



Handball

Homework Sheet



Background

1. origins of handball can be traced back to medieval times but it was in 1906 that the rules of modern handball were first created in Denmark.
2. The game is hugely popular in Northern and Eastern Europe but is played around the world.
3. The governing body of the game is the International Handball Federation, who also organise the World Championships.
4. It is believed that there are around 19 million handball players in the world today.

Object of the Game

5. The object of handball is to score more points than your opponent.
6. A handball game lasts for a regulation 60 minutes.
7. This is split into two periods of 30 minutes each with a 15 minute interval. For younger players, the period time can be reduced to 20 minutes.

Scoring

8. A goal is scored in handball when the ball is thrown into the opponent's goal.

Winning the Game

9. To win in handball you must score more than your opponent.

Players & Equipment

10. The standard handball games features 7 players on each side, six outfield players and one goalkeeper. A team will also have 7 substitutes, which can be used on a rolling basis and with no need to notify the referee.
11. There is semi-circle area around each goal area, sometimes referred to as the crease or the zone.
12. There is also a dashed semi-circle line which lies 9 metres from goal, which is the free throw line.
13. The ball must be made from leather or synthetic material and it must be of a size to fit in the hand of a player.
14. A handball game can be played with a court, two goals and a ball. Official games will see teams where uniforms.

Rules of Handball

15. Each team consists of 7 players; a goalkeeper and 6 outfield players.
16. Outfield players can touch the ball with any part of their body that is above the knee.
17. Once a player receives possession, they can pass, hold possession or shoot.
18. If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
19. You can only dribble with 1 hand – Once you put two hands on the ball after dribbling you cannot dribble again (This would be called a Double Dribble)
20. Only the goalkeeper is allowed to come into contact with the floor of the goal area.
21. Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area.
22. Player cannot shoot or have possession of the ball inside the D
23. A goalkeeper can use any part of their body to save the ball
24. Players cannot 'tackle' or dislodge the ball from opposition players, they can only intercept.
25. Players can only hold the ball stationary for 3 seconds

Basic skills required in Handball

26. Dribbling skills
27. Shooting (jump and drive shot)
28. Passing skills (chest, shoulder, bounce)
29. Tactical awareness (both attacking and defensive)

Components of Fitness needed for Handball

30. **Aerobic Endurance**- To be able to play for the full duration of the game.
31. **Muscular Endurance**- To be able to continue using the same muscles over and over again (biceps and triceps to continue passing the ball/ shooting).
32. **Speed**- To reach the ball ahead of the opponent
33. **Power**- To be able to increase the velocity of the ball
34. **Agility**- To be able to dribble in between players