
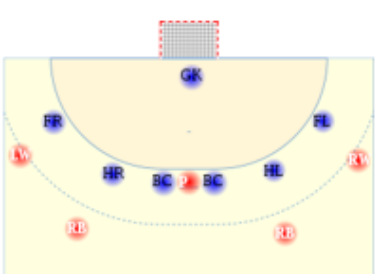


Fulwood Academy - PE Knowledge Organiser Handball

Handball

Skills and Techniques	Rules	Glossary	Pictures
<p><u>Dribbling:</u> Players may dribble the ball as in basketball but are allowed 3 steps before and after the dribble. You need to keep the ball close to your body to help protect the ball from defence, also keep your head up so you can weave in and out of the opposition without the ball being intercepted.</p> <p><u>Overhead pass:</u> This is a double handed throw, similar to a football throw in.</p> <p><u>Chest pass:</u> This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.</p> <p><u>Shoulder pass:</u> This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.</p> <p><u>Bounce pass:</u> This is a pass which is low to the ground, you use the same position as a chest pass but aim in ¾ of the way between you and the person you are bouncing too.</p> <p><u>Blocking/Marking:</u> This is similar to marking and intercepting the ball in netball, both hands are over the ball and when the ball is released you must jump to try and gain possession. Handball is a sport where a certain amount of contact is permitted. To tackle properly, you contact the opponent's shooting arm at the upper arm or the shoulder to take away the opponent's shooting power. The other hand is placed on the opponent's body at hip height in order to control the opponent's movement.</p>	<p>Pushing, holding, tripping and hitting are violations. You cannot push a player out of the way – it is a non- contact sport. You cannot trip a player over accidentally or deliberately. Free throws will be given from where ever the violation took place.</p> <p>Players are not allowed to play the ball with their legs below the knee or to dive on the floor to play a ball, this will also result in a free throw.</p> <p>Players are not allowed to take more than 3 steps with the ball. If a handball player takes more than three steps without dribbling (bouncing the ball) or holds the ball for more than 3 seconds without bouncing it, shooting or passing, then that is deemed 'walking' and possession is lost.</p> <p>To score a goal you must throw the ball into the goal when you are outside the goal area.</p> <p>Defensive players are allowed to use their body, arms and hands to obstruct an opponent. The game is quite fast and includes quite a lot of contact as the defenders try to bodily stop the attackers from approaching the goal. Only frontal contact by the defenders is allowed; when a defender stops an attacker with their arms from the side, the play is stopped and a free throw is given.</p>	<p><u>Dribble</u> <u>Overhead Pass</u> <u>Chest pass</u> <u>Bounce Pass</u> <u>Shooting</u> <u>Goalkeeper</u> <u>Defence</u> <u>Attack</u> <u>Score</u> <u>Shot</u> <u>Team Work</u> <u>3 step</u> <u>Contact</u> <u>Free throw</u></p>	<p><u>Pictures</u></p> <p>5-1 defensive formation</p>  <p>6-0 defensive formation</p> 



Handball

<p>Shooting: You must have a powerful one handed throw when you shoot and be able to read the goalkeeper and try to outwit their moves. Most goals are scored towards a corner rather than directly down the middle, towards the goalkeeper.</p> <p>Saving: This is very similar to football however you must only use your hands and not your feet. You have to read the shooting players movements and dive/jump to stop the ball from going into the net.</p> <p>Umpire decisions:</p> <p>Free-throws - These are awarded for slight infringements of the rules. All defenders are required to stay 3m (9.84ft) away from the person taking the free-throw.</p> <p>Penalty-throws in handball - These are awarded when denying a clear scoring opportunity with an infringement.</p> <p>Throw ins - These are awarded after the ball has crossed a side line. It is taken by the side who did not touch it last, with the player putting one foot on the line where the ball went out and passing it back into the court.</p> <p>Corner – a corner is taken by the attacking side when a defender has knocked the ball over the goal line (other than in the goal). The player puts one foot on the corner of the side line and the goal line and passes the ball in.</p>	<p>Game duration A game lasts for 2 halves of 30 minutes</p> <p>Tactics Make sure you are varying your shots so that the goal keeper cannot read you. In an official game of handball you get 'timeout' breaks – if the opposition is on a shooting streak then use timeouts then to put them off their momentum. Make sure you serve your strongest player so that the game can start with a shot or a good feed into the area.</p> <p>Goalkeeper The player with the responsibility of defending the goal. He or she can do so, using almost any part of their body. Goalkeepers are the only team member who can touch the ball 'legally' with their feet. Goal keepers are not allowed outside the goal semi-circle whilst holding or dribbling the ball. Their reactions should be quick, agile, and they should know how to read the game.</p>	<p>Positions A full squad in a handball team consists of 14 players. Only seven play on court at any one time, each with differing roles and positional responsibilities. As follows: 2 full backs 2 wingers 1 circle runner, 1 Centre player. 1 Goal Keeper</p>	
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Handball

HANDBALL – Knowledge Organiser

Skills, Techniques and Tactics

Chest pass: This is a short and powerful pass, you have your hands in a W shape and push to extend your arms, you also step forward to give more power.

Shoulder pass: This is a long and powerful shot, you start with the ball in your strong hand next to your shoulder, you extend your arm and follow through with your body.

Bounce pass: This is a pass which is low to the ground, you use the same position as a chest pass but aim in $\frac{3}{4}$ of the way between you and the person you are bouncing to.

Overhead pass: This is a double handed throw, similar to a football throw in. This is for long distances and to get the ball over someone if they are trying to block.

Dribbling: Players may dribble the ball as in basketball but are allowed three steps before and after the dribble. You need to keep the ball close to your body to help

Shooting



Jump shot



Blocking

Handball Rules

- 7 players per team with 1 nominated goalkeeper
- Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.
- It is illegal to keep the ball in a team's possession without making a recognisable attempt to attack and to try to score. In other words, a team cannot slow down (free-throw awarded to the other team).
- No player except the GK is allowed in the goal area (unless both feet are off the floor)

A player is allowed

- To run 3 steps with the ball
- To hold the ball for 3 seconds
- Perform unlimited dribble with 3 steps before and after dribbling (NO DOUBLE DRIBBLE)

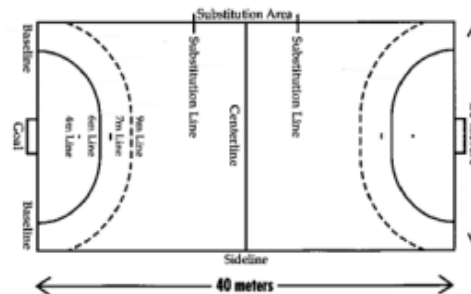
A player is not allowed:

- ✓ To endanger an opponent with the ball.
- ✓ To pull, hit or punch the ball out of the hands of an opponent.
- ✓ To go inside the goal area – penalty throw awarded
- ✓ To dive on the floor for a rolling or stationary ball.



Keywords

- Dribble
- Shoulder pass
- Chest pass
- Bounce Pass
- Jump shot
- Defence
- Attack
- Penalty throw
- Team work
- Communication
- Coordination
- Speed
- Agility
- Power



TEAM HANDBALL SKILLS

