

Team Handball

History

Team handball is simply called "handball" in most parts of the world. That has created some confusion in the United States, where a game called handball is similar to racquetball.

Western European handball is played outdoors and has 11 players on each team. In the Scandinavian countries, an indoor game of handball has 7 players on each team.

Handball's popularity can be attributed to the fact that the game uses parts of soccer, basketball, water polo, and ice hockey. The game's speed, high scoring, and conditioning benefits appeal to many different groups of people. Team handball has been an Olympic sport since 1974.

General concepts

Handball is played between two teams. Each uses six court players and a goalie. The court is a little larger than a basketball court, approximately 20 meters by 40 meters. The object of the game is to throw a ball into a 2 x 3-meter goal. A regulation game consists of two 30-minute halves. A goal counts as one point.

A semicircular line of 6 meters from the goal marks the goal area. Only the goalie occupies this area; attackers and defenders must remain outside; "air rights" over the circle are permitted—a player may jump from outside the 6 meter circle and shoot the ball before landing, at which time he or she must exit the goal area by the shortest route possible.

Defensive techniques are similar to basketball, but handball allows more contact with the torso. Excessive roughness results in a warning or a two-minute suspension.

Offensive players are called back courts, wings, and circle runners. Passing is the primary way to move the ball in an attack. A player may take three steps with the ball before and after an unlimited number of dribbles but may hold the ball for only three seconds while stationary.

The defensive team tries to build a wall around the 6-meter line; the offensive team uses strategy to get through the defensive wall along that line. Players use strategy similar to basketball, incorporating the screen, pick and roll, give and go, and overload.

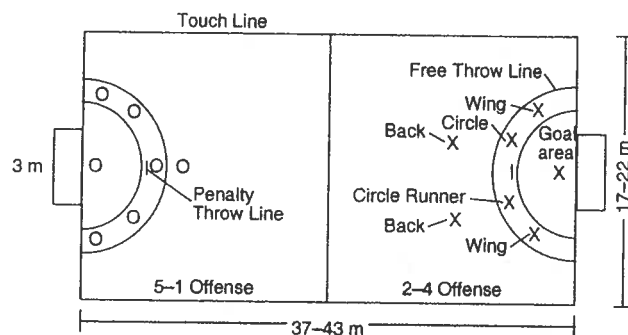
Court

The 6-meter line marks the goal area; no players but the goalie may be in that area.

The 4-meter line is as far forward as the goalie may move on a 7-meter penalty throw.

The 7-meter line is like a soccer penalty shot, one-on-one with the goalie.

The 9-meter line is the free throw line used to put the ball back into play after a minor foul in the 6-meter to 9-meter area. The offensive team must be behind the 9-meter line at the time of the throw and the defensive team must be three meters away, building a wall along the 6-meter line.



Equipment

Ball. The circumference of a handball is 58–60cm (23–24 inches); its weight is 425–475 grams (15–17 ounces). Using volleyballs will make the execution of some of the skills more difficult and may frustrate the students. Use the correct ball for handball.

Goal. The goal is 2 x 3 meters. A net is anchored to the goal.

Team handball terms

Free throw—A free throw is the means by which the ball is put back into play after a minor rule violation. The defense must be three meters away from the player taking the throw.

Free throw line—The free throw line, at nine meters, is used for taking free throws for minor violations that occur between the 6-meter and 9-meter lines.

Goal throw—The throw the goalie takes from inside the goal area after deflecting the ball over the goal or end line or after an attacker throws the ball over the end line.

Referee throw—A referee's throw is used if both teams simultaneously infringe on the rules or gain possession of the ball. The referee throws the ball up between two players at center court (like a jump ball in basketball).

Throw in—A ball that goes out of bounds over the sideline is put into play again where it left the court. The player throwing the ball must have one foot on the sideline when taking the throw.

Throw-in from corner—A throw-in is taken from the corner of the court when a defensive player other than the goalie is the last to touch the ball as it goes out of bounds over the end line.

Throw-off—A throw-off is a pass to a teammate from the center line to start the game or start play again after a goal from the opposing team.