What are the best ways to defend?

Key Vocabulary	Handball
Space	An open area on the court where a player can move to get free from defenders or receive the ball.
Receive	To catch or take the ball safely when a teammate passes it to you.
Support	Helping a teammate by moving into a good position where you can receive a pass or create options.
Control	Keeping the ball steady and secure when catching, holding, or preparing to pass or shoot.
Accuracy	How exact a pass or shot is, aiming the ball carefully so it goes where you want it to.
Intercept	To stop a pass by catching or blocking the ball before it reaches the opponent.
Dribbling	Bouncing the ball repeatedly while moving to keep possession and advance on the court.

Steps to Success in Handball
To pass/send a ball whilst on the move
To shoot whilst under pressure
To pass the ball over different distances whilst moving
To decide on ways to attack during games
To decide on ways to defend during games
To play handball games against others