

HANDBALL - 7 A SIDE TEAM SPORT

1. Introduction and history.

Handball is the newest game within the sport games' category but its development and origin goes back in history. Ball games were gaining popularity at the turn of the century in Europe. Various ball games were played but the most comparable to handball game was Konrad Koch's Raffballspiel game. It was played in German schools in the 1890s.

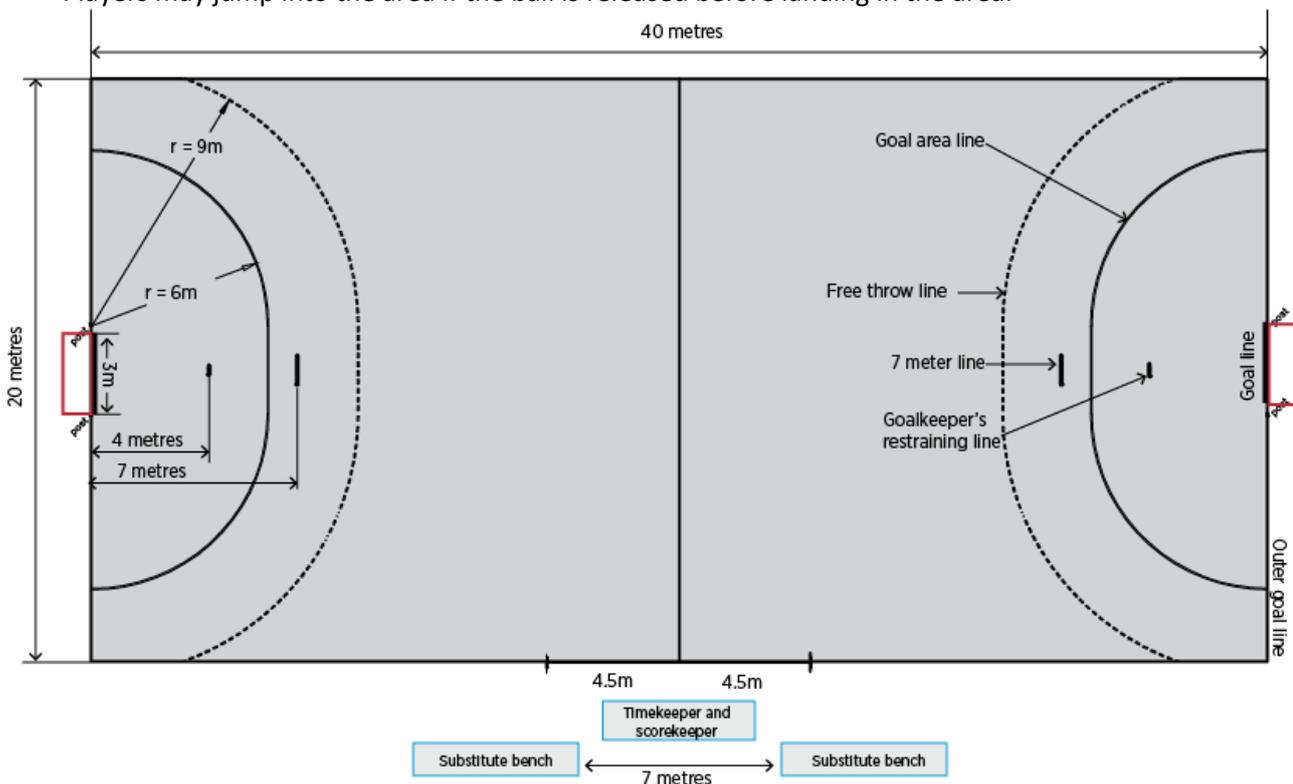
As we know today, the modern game of handball developed from 3 ball games:

- **Hazena**, played in Bohemia in the middle of the 1890s
- **Haandbold**, created in Denmark. In one of the schools the school doctor advised the school director to prohibit the play of soccer because of the many injuries it caused. Students were not allowed to kick the ball and because they liked soccer so much they started to play the game with hands. A school teacher, named Holger Nilson, had the idea to perfect the game into a new one.
- **Torball**. The ancestor of the handball we know today was born during the 1st World War in Germany. In 1915, Bachmann Hermann, a physical education teacher created a new game that was played by hands. It was played on a field of 20x40 meters. The goals were 2x2.5 meters and the goal-area was a 4-meter semi circle. Torball was a women's game.

It's hard to say which game was really the ancestor of today's handball however. It's suffice to say that the basics were given by the above-mentioned games. Handball is a young sport. From the 1920s it was played outdoors, except in some northern countries, like Sweden, where the game was played in an indoor court.

2. Basic Rules:

The court: The court measures 40x20 meters. The goal area line, or 6-meter line, is the most important line. No one except the **goalie** is allowed to stand in the goal area. The goal opening is 2 meters by 3 meters. Players may jump into the area if the ball is released before landing in the area.



The Ball: For women, the ball is 54 to 56 centimetres. For men, it is 58 to 60 centimetres. **It can be adapted to the players** (easy-to-handle with one hand).

Number of Players: There are 7 players on each team (6 court players + **goalie**). A maximum of 12 players may participate in a game for each team. Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.



Uniform of the Players: Uniform shirts and shorts are the same colour. The goalkeeper must wear a different colour shirt from teammates and opponents. **No jewellery is allowed** (players are not permitted to wear objects that could be dangerous: watches, rings, earrings, necklaces, etc.).

Referees: There are two referees, a court referee and a goal line referee. Referees have complete authority: Their decisions are final. The referees are assisted by a timer and a scorer.

Duration of the Game: For players 18 years and over, the game consists of 2, 30-minute halves with 10-minute half-time. For tournament and **youth games 2x15-minute or 2x20-** minute halves. **This is running time except for injury or one team time-out per half.** The teams change benches at half-time. The game ends in a **tie** unless the game demands a winner. (Tournament rules dictate that a winner must be determined.) Overtime consists of 2x5-minute periods).

Passive Play: It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score.

Throw-Off: A throw-off is taken by the team that wins the **coin toss** and chooses to start the game with the ball. Each team must be in its own half of the court with the defence 3 meters away from the ball. Following a whistle, the ball is passed from centre court to a teammate and play begins. Throw-off is repeated after every goal scored and after half-time.

Throw-In: A throw-in is awarded when ball goes out of bounds on the side-line or when the ball is last touched by a defensive player (excluding the goalie) and goes out of bounds over the end line. The throw-in is taken from the spot where the ball crossed the side-line, or if it crossed the end line, from the nearest corner. The thrower must place one foot on the side-line to execute the throw. All opposing players must stay 3 meters away from the ball.

Scoring: A goal is scored when the **entire** ball crosses the goal line inside the goal. A goal may be scored from any throw (free-throw, throw-in, throw-off, goal-throw and 7 meters throw).

Playing The Ball

A player is allowed . . .

- To run with the ball for 3 steps
- To hold the ball for 3 seconds
- Unlimited dribble with 3 steps allowed 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 contact the ball below the knee.
- To dive on the floor for a rolling or stationary ball.

Defending the Opponent: A player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to obstruct, push, hold, trip or hit **is NOT allowed**. The attacking player is not allowed to charge into a defensive player.

Free-Throw: For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the throw is taken from the nearest post outside the 9-meter line. The thrower must keep one foot in contact with the floor, then pass or shoot.

7-Meter Throw: The 7-meter throw is awarded when . . .



- A foul destroys a clear chance to score
- The goalie carries the ball back into his or her own goal area
- A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball
- A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball.

All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot after referee's whistle. Any player may take the 7-meter throw.

Goal-Throw: A goal-throw is awarded when . . .

- The ball rebounds off the goalkeeper over the end line.
- The ball is thrown over the end line by the attacking team.

To continue the game, the goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.

Progressive Punishments: Pertain to fouls that require more punishment than just a free-throw. "Actions" directed mainly at the opponent and not the ball (such as reaching around, holding, pushing, hitting, tripping and jumping into an opponent) are to be punished progressively.

Warnings (yellow card): The referee gives only one warning to a player for rule violations and a total of three to a team. Exceeding these limits results in 2-minute suspensions thereafter. Warnings are not required prior to giving out a 2-minute suspension. 2-minute suspensions awarded for . . .

- Serious or repeated rules violations
- Unsportsmanlike conduct
- Illegal substitution.



The suspended player's team plays short for 2 minutes.

Disqualification and Exclusion (red card): A disqualification is the equivalent of three, 2-minute suspensions. A disqualified player must leave court and bench, but the team can replace player after the 2-minute suspension expires. An exclusion is given for assault. The excluded player's team continues short one player for the rest of the game.



"Fair play" and Officiating

The beauty of handball is "fair play".

It is the two referees who are in charge of ending the game. Their task is to maintain the "fair play" principle.

Progressive punishment is given to the players who do not follow the rules of "fair play" or violate the rules in any other way.



Progressive punishment



Throw to (re)start the Game

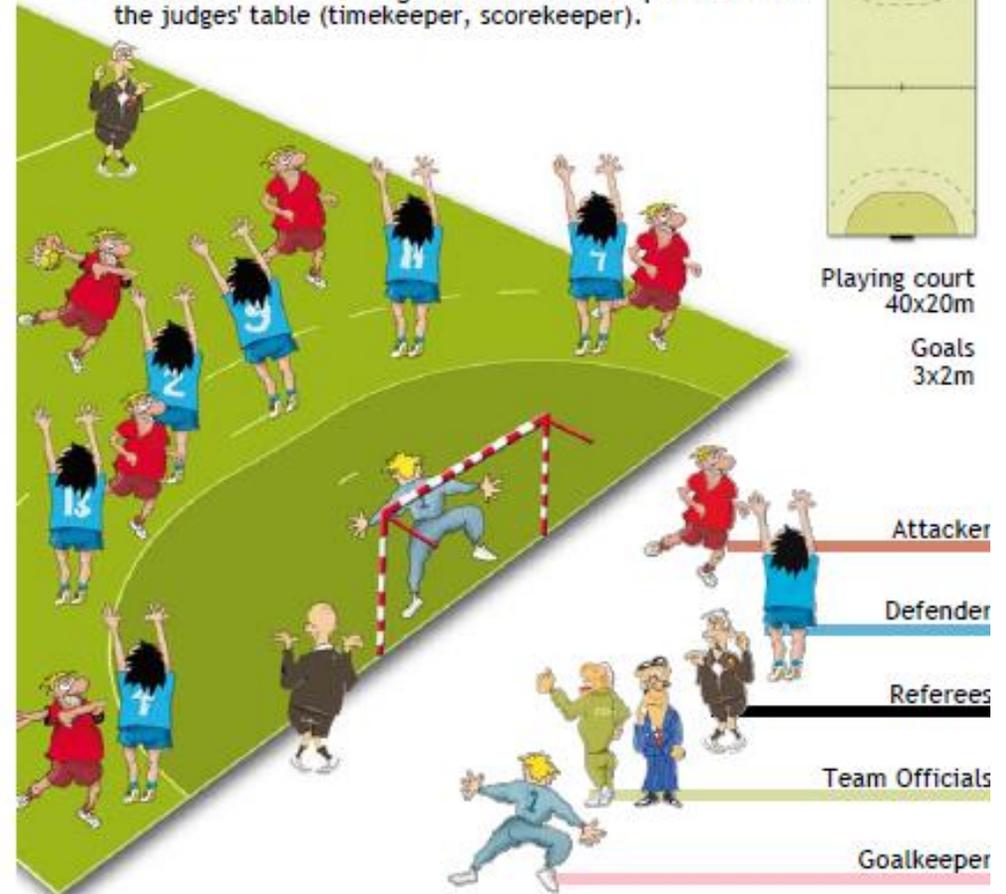
In handball there are five different throws defined by the rules to (re)start the game, which are the **throw off**, **free throw**, **goalkeeper throw**, **7 metre throw** and **throw-in**.

A **7 metre throw** is given when a clear scoring chance is destroyed.

At the beginning of the first and second half time as well as after a goal has been scored a **throw-off** is taken.

Teams/Players/Team Officials/Referees

- Each team consists of up to 14 players. On court a team has 6 field players and 1 goalkeeper
- Within each team the player are interchangeable during the game.
- All field players of a team wear identical, coloured uniforms. Goalkeepers wear uniforms that differ from those of the field players.
- Players are not permitted to wear objects that could be dangerous (watches, rings, earrings, necklaces, etc.).
- Up to 4 team officials are responsible for coaching their team.
- 2 referees officiate the game on court in cooperation with the judges' table (timekeeper, scorekeeper).



The attacking players

ALLOWED	NOT ALLOWED	CONSEQUENCES
Throw and catch the ball using hands and arms	Block or kick the ball using the feet	Free throw for the defending team
Pass the ball to a team mate	Hold the ball for more than 3 seconds	Free throw for the defending team
Bounce the ball with one hand and catch it again	Bounce the ball, catch it and bounce it again = Dribble fault	Free throw for the defending team
Take a maximum of 3 steps with the ball	Take more than 3 steps with the ball	Free throw for the defending team
Move outside the goal areas	Enter the goal area	Goalkeeper throw
Touch the ball in the air above the goal area	Touch the ball lying inside the goal area	Goalkeeper throw
Break through the defence	Charge the opponent or run into a defending player = Offensive foul	Free throw for the defending team
Pass the ball in order to create a scoring chance	Keep the ball in the team's possession without creating a scoring chance = Passive play	Free throw for the defending team

The defending players

ALLOWED	NOT ALLOWED	CONSEQUENCES
Use the hands and arms to block the ball	Pull or hit the ball out of the hands of the attacking player	Free throw for the attacking team
Make a frontal body contact with the attacking player	Hold the attacking player's body/ shirt, push run or jump into him/her	Free throw/progressive punishment
Stay outside the goal area	Use the goal area as a defence position/ prevent a clear scoring chance	7 metre throw
Stay at least 3 metres away from the attacking player when executing a throw to (re)start the game	Interfere with an attacking player when executing a throw to (re)start the game	Progressive punishment

The goalkeeper

ALLOWED	NOT ALLOWED	CONSEQUENCES
Touch the ball with any part of the body inside the goal area	Take the ball into the goal area from outside the 6m line	Free throw for the attacking team
Leave the goal without the ball and play as a field player	Leave the goal area with the ball	Free throw for the attacking team

3. Basic techniques.

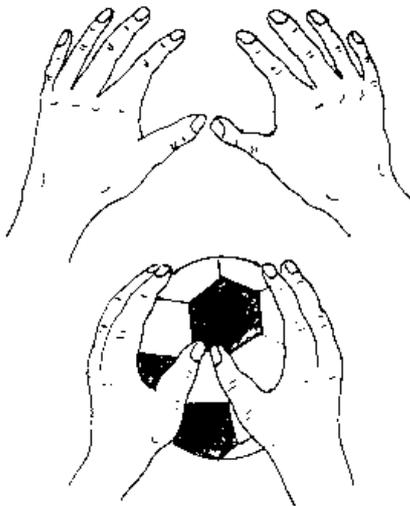
a. Attacking techniques:

GRIPPING THE BALL

It is important with beginners that they use an appropriately sized ball with which they can develop a comfortable grip in one hand as shown. Hold the ball with fingers. The ball never should touch the hand palm.



CATCHING THE BALL



Catching the ball is an essential technical element in handball. Accurate catching is very important and ensures a fast, smooth and efficient game. Catching the ball with two hands is the best method. In some situations, one can use one hand with the help of the other hand before passing or shooting.

Position of hands while catching a ball “Make a W. The “softness” of catching the ball is another feature of catching. Fingers must be relaxed and properly placed on the ball providing shock absorption during impact.

In handball, the perfect pass is not always possible due to many factors e.g.:

- Opposition players trying to stop the pass.
- Players need to be able to catch the ball from many situations: Low pass; High pass; Chest pass; in midair; from a bounce; from the ground...

PASSING

This is one of the basic, technical elements. A pass must be accurate, fast and tactically useful.

- **Accurate** - so that a player has no problems when catching the ball.
- **Fast** – to gain the advantage over the opposition
- **Tactically useful** - the decision to which a pass should be directed depends on the player’s position in a particular situation. A pass should be directed to that player, whose position may find gaps in defence or may menace the opponent.

Ideally, the pass will be at **head height** allowing the player to receive and pass in a swift movement.

There are several types of passes, but the most important aspect is that the ball can be played by your team continuously.

The most common are overhead pass, hip pass, bounce pass or pronation pass (side pass).

You can see all types in the next video:
<https://www.youtube.com/watch?v=tMLu3zWV3Sg>

SHOOTING

Shooting is performed similarly to passing, but with a stronger action of the trunk and upper limbs. The shot power is conditioned by the distance and hand action time on a ball.

The purpose is achieve goal. The ball needs to pass defensive player line and the goalkeeper.

You can use overhead or drive shot, hip shot, jump shot, lob shot...

DRIBBLING

To dribble the ball, use a wrist extension. Don't turn the forearm (avoid basketball dribbling). If you do it, you will commit double dribbling. **In handball is safer to pass the ball than to dribble.** Remember, you can take 3 steps between each dribbling.



FEINT

It is a **technical element** which enables an **attack player** to free himself from a defender in order **to get a better position** for shooting, passing or running into the space for receiving the ball.

A feint consists of one or several movements, which are similar to running, passing or shooting, **followed by the performance of the real action.**

You can see several feints in the next video:

<https://www.youtube.com/watch?v=t9zIYsup1-M>

b. Defensive techniques:

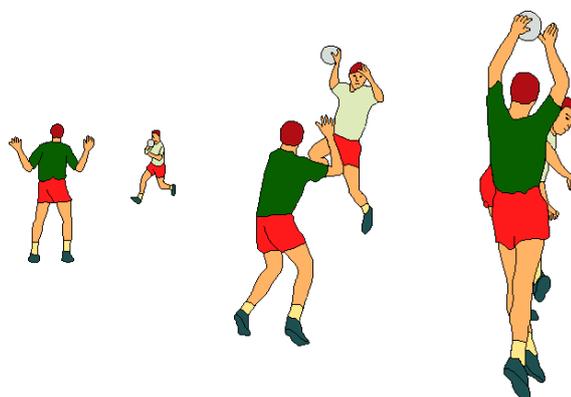
INTERCEPTION AND STEAL THE BALL

Defensive player can steal the ball when an opponent are dribbling or passing the ball.



BLOCKING THE BALL

Defensives player are the first barrier to avoid opponent goals. To do this, when they are in defence, **they must to put both hands over the heads and the elbow in shoulder line.** This is the **base position versus an offensive player with ball.** If the offensive player is going to shot, the defensive player must to avoid it putting their hands in the ball trajectory.



Blocking against jump shot

GOALKEEPING



A goalkeeper greatly influences the game and the final result. Playing as a goalkeeper requires a lot of physical and mental efforts. **A goalkeeper must be very fit, bold and self-controlled.** His actions are not only limited to defending the goal. The goalkeeper also takes part in a game, when he sparks the fast attacks, co-operates with defence and prevents the opposing team's fast attacks.

A goalkeeper's posture should provide instant movement. The goalkeeper stands with his feet apart and his knees slightly bent. That posture enables him to move rapidly one-footed sideways (or obliquely front) to get a lower ball. The body weight should be placed equally on both feet (instep) with the body slightly bent forwards, head up, **eyes kept on the ball.** The arms should be bent at the elbow-joints, palms at the chest or head level, elbows sideways. This arm position allows the goalkeeper to intercept the ball at various heights as, in that position, the hands have the shortest distance to the ball in any direction (upper picture).

If a **wing** has the ball, a goalkeeper should change his/her posture (right picture). Defending a shot from a long distance, the goalkeeper stands close to the goal post, and lifts his/her arm close to the goal post with the other arm lifted to the chest level (right picture).



When defending the goal, a goalkeeper moves in any directions and in various ways. Moving from one goal post to another, he uses the drawing step or its particular variation-jump-to, and sometimes Running.

Balls which fly above the hip level are caught by the goalkeeper or stopped with the trunk. Strong and surprising shots are **rebounded** with one hand, as there **is not enough time to catch them.** He/She catches weak shots executed from a distance with both hands.



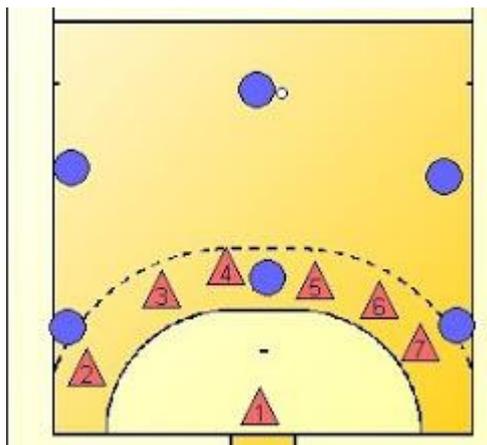
Balls which fly below the hip level are defended with legs and hands. The goalkeeper stops low, close flying balls with the inner part of his foot or shin, after taking a stride towards the ball. To get the same balls, when directed to the goal corner, a goalkeeper performs a wide stride or splits, stretching his arm above the leg and parallel to it.

4. Basic Handball Tactic.

- a. Tactic principles of the game (to all team sports)

<p>When your team have the ball:</p> <ul style="list-style-type: none"> ○ You should keep the ball during the play <p>Technique: Protect or low dribble</p> <ul style="list-style-type: none"> ○ You need to progress to the opponent midfield <p>Technique: Speed or high dribble; Passes: chest pass, one hand pass, baseball pass, hand to hand pass... ; Screen to player with the ball; Look for free passing line</p> <ul style="list-style-type: none"> ○ Your team shoot and try to score in the opponent basket. <p>Technique: Shot, jumpshot or lay-up</p>	<p>When your team does not have the ball:</p> <ul style="list-style-type: none"> ○ You try to gain the ball possession <p>Technique: intercept the ball.</p> <ul style="list-style-type: none"> ○ You should prevent the opposing team from advancing ○ You try to stop or hinder (block) opponent shots
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b. Basic team formation.



In defence, the most common is **6-0 system**. All players are situated in one line near the goal area forming a wall and avoid attacking shooting. In the picture, the red team is defending with this system.

In attack, the team use to apply **3-3 system**. The playmaker and back court player (left and right) are situated near 9 meters line, pivot near 7 metres line is fighting to achieve a good position to receive the ball and shot, and wings are placed in the extreme of the court between 6 and 9 meters line. The purpose is to move the ball quickly to find a free space and throw the ball to the goal (blue team in left picture).

In both systems, the most important aspects is de co-ordination between same team players. The co-ordinated action of two players creates the elements of co-operation.

5. References.

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