

Team Handball Study Guide

History of Team Handball

Team Handball originated in Europe in the 1900s played first on soccer fields in Denmark, Germany, and Sweden. Men's handball first appeared as an indoor sport in the Olympics in 1936. The sport returned to the Olympics in 1972. Women's handball was added to the Olympic Games in 1976.

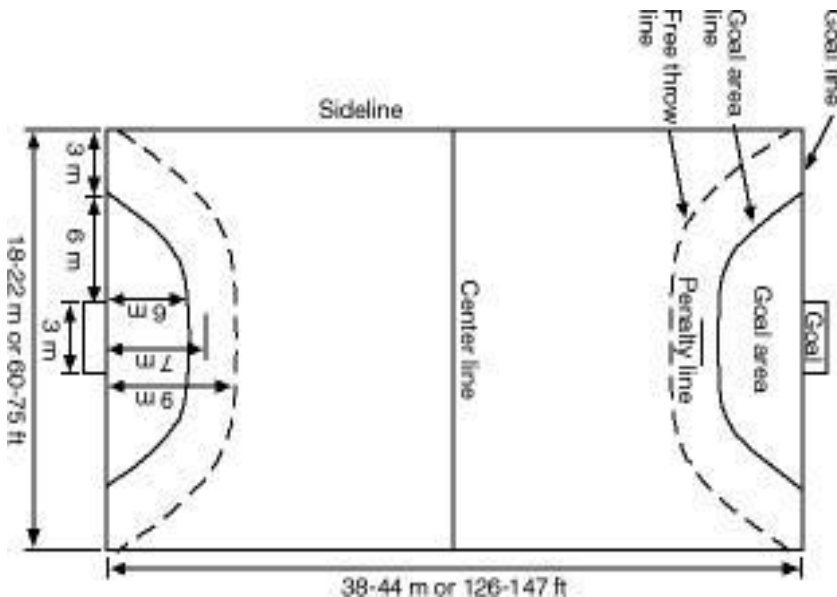
Objective (Scoring system)

In a **regulation game of** team handball teams consist of seven active players (6 court players and one goalie). One point is earned for each ball that is thrown into the opponents goal. The game is a combination of elements from water polo, basketball, soccer, and hockey. It is a timed game consisting of 30-minute halves with a 10-minute intermission. There are no time-outs except for injury.

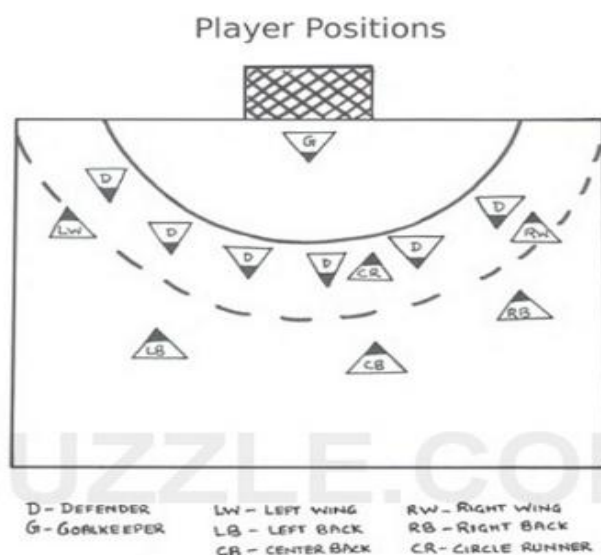
Strategy: *Offense:* Attempt to out-manuever your opponents with quick passing, hand-offs & deception. Take jump shots "flying in" from outside the goal area circle. Use set "plays" that employ picks & screens to beat the defense & goalie. *Defense:* Set up as a base on the perimeter of the goal area. Always make the offense shoot **over** defensive players. Never let an offensive player shoot uncontested at your goalie. Concentrate on stopping the opponent's top scorers. Teams play both "Man-to-Man" and Zone defenses.

Equipment/Playing surface

Court size: 20 M by 40 M. Court boundaries are called touchlines (sidelines) and goal lines (endlines). A netted goal 2 M (6') high by 3 M (10') wide is located on each of the goal lines. A 6 M (19') semi-circle line in front of the goal separates the goal area. (Only goalies can legally stand in this area.) In Phys-Ed classes the basketball 3 point line is used for the 6 M line. Other markings on the court include 7 M penalty marks & the 9 M free throw lines. Official balls are leather and similar in construction to a small soccer ball that can be held with one hand. Official team handballs circumference: Men - 23" , Women - 21" (based upon differences in hand size) Two goals are also needed.



Players/Positions/Skills



Goalkeeper - He is the only one who can touch the ball with his feet, or for that matter, can defend the goal with any part of the body.

Circle Runner - This player is also referred to as a pivot or line player, and plays along the six-meter line with his back faced to the opponent's goal. He tries to push himself in between the defenders who queue up on the six-meter line to stop his team from scoring a goal. The pivot has to be quick and create openings for his teammates to get into a better goal scoring position, by stopping the defenders. Therefore, this position is known to be physically tough.

Left and Right Backs - They are usually tall players with good shoulder power, who jump and shoot from over the defenders. They are known to be the long-range handball shooters.

Center Back - A center back is the mastermind behind the game who sets up the maneuvers and the remaining players in the shooting positions. Hence, he is known to be the playmaker or the point guard of the team.

Left and Right Wingers/Outs - These players are usually short but more agile, and score through the angles of the goal post. The right winger is commonly a left-handed player and vice versa, and they are also called the margin side players.

Rules/Faults

Coin flip (or rock/paper/scissors in class) determines who gets first possession of the ball. Play begins with a **"Throw-Off"** - Offensive team lines up on or behind the centerline and initiates play by passing to a teammate. Defense players line up around their 6 M goal area line. **"Throw-Offs"** initiate play for each half and are also used to resume play following a goal.

Players are allowed to run 3 steps with the ball. Players may hold the ball for 3 seconds before passing or advancing it in some method. Players may dribble the ball but are not allowed to "double dribble" (similar to basketball). A player may take 3 steps, dribble, and take 3 more steps before passing or shooting. Except for the goalie players may not play the ball below the knees. A Player may not pass the ball to his/her self by throwing it into the air (air dribble is illegal). Players are not allowed to dive for a ball that is on the ground. Goalies may leave the goal area to play the ball but must then abide by all the court rules.

Defensive players may not push, hold, trip, or hit an opponent. Defensive players may not knock the ball away from an opponent's grasp. Offensive players may not charge into defensive players.

Violations of above rules: Opponents receive a Free Throw - are taken immediately without the referee touching the ball. FT are thrown from the place the violation occurred. Defensive players must be 3 M (10') away from the thrower. The thrower must have one foot continuously in contact with the court and must throw or pass within 3 seconds. FT are taken for any violation not covered by the penalty throw. If the foul or infringement occurs between the goal line and the free throw line, a free throw is taken just outside the free throw line opposite from where the foul took place.

OUT-OF-BOUNDS: On the touchline (sideline): Throw-in is taken from the spot. Opponents must be 3M (10') away when the ball is passed in. Player throwing must have both feet on the line.

ON-THE-GOAL-LINE: Last touched by a defensive player (excluding the goalie) - Throw-in taken by the offense from the nearest corner. Last touched by an offensive player - "Goal throw" by the goalie. Last touched by the goalie - Goal throw by the goalie.

SCORING: Balls must completely pass the goal line inside the goal to count as a score. Goals may be scored from all formal throws (throw-ins, throw-offs, free throws, and goal throws by the goalie). All goals count 1 point w/ a typical game having 50 goals scored between the 2 teams.

GOAL AREA: Only the goalie may stand inside the goal area. If an offensive player is in the circle or on the line, with or without the ball, the ball is given to the opponent and a goal cannot be scored. A free throw is awarded to the defense. If the defense gains an "advantage" by being in the goal area, a penalty throw is awarded the attackers. A ball inside the goal area belongs to the goalie. Player are not considered to be in the goal area if they are in the air having taken off outside the 6 M line.

PENALTY THROWS: are given when: Offensive player is fouled with a sure chance to score. Goalie carries the ball from outside the goal area back into the goal area. Defensive player enters the goal area to gain an advantage over an attacking player. Defensive player intentionally plays the ball to the goalie in the goal area.

PT are taken from the penalty mark and shot with only the goalie defending. Throwers must keep one foot in contact with the court behind the line until the ball is released. All other players must stand behind the free throw line until the ball is released. Once the PT is released the ball is live and regular play continues from that point.

Components of Fitness

Team handball requires cardiorespiratory endurance and muscular endurance. You can also burn over 700 calories per hour.