

Team Handball Study Guide

History

Team handball originated in Europe in the 1920's and has yet to catch on in the United States. The sport combines many skills from the following sports; basketball, hockey, soccer and water polo.

Men's team handball made its Olympic debut in Munich 1972 and women were added at the 1976 Games in Montreal.

The U.S. has never enjoyed much success in the sport since neither team qualified for the Sydney Games. In Atlanta, 1996 the women finished eighth and the men finished ninth.

Team handball is one of the world's fastest team games played. It is played by two teams consisting of 7 players a side. The object is to score the most goals between the two teams.

Terms

Assist – pass made to a teammate who scores.

Athletic Position - feet slightly staggered, weight on the balls of your feet, knees bent.

Catching – get your body behind the ball and give with it as it comes towards you. Pretend the ball is an egg and you don't want to break it.

Defense – team not in possession of the ball.

Dominant Hand – the hand you throw with.

Dribble – the act of moving the ball by continuous sets of bounces.

Free Throw – a free, unblocked throw allowed to the team that is fouled.

Goalie Crease – the area where no player with the exception of the goalie is allowed during play.

Guarding – to cover or defend from an opponent.

Jump Ball – a method used to start the game. One player from each team meets in the center of the court. The official tosses the ball between the two players, who are then permitted to tap the ball, to any of their teammates.

Jump Stop – when a player leaves their feet and lands in a ready position.

Non-dominant Hand – the opposite hand you would throw with.

Offense – team in possession of the ball.

Penalty Throw – a free, unblocked throw to the goalie awarded to the team that was fouled during the act of shooting on goal.

Rules and Regulations

- 6 players per team
- Example 2 forwards/1 middies (play offense and defense)/2 defense/ 1 goalie
- Game begins with a jump ball at the center
- Movement of the ball is controlled by either running 3 steps, passing or shooting.
- A player must pass or shoot within 3 seconds of control of the ball
- No player is allowed inside the goalie crease, an area that protects the goalie
- Creases differ from class to class, the teacher or official designates the area
- The goalie is allowed out of the crease but is limited to the mid-court line

Strategies

1. Stay spread out.
2. Communicate with teammates.
3. Get in front of the defense and move to meet the ball.
4. Cut away from the person guarding you.
5. Turn and face the cage when you catch the ball so you are ready to shoot.
6. Use quick passes to move the ball. Use outlet passes to clear the ball out of your defensive area.
7. If no one is guarding you, take 3 steps, moving the ball toward the opponents goal- you can always pass the ball after your 3 steps if you do not decide to dribble or shoot.
8. Jump to pass or shoot. Jumping creates a height advantage for the ball carrier and can also be a tougher shot to defend for a goalie.
9. Dribbling creates unlimited time and space for the offensive player, but possession can easily be taken away if the defender plays the ball and is in a good defensive position.
10. On defense, never pass the ball in front of your own goal.
11. Keep your hands off the other team. You can't grab the ball out of their hands. You are permitted to intercept a pass or knock the ball to a your teammates while the ball is in the air.