

**Handball**

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| **Challenge 1**Choose one type of pass and see how many successful passes you can make in 30 seconds (5m apart).+ Increase distance to 8m | **Challenge 2**What is the furthest distance you can perform a jump shot from and hit a target? |
| **Challenge 3**Set this up in your garden, time yourself how long it takes to dribble in and out of the obstacles.+ Use your non-dominant hand | **Challenge 4**Plant Pot TargetHow many can you hit from 5m?+ Use non dominant hand/increase distance to 7m |
| https://static.thenounproject.com/png/3209607-200.png**Challenge 5**Reaction Test – Using a wall complete 10 passes from 5m away and attempt to catch all of them+Each time you are successful decrease the distance by 1mHow close can you go?! | **Challenge 6**Make up your own handball challenge and tweet @jhighHWBwhen you complete it! |