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Handball

This is a great game within either single gender or coeducation contexts. It brings together lots of fundamental skills plus some generic invasion game tactics. The game encourages lots of faking and hand-offs and its generally non-body contact nature ensures if you can catch and throw you can be involved in the game. The game requires some tactical work around a zone defence. It requires the ability to throw the ball into a goal within a rule constraint that allows for a player to dive into the

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