

The study concluded that the speed of motor response plays an important role in determining the accuracy of the performance of the skill because it requires an accurate neuromuscular reaction with the correct path and a little time to perform the skill with high accuracy, the variable of the maximum decrease of the knee angle and the center of mass of the body plays a prominent role in determining the accuracy of shooting, as they are the main pillars in the process of balancing the player and maintaining the movement path of the skill in a correct and accurate form, which ultimately translates into an integrated skill. And in the end the accuracy of shooting from stability in handball depends mainly on the degree of angles to the wrist joint and elbow that the player takes at each stage of shooting, especially the exit phase of the ball, as it is considered the final stage of the skill.