

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

Week	1 st Period	2 nd Period
1	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)
2	1. Shoulder pass warm up 2. Shoulder pass (Chest, bounce)	1. Shoulder long pass with side steps 2. Application: fast break from goalkeeper 3.
3	1. Side shoulder pass 2. Running shoulder pass	1. Side pass 2. Running side pass
4	1. Shoulder shot 2. Shoulder shot with side steps 3. Shoulder shot with cross steps 4. Running shot	1. 3 steps jump shot 2. Running pass between 2 players with shot 3. Demonstrate falling shot
5	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
6	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
7	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
8	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
9	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
10	1. Game introduction and practice of offense / defense tactics	Game
11	Game & revision	Game & revision
12	Examination	Examination
13	Examination	Examination & course evaluation