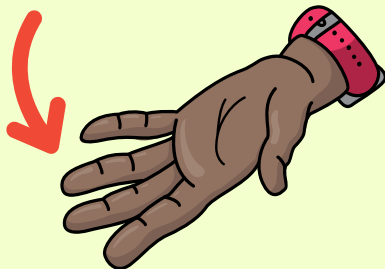


AFL PLAY
Schools
FOOTY SKILLS
HOW TO HANDBALL

IN 4 EASY STEPS!

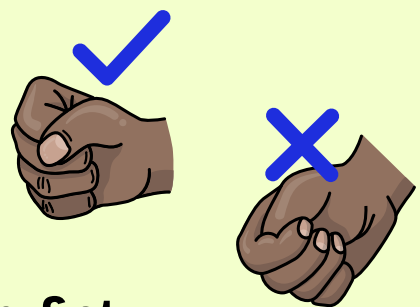
1



Pancake hand

Lay your non-dominant hand flat like a pancake and rest the ball on it.

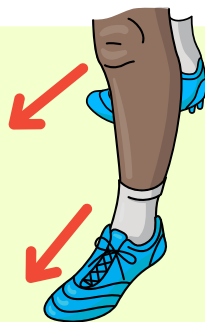
2



Make a fist

With the other hand, make a fist. Remember to keep your thumb on the outside of the fist, not on the inside!

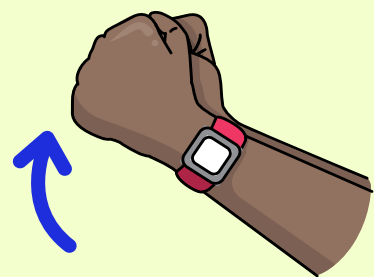
3



Staggered stance

Stand with your feet staggered, keeping the same foot forward as your pancake-shaped hand.

4



Catch the fist

Now hit the ball! Make sure you catch your fist in the pancake hand once the ball has been launched.