

A central illustration of a handball team in action, rendered in white line art. The players are shown in various dynamic poses, some holding handballs. The illustration is set within a dark blue circular background.

Team Handball

MR. Linda's Physical Education Class

History of Team Handball

- Team handball is a sport that originated in Germany in the 1900's.
- Team handball became an Olympic sport for men in 1972 in Munich, Germany and for women in the 1976 Summer Olympics.
- Players enjoy this sport because of its fast paced game play.
- Like during previous units it takes teamwork to be successful in team handball.

Equipment for Team Handball

- The goal is 2 meters by 3 meters and the net in the goal is 1.5 meters deep at the base of the goal.
- The Official size ball for Men's Team Handball is 23-24 inches and 15-17 ounces
- While the women's Team Handball is 21-22 inches and 12-14 ounces.
- The goalkeeper must wear a different color shirt from teammates and opponents.

Skills for Team Handball

(Basic skills that are used in this sport)



Locomotor

- Running
- Jumping

Non-locomotor

- Dodging

Manipulative

- Passing
- Dribbling
- Catching
- Shooting

Safety



- Players need to wear proper athletic shoes and clothing.

- Players need to be aware of all surroundings, making sure to not come into contact with another player.

- Make sure Team Handball court is free of debris.
- Practice proper communication and good listening.



Rules

For Team Handball

Official Rules

- There are 6 court players and 1 goalie.
- Game begins with a center throw-off, aka, throw-on determined by a coin toss.
- A player scores by shooting the ball into a goal.
- Each goal is worth 1 point.
- Change of possession every time a team scores.
- Team with the most points wins when time expires.

Modifications for class

- Can't hold ball for more than 10 seconds.
- Can't kick ball with their feet.

- **Rule of 3**, after receiving the ball the player can take *3 break down steps, 1 dribble and 3 more steps*, they then are frozen and have 10 seconds to pass or shoot the ball.

- Keep arms length distance between you and other team.
- No going into goal area (*only the goalie is allowed in the goal area*)

Passing in team handball



Critical Elements for passing

Hip Pass

- Grip Ball
- Arm to the side of the body
- Follow across to the opposite side of the body
- Release towards intended target

Overhead Pass

- Grip ball
- Elbow up
- Step with opposition
- Release towards intended target

Bounce Pass

- Grip ball
- Elbow up
- Step with opposition
- Release to ground between you and target.

How to Shoot in Handball

- Grip ball (*so it rests in palm*)
- Reach back (*and above the shoulder*)
- Snap the wrist
- Release (*the shot towards the goal*)



How To Play Handball



Introduction to USA Team Handball

