

Handball Basics



THE GAME →

Philosophy

Handball is a team sport played by two male or female teams and is played with your hands. The objective of the game is to score goals and avoid giving goals away. The team that scores the most goals in a given period of time wins the match. The game is played at a very high speed and body contact is permitted. As a result, fair play has a central importance.

The playing court

Handball is played in a sports hall on a 40m (131' 3") x 20m (65' 7") court. The length may be shortened when space is limited, but England Handball can provide guidance on this. The goal area line, or 6-metre line (19' 8"), is the most important line. No one except the goalkeeper is allowed to stand in the goal area. The goal opening is 2 metres by 3 metres. Players may jump into the area if the ball is released before landing in the area. Schools tend to use a 4 court badminton hall.

The other variations of the game, such as Mini Handball, Beach Handball or Wheelchair Handball, are all based on the same fundamental rules of the game, although both facilities and rules can be adapted.

Players

Handball is a team sport for two squads of 7 players (six field players and a goalkeeper).

Equipment needed

- 40 x 20 metre court with wooden or PVC flooring.
- School competition 4 badminton court hall.
- The court has two 6m goal areas and two goals (3 x 2m).
- Men play with ball size 3
- Women with ball size 2
- Different age categories may use different sizes (size 1 and 0 balls also exist).
- Shorts, shirts and sports' shoes are required.

Duration of game

For players 18 years and over, the game consists of two 30-minute halves with 10-minute half-time. For tournament and youth games, two 15-minute or two 20-minute halves. This is the stated running time, except for injury or one team time-out per half. The teams change benches at half-time. The aim of the game is to win, but a draw is permitted, unless the game demands an outright winner. In this case, overtime consists of two five minute periods.

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.



INTRO

Handball, the second most popular team sport in Europe after football, is an exciting, fast paced, high scoring game. This is your guide to the basics of the game so you can keep up with the action!

THE BASICS

A handball match is won by the team that scores most times over two 30 minute halves, by throwing the ball past the keeper into the opposition's goal.

Teams consists of 6 court players and 1 goalkeeper with 9 substitutes. Any number of substitutions can be made at any time during the match.

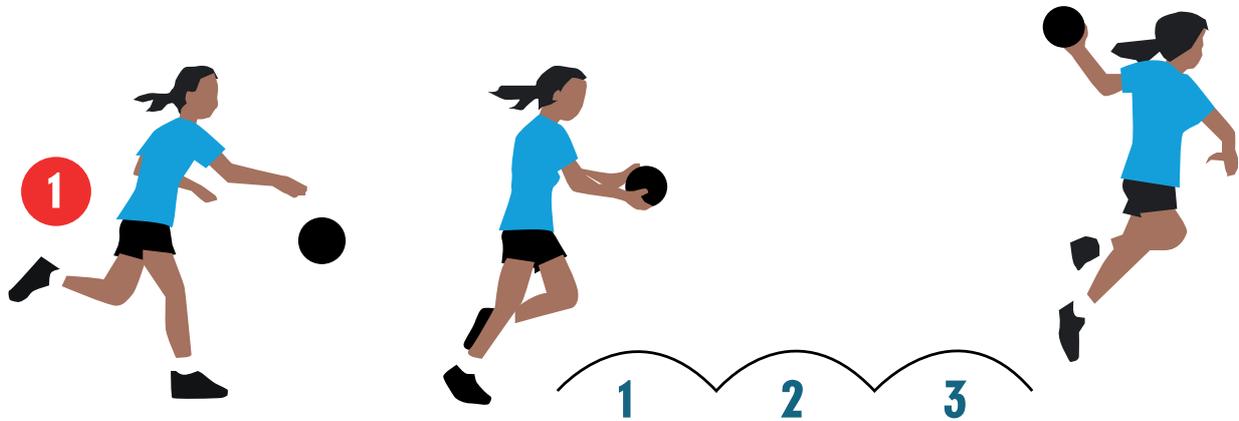
There is no 'shot clock' in Handball. Referees can warn a team if they don't try to score within a reasonable time. They then have 6 passes to shoot.

Free throws are awarded where a foul occurs or from the 9-metre line if foul occurs in this zone. Penalties punish more serious foul play and are taken from the 7-metre mark

If the ball leaves the end of the court possession goes to the defending keeper. If touched by a defending player first, then a corner is awarded to the attacking team.

The goalkeeper may act as a court player, but is the only player allowed inside the 6-metre goal area. The goalkeeper may use his feet to defend the goal inside this area, the only player permitted to do so.

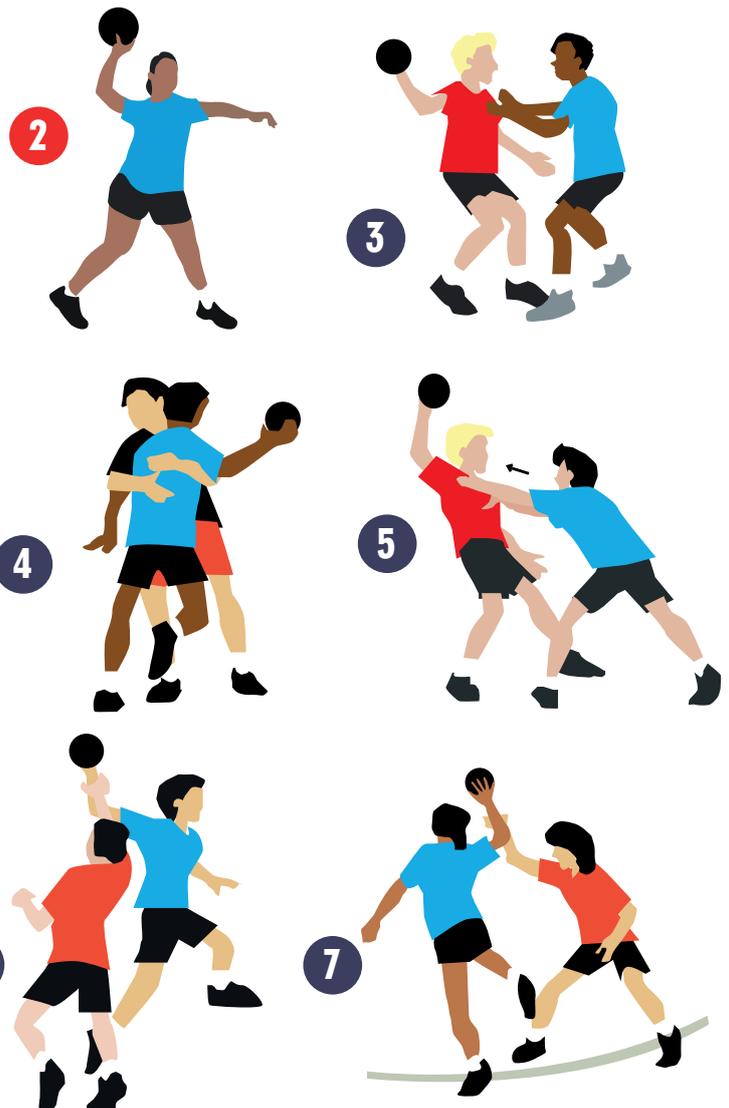




ATTACKING PLAY

Attacking players aim to score by throwing the ball into the opposing goal. In possession of the ball...

- 1 ... a player may take a maximum of 3 consecutive steps and may bounce the ball as much as desired. If the player catches the ball, they can not bounce it again and must take a maximum 3 further steps, pass or shoot.
- 2 ... is not permitted to enter the goal area. Players may jump towards it (e.g. to shoot) providing the ball is released prior to landing inside the 6-metre line.



DEFENSIVE PLAY

- 3 Defending players attempt to stop the opposing team shooting at their goal. They are permitted to make body contact, but they should not...
- 4 ... hold or restrain attacking players
- 5 ... must not hit another player
- 6 ... strike or pull back the opponent's throwing arm
- 7 ... spoil a clear chance of scoring by illegal means. This always leads to a seven metre (penalty) throw.

How to play	Allowed	Not Allowed	Consequences
In attack (with the ball)	<ul style="list-style-type: none"> • Throw & catch the ball using hands & arms • Pass ball to team mate • Take a max of 3 steps with the ball • Bounce the ball with one hand & catch it again • Play outside the goal area • Touch the ball in the air above the goal area • Break through the defence • Put the ball on the floor when the referee takes ball possession away 	<ul style="list-style-type: none"> • Block or kick the ball using your feet • Hold the ball for more than 3 seconds • Take more than 3 steps with the ball • Bounce the ball, catch it and bounce it again • Enter the goal area with the ball • Touch the ball inside the goal area • Charge the opponent or run into the defensive player • Throw or push the ball away after the referee takes ball possession away 	<ul style="list-style-type: none"> • Free throw for the opponent • Free throw for the opponent • Steps, free throw for the opponent • Wrong dribble, free throw for the opponent • Goalkeeper throw • Goalkeeper throw • Offensive foul – free throw for the opponent • 2 minute suspension
In defence (without the ball)	<ul style="list-style-type: none"> • Use your hands to block the ball and use your open palms to take the ball away from the opponent • Make body contact with an opponent (in face to face position) in order to monitor the opponent’s movement • Fair Play • Stay outside the goal area • Stay at least 3 metres away from the free throw 	<ul style="list-style-type: none"> • Pull or hit the ball out of the hands of an opponent • Hold (body or jersey) or push, run, jump into an opponent • Endanger the opponent • Use the goal area as basic defensive position • Interfere with the execution of a free throw 	<ul style="list-style-type: none"> • Free throw / 7m throw • Free throw / 7m throw & - if movement is directed at the opponent & not at the ball - personal progressive punishment • Suspension (2 minutes) or disqualification (red card) • 7m throw • Warning (once) & personal progressive punishment
Goalkeeper	<ul style="list-style-type: none"> • Touch the ball with any part of his body inside the goal area • Leave the goal area without the ball and play as a field player 	<ul style="list-style-type: none"> • Take the ball into the goal area from outside • Leave the goal area with the ball • Endanger the opponent while executing a save 	<ul style="list-style-type: none"> • Free throw • Free throw • Personal progressive punishment

Respect Fair Play! The elements of personal progressive punishment: Yellow Card (warning) / 2-minute suspension / Red Card (disqualification for the rest of the game).



TECHNIQUES

Dribbling Technique

1. Touch the ball with your fingertips, not your palm
2. Bend your knees and get in a low stance
3. Push down firmly onto the ball and release
4. Use your wrist to control the bounce of the ball and power within the bounce
5. Keep your head up and look for team mates, space and opposition players
6. Move on the balls of your feet
Use your agility, dribbling skills and speed to get past defenders.

Extension tasks

- Can you bounce the handball under control using both your left and right hand?
- Can you walk, jog and sprint while keeping the bouncing handball under control?
- Can you mark your partner out of 10 based upon their ability to perform the skill and explain the technique?

Catching Technique

1. Create a W with your hands
2. Fingers spread wide and elbows bent
3. Weight on the front foot and knees slightly bent

Throwing Technique

1. Weight always on front foot
2. The ball is gripped in your fingers and thumb, never your palm
3. The arm is raised, with the throwing elbow above the shoulder
4. Throw forward your arm and release the ball
5. Remember to aim at your partner's W

Extension Task

- How many passes can you and your partner complete in 30 seconds?
- How many passes can you and your partner make before a defender intercepts the ball?
- Out of 10, how do you rate your partner's ability to explain the correct technique for both catching and passing?

Shooting technique

1. Receive the ball on the move
2. Attack open space using your three steps
3. Raise the throwing arm backwards, the ball should be above your head and elbow above your shoulder
4. Transfer your weight onto your front foot
5. Aim at your target, and follow through your throwing arm and release the ball

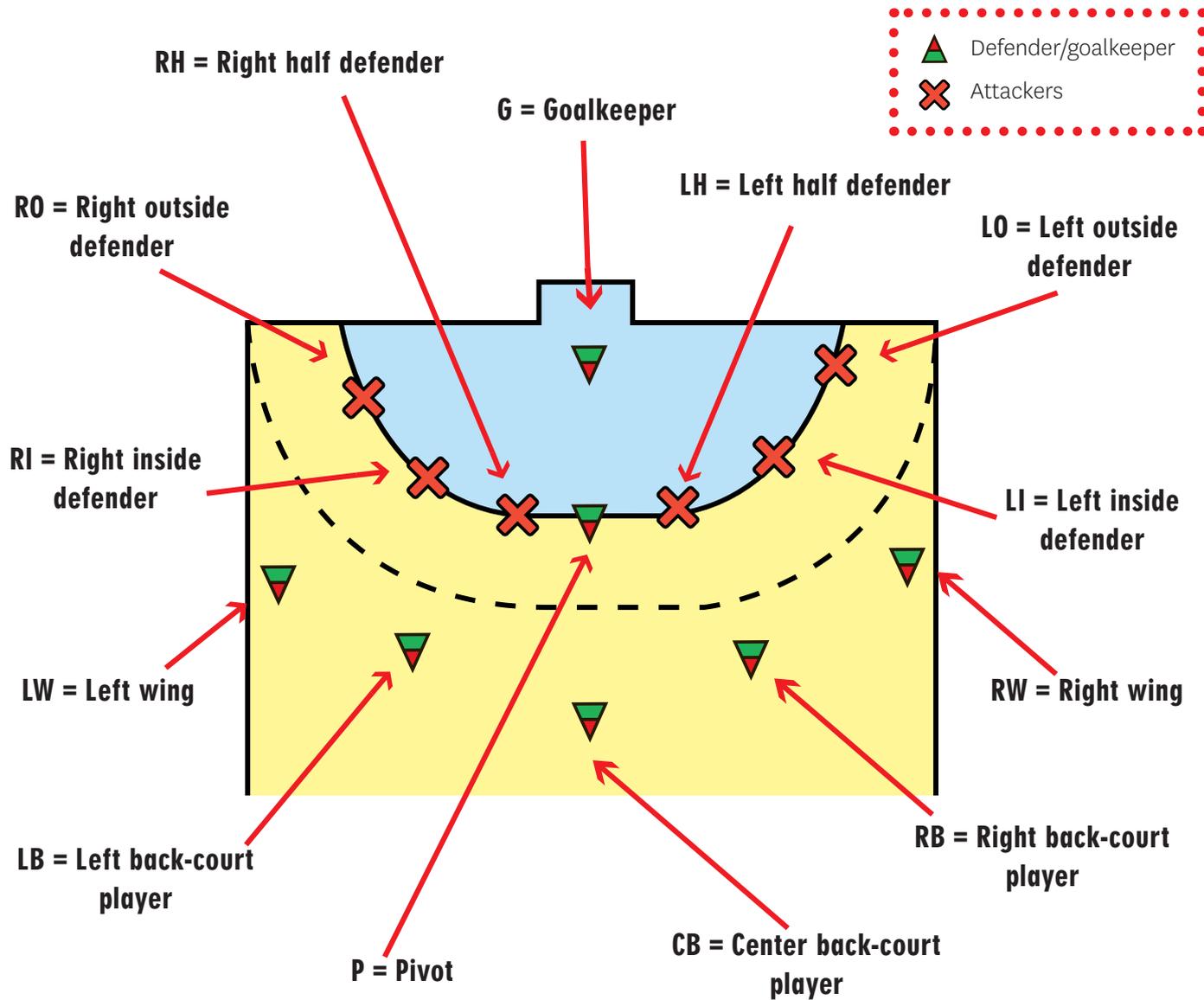
Jump shot technique

1. Follow the first three steps from the technique above
2. When attacking the open space, jump past the 6M line through the space into the D
3. Before landing throw forward the throwing arm and release ball

Extension Tasks

- Can you aim your shots to hit two targets in the top two corners of the goal?
- Can you aim your shots to hit two targets in the bottom two corners of the goal?
- Can you mark your partner out of 10 on their ability to perform the skill and explain the technique?

POSITIONING →



Goal Keeper – The goalkeeper defends the goal with every part of the body. They are the only player who can touch the ball with their feet. The goalkeeper can leave the 6 yard/ metre? box if they do not have contact with the ball.

Left/Right Wingers – These are the fastest players on the court and patrol the sides of the court. They counter the opposition wingers in attack in order to create openings for their team mates. They can also shoot from tighter angles.

Left/Right Backs – These are the largest players on the court. When attacking they are responsible for driving at the defence and long range shooting. However, when defending they are used to block opposition shots.

Pivot – The pivot is the creative force in attack. They are expected to stand among the defenders on the 6m line to create space for their team mates or themselves to shoot. When defending, they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances.

Centre Back – The centre back is a creative handball player also known as the ‘playmaker’. They are responsible for setting up the play tactics. When defending they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances

OFFICIATING →



Goal

A legal goal has been scored.



Yellow card (Warning)

One per player and a maximum of three per team.



Red card (Disqualification)

The player is suspended for the rest of the match, the team continues in numerical inferiority for 2 mins.



Suspension

The team continues in numerical inferiority for 2 mins.



Forewarning signal

The attacking team executes passive play, they therefore risk losing possession.



Foul committed by the attacker

Resulting in losing possession of the ball.



Travelling

The player has exceeded their three steps allowance when in possession of the ball.

OFFICIATING (CONTINUED)



Hitting



Illegal dribble



Restraining/ Holding



Keep 3 metre distance



**Entering the goal area/
goalkeeper's ball**



Free throw



Throw in



Time Out



RESTARTS →

Throw - in	Explanation
Free Throw	These are awarded for slight infringements of the rules. All defenders are required to stay 3 metres away from the person taking the free-throw.
Penalty Throw (7 metre throw)	These are awarded when denying a clear scoring opportunity with an infringement.
Corner Throw	A corner is taken by the attacking side when the defender has knocked the ball over the goal line (other than the goalkeeper). The player puts one foot on the corner and passes the ball in.
Goal Throw	This occurs when the ball comes off the goal keeper and crosses the goal line. The goalkeeper then takes the throw from within their own area.
Side Throw	These are awarded after the ball has crossed a sideline. It is taken by the team which were not the last to touch the ball, with the player putting one foot on the line where the ball went out and passing it back into the court.



TRY HANDBALL



WHO IS TRY HANDBALL FOR?

- Beginners to handball
- People new to, or returning to sport

TRY HANDBALL SHOULD BE:

- Fun
- Engaging
- Friendly and social
- Informal

Anyone can organise an informal game of try handball. If you want to organise a formal session England Handball activators can be run these.

SESSIONS SHOULD HELP:

- Improve fitness
- Develop sporting skills

WHAT IS IN THE TRY HANDBALL EQUIPMENT PACKAGE?

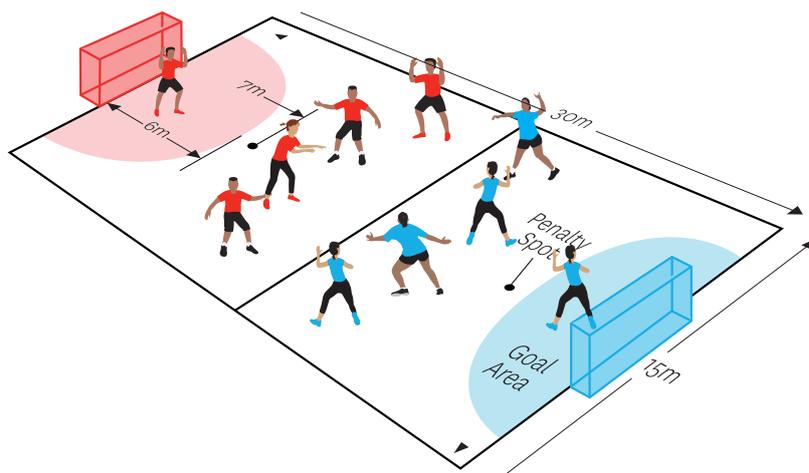
- 12 starter balls
- Five bibs
- Throw-down lines
- A set of Quickplay goals



TRY HANDBALL (CONTINUED) →

HOW TO PLAY

We'd recommend a netball court as a good space to play try handball with five players a side, using the throw-down markers to define a slightly larger goal area. However, the beauty of try Handball is that you can play it anywhere, indoors or outdoors, with as many players – and for as long – as you want.



ATTACKERS

Can: Take three steps with the ball then must pass or shoot
Hold onto the ball for three seconds
Can't: Dribble with the ball
Must: Shoot within 30 seconds

DEFENDERS

Can: Regain possession of the ball by intercepting a pass or blocking a shot
Can't: Snatch the ball from the attacker's hand

GOALKEEPERS

Can: Block the ball with any part of their body in the goal area
Leave the goal area and join the attack
Can't: Leave the goal area in possession of the ball

ATTACKERS & DEFENDERS

Must: Only use their hands to play the ball

FOULS

- Any foul will lead to free pass for the opposition team
- The offending team must retreat three metres at a free pass

PENALTY

A penalty is a free throw from one metre outside the goal area. All players apart from the goalkeeper must be behind the penalty taker.

IT IS AWARDED IF:

- A defender enters the goal area
- A foul prevents a goal scoring opportunity

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