

TEAM HANDBALL STUDY GUIDE

Team Handball is a combination of soccer and basketball. It can be played indoors or outdoors by children or adults and by both sexes.

The object of the game is to score a goal, worth **1** point, by **throwing** the ball into the goal. A player must be **outside** the **striking circle** to score a goal. The entire ball must pass over the goal line.

A regulation game consists of **seven** players.

Positions: Wing (2), Circle Runner (1), Back Court (3), and a goalkeeper.

In an official game a player is allowed **three** steps when holding the ball - not in PE class.

Throw-off: Used to put the ball in play after a goal is scored. The throw-on is made from the **center** of the court. PE class uses a jump ball to start the game.

Infractions: This is a non contact sport. Pushing, hitting, tripping or body contact is not permitted.

Violations: A player can not travel, double dribble or carry the ball.

When any rule infraction or violation occurs the other team gets automatic possession of the ball.

Dribbling: Is similar to that in Basketball. Use ***finger prints/finger pads*** and ***push*** the ball to the floor when dribbling. Keep your head up.

Passing: Is the ***most*** important skill of Team Handball. It allows a player to move the ball quickly and accurately.

Types of Passes: chest, bounce, lob/overhead, and baseball pass.

Shooting: The primary objective in Team Handball. This is how you would score.

Turn, step, throw: Describes the proper overhand shot.