeper
<b>9</b>	1. 6-0 defense 2. 5-1 defense 3. Introduction of other defense formation	1. Introduction and practice of offense / defense tactics 2. 6 vs 6 offense and defense
<b>10</b>	1. Game introduction and practice of offense / defense tactics	Game
<b>11</b>	Game & revision	Game & revision
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination & course evaluation