Team Handball Unit

History

Team Handball originated in Europe in the early 1900’s and is currently played in over 140 countries. Handball first appeared in the Olympics in the 1936 Berlin Games as an outdoor sport, using soccer goals and 11 players per side. It was not played again in the Olympics until 1972 (men), where it was played as we play it now, inside with 7 players per side. Women’s handball was added to the Olympics in 1976.

Player Positions

- Goalie
- Left Wing
- Circle Runner
- Right Wing
- Left Back
- Center Back
- Right Back

Offensive Strategies:
To lose a defender an offensive player can:

- Change speed or direction.
- Use a give and go.
- Create triangles on the floor – creating depth and support.
- Use a pick.
- Use a pick and roll.
- Crossing.

Defensive Strategies:

- Quick retreat after shot.
- Anticipation.
- Basketball defensive position.
- Legal checking from in front of the offensive player.
- Play Man Defense
Team Handball Simplified Rules

The Playing Court: 20 meters (65'7'') by 40 meters (131'3''). The goal area (6 meter line) is the most important line on the court. *No one except the goalie is allowed to stand in the goal area.* Players may jump into the area if the ball is released before landing.

Number of Players: 6 court player’s plus one goalie.

Game length: 2, 30-minute halves with a 10-minute halftime.

Throw-off: Used to start the game and after a goal. Each team must be in their own half of the court with the defense at least three meters away from the ball. The ball is then passed from the center of the court to a teammate.

Scoring: Goals are worth one point.

Playing the ball:
The player is allowed to:
- Dribble the ball 3 times
- Run with the ball for up to 3 steps before or after dribbles
- Hold the ball without moving for 5 seconds

The player is not allowed to:
- Double dribble.
- Dive on the floor for a loose ball.
- Endanger an opponent.
- Pull, hit or punch the ball out of an opponent’s hand.
- Using arms or legs to push, hold, trip or hit is a violation

Throw In: Awarded when ball goes out over the sideline. The throw takes place where it crossed the sideline. The thrower must place one foot on the sideline to execute the throw. Opposing players must be 3 meters away.

Goal throw:
Awarded when:
- The ball rebounds off the goalkeeper over the end line.
- The ball is thrown over the end line by the attacking team.

Free throw: For a minor violation, a free throw is awarded to the opponents at the exact spot of the infraction.

7 meter throw: Offensive player shoots at goal from outside of the goal area unobstructed for the following infractions:
- A foul destroys a clear chance to score a goal.
- The court player intentionally plays ball back to goalie as part of an offensive play.
- A defensive player enters his or her goal area to gain possession of the ball.
• Rubric:

• 1- Offense: student moves without the ball to give his or her teammate an option to pass to; student has hands in ready position (hand up and in front of them) to catch the ball; student is constantly moving around; student passes, shoots, and keeps possession

• 2- Defense: student tries to stop attackers from approaching goal; guarding one person from the other team; hands are up to guard, block, and intercept the ball

• 3- Communicates to teammates: student calls for the ball and lets teammates know where they are

• 4- Rules: student is aware of and follows all the rules of the game

• 5- Sportsmanship: student is a team player by sharing the ball, passing to all teammates, being kind and respectful to all teams and teammates.