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.