

Organised by the Handball Association of Hong Kong, China
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Handball 〉

Objective: To establish clear technical standards for handball through a tiered assessment system, enabling students to gauge their own proficiency, set personal goals, and progressively improve their skills.

Badge Levels:	Credential Level	Assessment Items (Please refer to Annex I for details)	Passing Criteria
	Bronze	Passing, Standing Shot (6-metre shot) and Footwork	Please refer to Annex II
	Silver	Passing, Jump Shot and Footwork	
	Gold	Passing, Jump Shot, Standing Shot (6-metre shot) and Footwork	

Participation and Award: Participants of the “Sports Experience Programme – Handball” and the “Outreach Coaching Programme – Handball” training courses under the School Sports Programme will be assessed by their coach against the badge requirements at the end of the course. Those who meet the required standards will be awarded a badge and certificate by the Leisure and Cultural Services Department (LCSD) as an encouragement.

Collection of Certificates: Teachers are required to return the “Record of Assessment by Individual” and the “Record of Assessment by Coach” to the LCSD within one week of the assessment. Upon verification, the badges and certificates will be sent to the schools by post for teachers to distribute to qualified participants.

Enquiries:

- (1) The Leisure and Cultural Services Department
Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin
Telephone No.: 2601 7602 **Fax:** 2684 9076
Website: www.lcsd.gov.hk **Email:** ssp@lcsd.gov.hk

- (2) Handball Association of Hong Kong, China
Address: Room 2007, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
Telephone No.: 2504 8119 **Fax:** 2577 5570
Website: www.handball.org.hk **Email:** info@handball.org.hk

Remark: The Badges Award Scheme (Handball) is co-ordinated and developed by Handball Association of Hong Kong, China.

School Sports Programme – Badges Award Scheme

Key Techniques for Handball

(Use size 1 balls for primary students, and size 2 for secondary students.)

1. Passing

- Stand shoulder width apart, step back with the foot on the throwing side into a staggered stance, and point the non-throwing arm at the target;
- Raise the throwing hand with the elbow bent at an angle greater than 90 degrees (grip the ball firmly, mainly using the thumb and little finger);
- Extend the non-throwing arm with the elbow at shoulder level;
- Generate power from the hips through the chest, upper arm, forearm, wrist to the fingers, and release the ball in one fluid motion;
- Follow through on the release with the fingers pointing towards the target as the back foot steps forward.

2. Jump Shot

- Move towards the ball;
- Catch the ball in a staggered stance;
- Complete the jump shot within three steps after catching the ball;
- Take off on one foot;
- Raise the throwing hand with the elbow bent at an angle greater than 90 degrees. Grip the ball firmly, primarily using the thumb and little finger;
- Extend the non-throwing arm to maintain balance;
- Generate power from the hips through the chest, upper arm, forearm, wrist to the fingers, and execute a powerful shot;
- Follow through on the release with the fingers pointing towards the target.

3. Footwork – Side-step

- Keep the body upright with a slight forward lean;
- Keep the knees bent and shuffle sideways;
- Keep the centre of gravity as low as possible;
- When moving, push off the ground with the back foot;
- Extend the arms with palms facing forward, eyes looking ahead, and maintain balance while moving.

School Sports Programme – Badges Award Scheme
〈 Handball 〉
Badge Requirements (Bronze Award)

Techniques	Badge Requirements	Assessment Details	Set-up
Passing	Perform 8 overhead passes, with a minimum of 4 attempts exceeding 8 metres in distance and meeting the required height.	- The participant stands on the baseline facing the court; - Pick up a handball from the ground; - Begin passing on the “go” signal; - Maintain a passing height between the participant’s waist and 2 metres.	- Place 10 handballs on the baseline next to the goal; - Place 1 cone on the baseline next to the goal; - Place another cone inside the court area, 5 metres away from the baseline cone.
Standing Shot (6-metre shot)	Perform 5 standing shots from a distance of 6 metres, with a minimum of 3 shots hitting the designated target area.	- The participant stands at the 6-metre mark facing the goal with a handball; - Begin shooting on the “go” signal; - The designated target area is the side netting of the goal.	- Set out 1 cone 6 metres away from the goal at a 45-degree angle; - Place 10 handballs next to the cone.
Footwork	Starting from the designated position, complete 2 sets of the specified movement patterns in the prescribed sequence within 30 seconds.	The participant moves in sequence from Point A to Points B, C and D, then return to Point A.	- Set out cones as shown in the diagram below; - Space the cones 3 metres apart. ○A D○ ○C B○

(Use size 1 balls for primary students, and size 2 for secondary students.)

School Sports Programme – Badges Award Scheme
〈 Handball 〉
Badge Requirements (Silver Award)

Techniques	Badge Requirements	Assessment Details	Set-up
Passing	Perform 8 overhead passes, with a minimum of 6 attempts exceeding 10 metres in distance and meeting the required height.	- The participant stands on the baseline facing the court; - Pick up a handball from the ground; - Begin passing on the “go” signal; - Maintain a passing height between the participant’s waist and 2 metres.	- Place 10 handballs on the baseline next to the goal; - Place 1 cone on the baseline next to the goal; - Place another cone inside the court area, 5 metres away from the baseline cone.
Jump Shot	Perform 5 jump shots from a distance of 10 metres, with a minimum of 3 shots hitting the designated target area.	- The participant stands at the 10-metre mark facing the goal with a handball; - Perform a jump shot within 3 steps on the “go” signal; - The designated target area is the side netting of the goal.	- Set out 1 cone 10 metres away from the goal at a 45-degree angle; - Place 10 handballs next to the cone.
Footwork	Starting from the designated position, complete 3 sets of the specified movement patterns in the prescribed sequence within 30 seconds.	The participant moves in sequence from Point A to Points B, C and D, then return to Point A.	- Set out cones as shown in the diagram below; - Space the cones 3 metres apart. ○A D○ ○C B○

(Use size 1 balls for primary students, and size 2 for secondary students.)

School Sports Programme – Badges Award Scheme
〈 Handball 〉
Badge Requirements (Gold Award)

Techniques	Badge Requirements	Assessment Details	Set-up
Passing	● Perform 10 overhead passes, with a minimum of 8 attempts exceeding 10 metres in distance and meeting the required height.	● The participant stands on the baseline facing the court; ● Pick up a handball from the ground; ● Begin passing on the “go” signal; ● Maintain a passing height between the participant’s waist and 2 metres.	● Place 10 handballs on the baseline next to the goal; ● Place 1 cone on the baseline next to the goal; ● Place another cone inside the court area, 5 metres away from the baseline cone.
Jump Shot	● Perform 5 jump shots from a distance of 10 metres (each to be completed within 3 steps), with a minimum of 3 shots hitting the designated target area.	● The participant stands at the 10-metre mark facing the goal with a handball; ● Perform a jump shot within 3 steps on the “go” signal; ● The designated target area is the side netting of the goal.	● Set out 1 cone 10 metres away from the goal at a 45-degree angle; ● Place 10 handballs next to the cone.
Standing Shot (6-metre shot)	● Perform 5 standing shots from a distance of 6 metres, with a minimum of 3 shots hitting the designated target area.	● The participant stands at the 6-metre mark facing the goal with a handball; ● Begin shooting on the “go” signal; ● The designated target area is the side netting of the goal.	● Set out 1 cone 6 metres away from the goal at a 45-degree angle; ● Place 10 handballs next to the cone.

School Sports Programme – Badges Award Scheme
〈 Handball 〉
Badge Requirements (Gold Award)

Techniques	Badge Requirements	Assessment Details	Set-up
Footwork	Starting from the designated position, complete 3 sets of the specified movement patterns in the prescribed sequence within 30 seconds.	The participant moves in sequence from Point A to Points B, C and D, then return to Point A.	- Set out cones as shown in the diagram below; - Space the cones 3 metres apart. ○A D○ ○C B○

(Use size 1 balls for primary students, and size 2 for secondary students.)