



Invasion games - Handball

Handball is an exciting and fast-paced team game, which combines the techniques of soccer and basketball to create unique and competitive game play. To play team handball, each team has to shoot, dribble, and pass a ball in order to score goals over the opposing team.

Key Skills

Underarm Throw

An underarm throw is one in which the ball is propelled through the air when the hand and arm are below the shoulder.



Two Handed Catch

To catch **two handed** means that you use both your hands to stop the object and to hold onto it.



Catching Top Tip

Always be on the balls of your feet, ready to move, so your body is in the right place to catch the object.

Bounce

To **bounce** a ball means to push it onto a surface, which it immediately moves back up from.



Bouncing Top Tip

Try not to bounce the ball too close to your feet as you can lose control of it.

Key Vocabulary

Aim

To **aim** a ball means to direct it to a particular target or place.

Catch

To **catch** an object means to stop it as it moves through the air and to hold onto it.

Coordination

Coordination is the ability to use different parts of your body at the same time.

Receive

You **receive** a ball by stopping it as it rolls on the ground towards you, or by catching it as it moves through the air towards you.

Sticky knowledge:

1. Handball teams have 7 players.
2. Goals are made by shooting the ball through the opposing teams hoop or net.
3. Attack is when you are pushing the ball forward to try and score a goal.
4. Defence is when you are trying to stop the opposing team from scoring.
5. Players must work together in order to move the ball forward.

Resources:

Beanbag

Using a **beanbag** is a great way to practise throwing and catching because the beanbag cannot bounce or roll away. It is also easier to grip when you are just learning.



Large Ball

A **large ball** is great to use for bouncing and for catching with two hands.

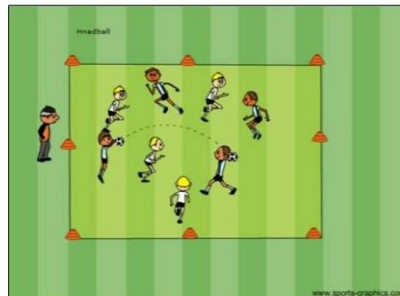


Small Ball

A **small ball** is harder to catch and is a great way to challenge yourself. You can also try catching a small ball with one hand if you are confident.



The rest of us spread out in the gym or on the field.



INTRO

Handball, the second most popular team sport in Europe after football, is an exciting, fast paced, high scoring game. As an Olympic sport, Handball is set to draw huge crowds this summer in London. This is your guide to the basics of the game so you can keep up with the action!

THE BASICS

A Handball match is won by the team that scores most times over two 30 minute halves, by throwing the ball past the keeper into the opposition's goal.

Teams consists of 6 court players and 1 goalkeeper with 7 substitutes. Any number of substitutions can be made at any time during the match.

There is no 'shot clock' in Handball. Referees can warn a team if they don't make an attempt to score within a reasonable time. They then have 5 seconds to launch an attack.

Free throws are awarded where a foul occurs or from the 9m line if foul occurs in this zone. Penalties punish more serious foul play and are taken from the 7 metre mark.

If the ball leaves the end of the court possession goes to the defending keeper. If touched by a defending player first, then a corner is awarded to the attacking team.

The goalkeeper may act as a court player, but is the only player allowed inside the 6 metre goal area. The goalkeeper may use his feet to defend the goal inside this area, the only player permitted to do so.



ATTACKING PLAY

Attacking players aim to score by throwing the ball into the opposing **goal**. **In possession of the ball...**

1 ... a player may take a maximum of 3 consecutive steps and may bounce the ball as much as desired. If the player catches the ball they may not bounce it again and must take a maximum 3 further steps, pass or shoot

2 ... is not permitted to enter the goal area. They may jump over it (e.g. to shoot) providing the ball is released prior to landing inside the 6 metre line

DEFENSIVE PLAY

1 Defending players attempt to stop the opposing team shooting at their goal. They are permitted to make body contact, but they must not...

1 ... hit another player

1 ... hold or restrain attacking players

1 ... strike or pull back the opponent's throwing arm

1 ... spoil a clear chance of scoring by illegal means. This always leads to a seven metre (penalty) throw