

TEAM HANDBALL STUDY GUIDE

Object of the Game: Score a goal using passing and good teamwork. A successful goal equals 1 point. This is a quick game moving up and down the court so it incorporates aerobic and anaerobic fitness. Combines the skills of running, jumping, catching, and throwing. Elements of soccer, basketball, and water polo all can be seen in the game.

History: Team Handball has existed in the United States since 1959. Team Handball was made an Olympic sport in 1972 for men and for women in 1976.

Safety Rules:

- Same as Basketball
- No diving on the floor at any time.

Rules and Strategies:

- Start the game at mid court with a forward pass or jump ball.
- Players have 3 seconds to take 3 dribbles, 3 steps, pass, or shoot the ball.
- Soccer dribbling is not allowed. (with feet)
- All shots have to be taken outside the shooting area (3 point circle).
- A player's momentum may bring them inside the goal area after their shot but they must quickly step out of the area when control is gained.
- Goalies are not restricted by the 3 second, 3step,3 dribble rule while in the goal area but once they step out they must abide by the field rules.
- Only the goalie can stand inside the goal area.
- The best way to save a shot is to deflect it not try to catch it.
- Communication with teammates is encouraged for greater success.

Offense:

- **Set Shot:** A shot taken when both feet are on the ground with a straight throw at the goal.
- **Jump Shot:** The shot is taken by jumping off one foot and shooting the ball with the body in the air. The purpose is to shoot over the defense.
- **Step Around shot:** The shot is taken when your defender is in front of you by shooting the ball along side or under the defenders arm.

Defense:

- Do not push, hold, trip or hit with your arms or legs.
- Do not pull, hit or punch the ball out of the hands of the opponent.
- Defensive player should be an arms length away from the opponent, but consistently marking the opponent.

Infractions: (result in turning the ball over to the other team)

- Shooting or passing the ball out of bounds.
- Stepping into the goal area by either the offense or defense.
- Kicking or touching the ball with your foot.
- Breaking the 3 second, 3 step, or 3dribbling rule.
- Air dribbling
- Changing into a defender.

Throw In:

- * Away when the ball goes out of bounds on the sideline. Opposing players must stay 3 feet away from the ball.
- Must be taken with one hand over the head.

Free Throw:

- Awarded to the opponents any time there is a foul or violation. (Pushing or tripping)
- Throw is taken at the location of the foul or violation. (3 seconds to throw the ball)

Penalty Shot: 2 points

- Will be awarded for any foul while a player is attempting to shoot on goal.
- The player attempting the penalty throw is requiring to make a direct attempt to score from the penalty line.

Positions:

- Two forwards (offensive players, scorer)
- Two midfielders (middle players, passers)
- Two defenders (help block shots, help goalie)
- One goalie

The five fitness components necessary in the game of team handball are cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.

Agility and Speed are two motor skills necessary in the game of team handball.

Agility is being able to move the body smoothly in different ways while performing a complex task (When running with directional changes and changes in body elevation.)

Speed is the ability to move muscles quickly to perform a task. (Speed of leg muscles.)

Diagram

SHOOTING AREA (3 POINT LINE)

DEFENSE= X

OFFENSE= O

GOAL

GOAL AREA

PENALTY LINE

SIDELINE

CENTER LINE

MIDFIELDER (M)

DEFENDERS (D)

GOALIE

FORWARDS (F)

