



BASIC

HandBall

TEKNIK DASAR PERMAINAN HANDBALL

OVERVIEW COURSE

A background image showing children playing handball on an indoor court. One child in a white and red jersey is holding the ball, while others in yellow and white jerseys are nearby. The court floor is green with blue lines.

HANDBALL DEVELOPMENT PROGRAMS (ABTI JAWA TENGAH)

BASIC SKILL HANDBALL

HANDBALL DRILLS (TECHNIQUE)

BASIC SKILL



Passing

Catching

Shooting

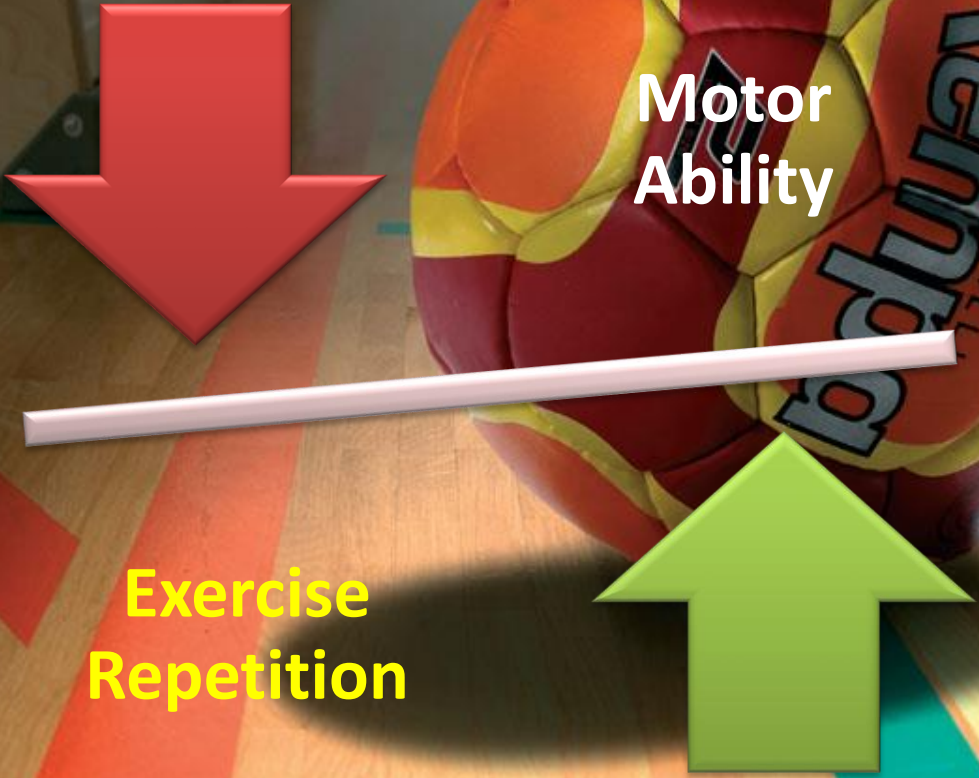
Feint

Dribbling

Duel

Goalkeeper

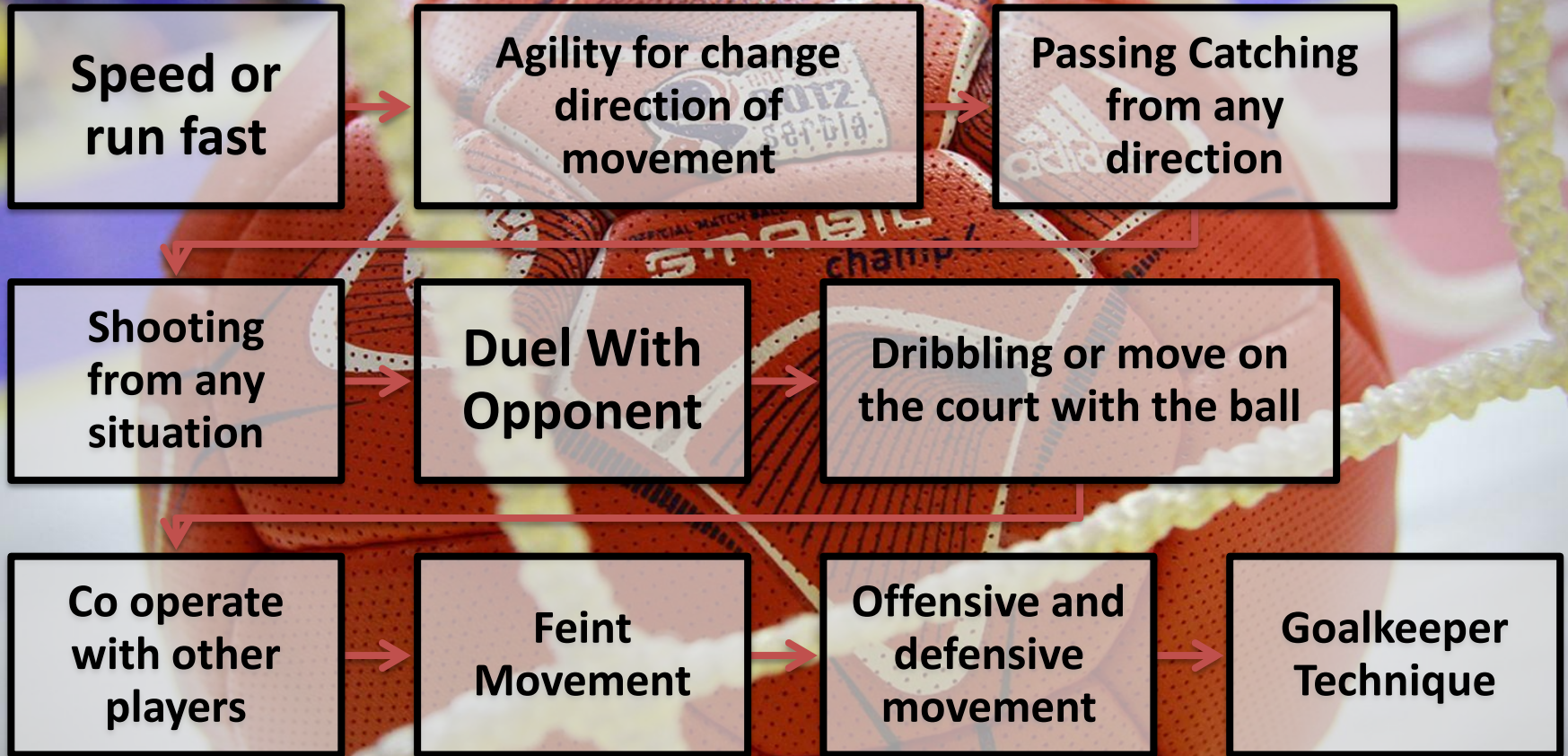
- Seperti pada cabang olahraga pada umumnya basic skill atau basic technique/Teknik dasar dipengaruhi oleh 2 hal :



**Motor
Ability**

**Exercise
Repetition**

BASIC PLAYERS ABILITY



CATCHING THE BALL

- Posisi pemain pada saat menangkap bola dalam handball dibagi menjadi 3 yaitu :

Frontal Position

- Sangat sering digunakan

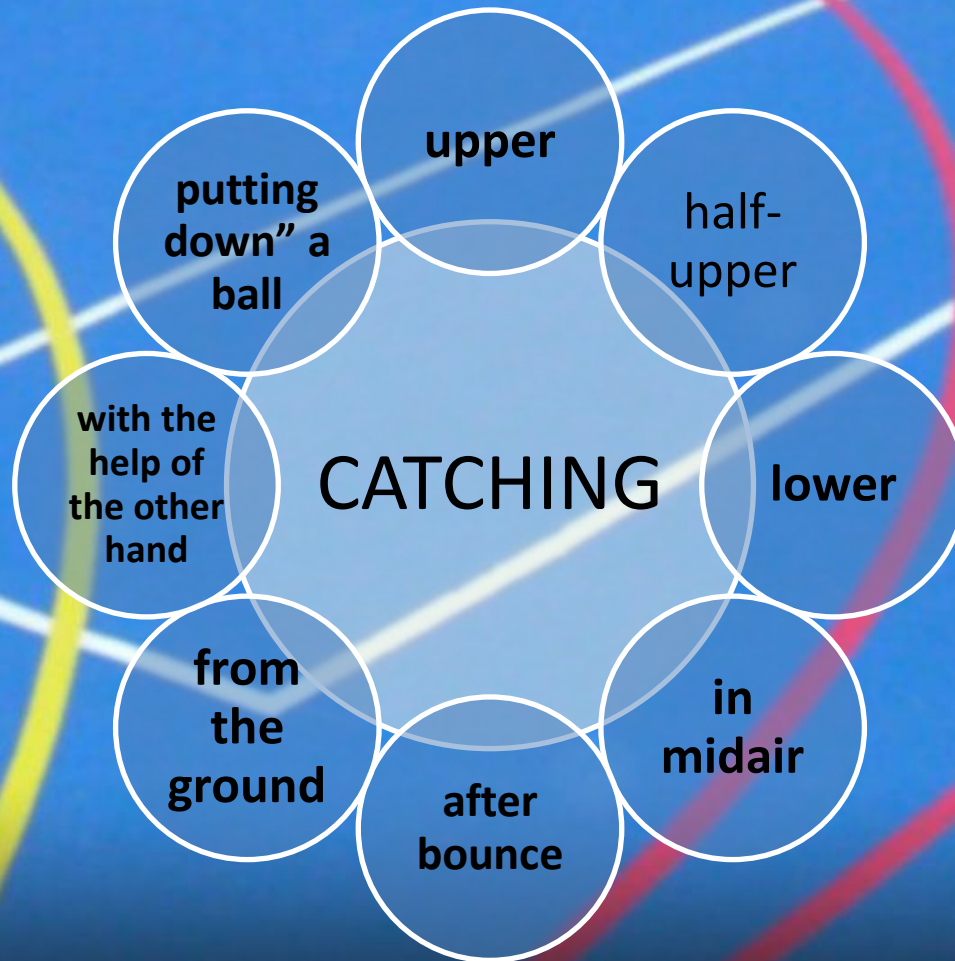
Sideward position

- Digunakan pada saat tertentu

Backward position

- Digunakan pada saat serangan cepat (fast break)

VARIOUS CATCHING METHOD



PASSING

- Terdapat 4 type saat melakukan passing yaitu :

standing

while
running

with jump
(preliminary
stride)

with
vertical
jump

PASSING TECHNIQUE

Satu Tangan

**Upper
pass**

**Half
Upper
Pass**

**Lower
Pass**

**Near
Hip**

**Dua
tangan**

**Upper
pass**

**Half
Upper
Pass**

**Lower
Pass**

SHOOTING

A handball player in a black and red jersey is shown in mid-air, holding a yellow and blue handball above his head with his right arm, preparing to shoot. Other players in blue and orange jerseys are visible in the background on a blue court.

Shooting berdiri (ditempat)

Leaning Back Shot

Vertical Jump Shot

Stride /Jump Shot /Flying Shoot

Shot While Falling

Situational Shots (in particular situations)

Penalty Throw

DRIBLING

- Dribling dalam handball sangat jarang digunakan atau hanya dalam situasi tertentu saja.

Dribbling dengan arah lurus

Dribbling dengan variasi kecepatan

Dribbling dalam pengawalan

Dribbling tanpa pengawalan

FEINTS

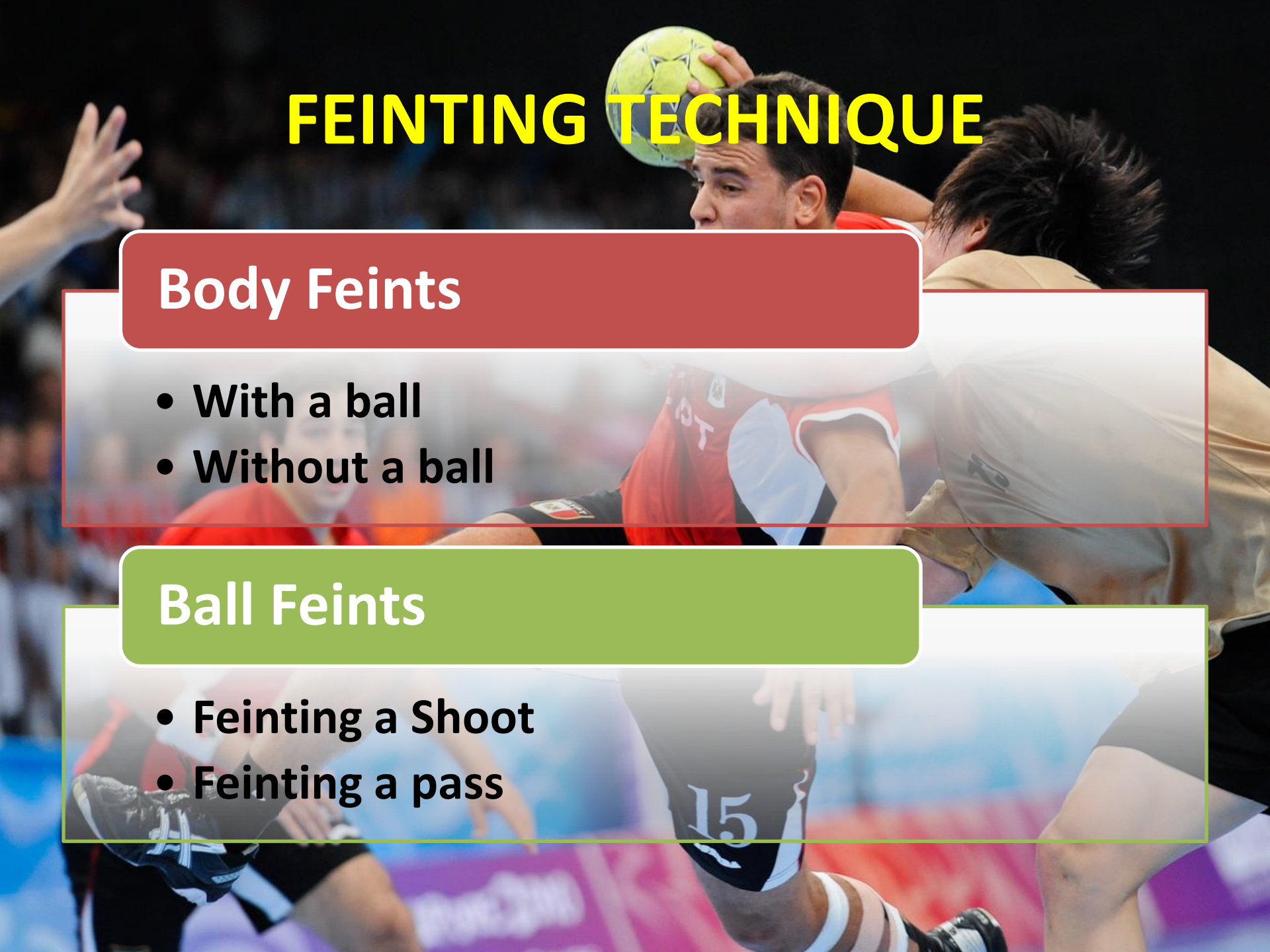
- Feint adalah gerakan pura-pura/gerak tipu
- Ini banyak dilakukan oleh Pivot atau pemain sayap.
- Tujuan Feint/gerak tipu antara lain :

Mencari posisi untuk shooting

Melakukan passing

Mencari posisi untuk menerima passing

FEINTING TECHNIQUE

A background image of a handball match. A player in a red jersey is holding a yellow ball, looking down at it. Another player in a white jersey is jumping towards him, attempting to block or steal the ball. The scene is dynamic, with motion blur on the players' limbs.

Body Feints

- With a ball
- Without a ball

Ball Feints

- Feinting a Shoot
- Feinting a pass

GOALKEEPER

- Elemen dasar seorang penjaga gawang antara lain

Posture

Moving

Using Hand (upper balls)

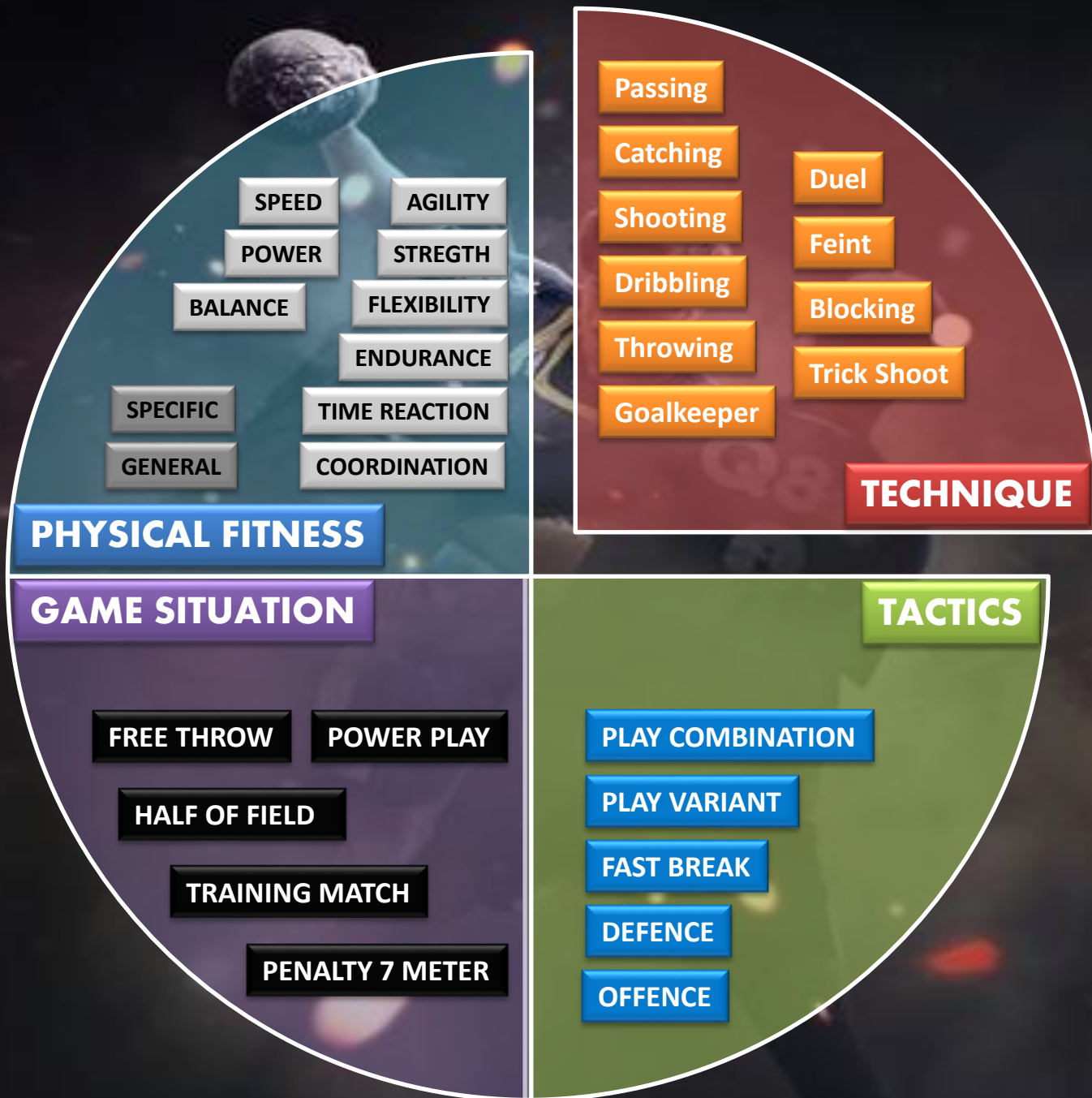
Using Leg (lower Balls)

Using Body (Tubuh)

Putting the ball down

HANDBALL DRILL

- Menu drill untuk latihan teknik dapat disesuaikan dengan kebutuhan individu pemain atau tim secara kolektif
- Akan lebih baik menu drill dituangkan dalam program latihan tertulis.
- Drill dapat dilakukan sebagai bagian dari peningkatan kemampuan fisik, Penguatan Taktik maupun pemahaman peraturan permainan
- Menu Drill untuk anak usia dini lebih diarahkan pada peningkatan kemampuan motorik (Basic Skill)



COACHES



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graph TD; C[COACHES] --> A[COMMUNITY HANDBALL COACH]; C --> B[JUNIOR COMPETITION /INTRODUCTION COACH]; C --> C[COMPETITION DEVELOPMENT COACH]; C --> D[COMPETITION HIGH PERFORMANCE COACH]; A --> B; B --> C; C --> D;
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COMMUNITY HANDBALL COACH

JUNIOR COMPETITION /INTRODUCTION
COACH

COMPETITION DEVELOPMENT COACH

COMPETITION HIGH PERFORMANCE COACH

TERIMA KASIH

