

# TEAM HANDBALL STUDY GUIDE

- I. Origin
  - A. Originated in Europe in 1920.
  - B. Became an Olympic sport in men's events in the 1972 Munich Games.
  - C. Included as women's event in the 1976 Montreal Games.
  - D. Fast paced game played by all ages, indoors and outdoors.
  - E. Combines the elements of soccer, basketball, hockey, and water polo.
- II. Playing Area
  - A. 20 meters x 40 meters.
  - B. 6 meter line – goalkeeper area (3 point circle). Neither attacking nor defending players are allowed in the goal area. If your follow through takes you into the goal area, you must exit immediately and not make contact with the goalie.
  - C. 7 meter line – penalty shot – one on one with goalie. One foot must be in contact with the floor.
  - D. 9 meter line – free throw line, used to put the ball back in to play after a minor foul.
  - E. 4 meter line – goalie cannot go passed this point.
  - F. Centerline – attacking team starts the game here and restarts play after each goal.
- III. Fundamental Skills - Passing and catching are the most important components of ball control.
  - A. Passing
    - a. Jump pass – in the air over the defense. One hand only.
    - b. Overhand pass – spread fingers across the ball and grip with fingertips. Similar to a baseball throw from the outfield.
    - c. Wrist pass – hold ball with 2 hands, allows quick passes without moving the torso. Step laterally, flip wrist. Push the ball with the thumb. Hold ball on top.
  - B. Catching – two hands for ball control, above and below the waist.
  - C. Offensive success revolves around a team's ability to move the move the ball quickly and accurately from player to player.
  - D. Keep the ball moving.
  - E. Play the ball, not the opponent.
- IV. Rules
  - A. Players – 7 players per team, 6 court players and 1 goalie
  - B. Passive Play – It is illegal to keep the ball in a team's possession without making an attempt to attack and try to score.
  - C. Throw off – game begins with a throw off. Each team begins the game in its own half of the court.
  - D. Scoring a goal – occurs when the entire ball crosses the goal line, inside the goal.
  - E. Playing the Ball – A player is allowed to:
    - a. run with the ball 3 steps. Violation for more than 3 steps is a free throw.
    - b. hold the ball for less than 3 seconds. Violation for more than 3 seconds is a free throw.

- c. unlimited dribble with 3 steps allowed before and after dribbling. No double dribbling.
- F. A player is NOT allowed to:
- a. endanger an opponent with the ball
  - b. pull, hit, or punch the ball out of the hands of an opponent.
  - c. contact the ball below the knee.
  - d. dive on the floor for a rolling or stationary ball.