

Skills & Drills



How to Handball

Teach NAB AFL Auskickers how to perfect their handballing skills by following these simple steps!

1. Pancake hand

Ask Auskickers to lay their non-dominant hand flat like a pancake to rest the ball on.

2. Make a fist, keeping thumb on the outside

With the other hand, ask Auskickers to make a fist with their other hand to hit the ball with. Remember to keep thumb on the outside of the fist, not the inside! You don't want a broken thumb!

3. Staggered stance

Get the Auskickers to stand with their feet staggered, keeping the same foot forward as the pancake-shaped hand.

4. Catch fist on follow through

When the Auskickers go to handball the ball, make sure they catch their fist in the pancake hand once the ball has been launched.

