

Foreword

Passing and catching are two basic techniques in handball, which have to be continuously practiced and improved in training. The 25 practical exercises given here offer many variations to train passing and catching, both challenging and varied. A special focus is to be put on improving the accuracy in passing and catching in motion with high dynamics. Therefore, the exercises are combined with new pathways and near-to-play movements.

The exercises are easy to understand and clearly explained using simple language and diagrams, and can be integrated directly into each training session. Passing and catching can be adapted to different levels of difficulty and complexity for all age groups.

Second edition

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