

MR. Linda's Physical Education Class



- 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.



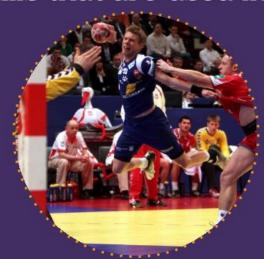


- The goal is 2 meters by 3 meters and the net in the goal is 1.5 meters deep at the base of the goal.
- The Official size ball for Men's Team Handball is 23-24 inches and 15-17 ounces
- While the women's Team Handball is 21-22 inches and 12-14 ounces.
- The goalkeeper must wear a different color shirt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



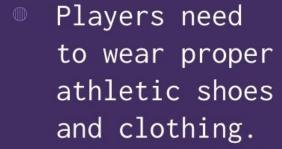
Skills for Team Handball

(Basic skills that are used in this sport)



Locomotor	Non-locomotor	Manipulative
RunningJumping	Dodging	PassingDribblingCatchingShooting





- 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.





- 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.





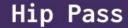
- Can't hold ball for more than 10 seconds.
- Can't kick ball with their feet.
- Rule of 3, after receiving the ball the player can take 3 break down steps, 1 dribble and 3 more steps, they then are frozen and have 10 seconds to pass or shoot the ball.
- Keep arms length \ distance between you and other team.
- No going into goal area (only the goalie is allowed in the goal area)











- 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.







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









Introduction to USA Team Handball





