



# National Sports School - HANDBALL Assessment 2021 - YEAR 7

Name of Student									
Technical Criteria - 50 %	Mark								
Passing									
Overarm pass (Static - 8m)	5								
Overarm pass on the run (4m)	5								
Catching the ball	5								
Dribbling									
Control dribbling	5								
Change of direction	5								
Feinting									
Body feint	5								
Ball feint	5								
Shooting									
Running shot from 6-9m	5								
Jump shot from 6-9m	5								
Defending									
Basic checking and tying up	5								
Tactical Criteria - 30%	Mark								
Offensive: Basic Movement with Ball	10								
Offensive: Basic Movement Off the Ball	10								
Defensive: Basic Positioning on player with/out ball	10								
Physical Criteria - 20%	Mark								
Vertical Jump Test	5								
T-Test	5								
35m sprint	5								
Seated Medicine Ball Chest Throw	5								
<b>TOTAL</b>	<b>100</b>								

Technical Marking Criteria		Vertical Jump		T-Test		35m sprint	
Excellent	5	>30cm	5	<11s	5	<4.80s	5
Very Good	4	25-29.9cm	4	11.1-12s	4	4.80-5.09s	4
Good	3	20-24.9cm	3	12.1-13s	3	5.10-5.29s	3
Fair	2	15-19.9cm	2	13.1-14s	2	5.30-5.6s	2
Poor	1	<15cm	1	>14s	1	>5.61s	1

  

Tactical Marking Criteria		Medicine Ball Test	
Excellent	10	>2.5m	5
Very Good	8	2-2.49m	4
Good	6	1.5-1.99m	3
Fair	4	1-1.49m	2
Poor	2	<1	1

**Vertical Jump:** [https://journals.lww.com/nsca-jscr/Fulltext/2017/04000/Vertical\\_Jump\\_and\\_Leg\\_Power\\_Normative\\_Data\\_for.15.aspx](https://journals.lww.com/nsca-jscr/Fulltext/2017/04000/Vertical_Jump_and_Leg_Power_Normative_Data_for.15.aspx)

**T-Test:** <https://www.topendsports.com/testing/tests/t-test.htm>

**35m Sprint:** <https://www.topendsports.com/testing/norms/sprint-35m.htm>

**Seated Medicine Ball Chest Throw:** [https://www.ukbjja.org/wp-content/uploads/2016/04/Field-Battery-Test\\_2.pdf](https://www.ukbjja.org/wp-content/uploads/2016/04/Field-Battery-Test_2.pdf)