

Handball Commentary

Conditioned practices: green top and white compression sleeves.

Game: Blue and yellow top, number 12

At the beginning of the footage the candidate clearly identifies herself, including details of the centre name and number and candidate name and number prior to the structured practices. She also reintroduces herself prior to the competitive game (4:57), both of which demonstrate good practice.

Conditioned Practices

The candidate has submitted evidence that clearly demonstrates a variety of skills relevant to handball and the specification, that are performed on the whole, in a conditioned and decision-making style environment. The first practice showing the candidate passing the ball to a team mate in a static environment was not required, especially considering the ability of the candidate. Passive drills with little pressure on the performer will not support higher marks, however the inclusion of more dynamic practices after this were more appropriate for the candidate.

The candidate has put together a series of shots at goal that was semi opposed. There is a combination of static, wing and jump shots as well as some evidence of running the floor and interaction with a team mate in receiving a pass followed by a jump quick shot. Further challenge was included for the feinting practices that enabled the candidate to demonstrate her advanced footwork and body position during the preparation, execution and recovery of her shots. The outstanding level of technique on display contributed to the impressive power and control of her shots.

The candidate uses various 3 v 3 and 4 v 4 ½ court scrimmages, both in attack and defence. These practices provided valuable evidence for certain aspects of attack in terms of evading, footwork, feinting and shooting as well as the candidate's ability to anticipate passes by deflecting and intercepting the opposition pattern. Set attacks (wing cross to centre cross) were executed well and was also used to help demonstrate on court communication with her peers.

Game

The evidence of the match is of outstanding quality showing the candidate in multiple attacking and defensive scenarios. All elements of the criteria are evident, including the candidate's ability to make decisions, apply and contribute to team tactics and strategies. Her ability to feint and dodge both ways was impressive and demonstrates the candidates advanced skill in line with a top band performance.

Over 60% of the team's goals were scored by the candidate being assessed, illustrating her outstanding impact on the team. Effective communication through verbal and non-verbal cues influenced the team's actions, and the candidate was highly effective in adapting tactical changes in response to opposition actions.

Overall, the candidate demonstrates an outstanding level of performance that has been awarded a mark within level 5.

Mark: 40/40 (Notional Grade 2019: A*)

The evidence provided could have been improved had the candidate:

- provided evidence of the full match (unless substituted at ½ time). This should be accompanied with a timeline.
- omit edited footage within the evidence. This was excluded from any moderation judgement.
- used the stand/seating area from the other side of the court to film the game due to the higher elevation.