



UNITED STATES HANDBALL ASSOCIATION

**Cues are words or short phrases that serve as reminders for how to perform something. You must fully demonstrate and explain each skill/technique while incorporating the cues. Once students understand how to perform the skill/technique, the cues should be used consistently to remind students what to do.**

Skill/Technique	Explanation	Cues
<b>Management Routines</b>		
➤ Starting a Drill/Activity (Start Routine)	Students begin only upon your signal	“When I say GO, I want you to . . . “
➤ Stopping a Drill/Activity (Stop Routine)	Students stop activity/drill upon your signal	“Freeze!” or “Stop!” or “Catch and Hold”
➤ Forming a Line	Students line up in single file lines arms length apart	“Line up in groups of”
➤ Equipment Routine	Students should not handle equipment when you are talking. Provide students with a standard routine (such as the ball is held with two hands behind the back) to use when you are providing instruction.	“Hold the equipment!” or “Hold the handballs!” or “Catch and Hold”
<b>Skills</b>		
➤ Footwork: Sliding movement	Students have shoulder toward target, with one foot in the leading. Front foot advances, while the other foot moves next to the forward foot.	“Step – close – step – close –step – close”
➤ Overall movement for hitting the ball	Students should keep feet in motion, and regardless of the shot performed, students should always watch the ball.	“Fast feet” “Short steps” and “Eye/Nose on the ball” or “Watch the ball” or “Head goes Down”

<p>➤ Overhand throw/strike (Start phase)</p>	<p>Students should stand sideways or perpendicular to target, holding the throwing hand by the ear and non-throwing hand in front. Ball should be held comfortably in the hand with the hand higher than the elbow.</p>	<p>“Belly button to the sidewall” and  “Soft hand” and  “Hand by ear” and  “Elbow high” "make a 'L'  “Shoulder back”  “Weight Back”</p>
<p>➤ Overhand throw/strike (Throw/striking phase)</p>	<p>Students should begin to step toward target with the opposite foot. The non-throwing arm should move across the body (away from throwing arm, as if moving a curtain over in order to throw) to open the shoulders. The throwing arm is relaxed (not tense) and the elbow of the throwing arm is bended and leads the throw to the target. Release at center.</p>	<p>“Step with lead foot” or “Step to Hit” or  “Step with the opposite foot” and  “Push the curtain” and  “Rubber arm” and  “Lead with the elbow” or  “Throw your elbow to the wall”  “Flex to Extend”  “Release Point”  “Head goes Down”  “Hit a Strike”</p>
<p>➤ Overhand throw/strike (Follow-through phase)</p>	<p>Throwing hand and foot on the opposite side should point to the target. Release/contact the ball at center of body. Hit the ball with a cupped hand.</p>	<p>“Point to target” or  “Point” and  “contact like shaking hands”</p>
<p>➤ Sidearm throw/strike (Start phase)</p>	<p>Students should stand sideways or perpendicular to target, holding the throwing hand by the ear and non-throwing hand in front. Ball should be held comfortably in the hand with the elbow higher than the hand. Feet should be relatively close together or no more than shoulder width apart.</p>	<p>“Belly button to the sidewall” and  “Soft hand” and  “Hand by ear” and  “Elbow high” and  “Shoulder back”  “Weight Back”</p>
<p>➤ Sidearm throw/strike (Throw/Striking phase)</p>	<p>Students should begin to step toward target with the opposite foot. The non-throwing/striking arm should move across the body (away from throwing/striking arm, as if moving a curtain over in order to throw) to open the shoulders. The throwing/striking arm is relaxed (not tense) and the elbow of the throwing arm leads the throw to the target. As the throw/strike occurs, the throwing/striking arm shoulder is lowered such that it is close to waist level at contact.</p>	<p>“Step with lead foot” or “Step to Hit”  “Push the curtain” and  “Rubber arm” and  “Lead with the elbow” or  “Throw your elbow to the wall” and  “Shoulder low”  “Hit a strike”</p>

➤ Sidearm throw/strike (Follow-through phase)	Throwing hand and foot on the opposite side should point to the target. Release/contact the ball at center of body.	“Point to target” or “Point” and “Rotate hips” “Belly button facing the front wall”
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<b>Drills*</b>		
➤ Partner Throw/Striking	Student throws or strikes the ball to the front wall to another student either behind or next to them.	“Make your Partner a Success”
➤ Baseball Tee Drill (footwork)	Ball is tossed to the floor, near the wall. After the ball rebounds from the wall, ball bounces repeatedly (student’s choice) toward the student. The student quickly moves back, quickly transitions and moves forward to strike the ball.	“Toss-floor-wall-floor hit” “Back – up!” or “Back – go!”
➤ Toss and Hit	Students toss the ball underhand to the wall. After the ball rebounds off the floor once, student strikes the ball.	“Toss – wall – floor-hit.”

**\*Additionally, all drills should be simplified with cues to help students remember. Cues can help students remember: 1) the sequence of contacts; or 2) the sequence of movement; or 3) the sequence of activities.**