

| Skill                  | Description                                                                                                                                                                                                                                                                                                                                                  |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Passing                | There are a number of ways to pass in Handball. You want deception to outwit your opponent. Common types of passes are chest, shoulder, bounce and side pass.                                                                                                                                                                                                |
| Dribbling              | Players may dribble the ball as in basketball but are allowed three steps before and after the dribble. You need to keep the ball close to your body to help keep it under control.                                                                                                                                                                          |
| Shooting               | Shooting is the primary method of scoring in handball. Players must develop accurate shooting techniques, such as jump shots, sidearm shots, or spin shots to outwit opponents.                                                                                                                                                                              |
| Defending and Tackling | Players must possess good positioning, timing, and anticipation to block shots, tackle opponents, and intercept passes.<br>In Handball you can make contact (tackle) with a player while you are front onto the attacker. You must only make contact above elbow height, otherwise this is a foul. Some teams use this as a tactic to slow a counter-attack. |
| Small Sided games      | Small sided competitive games are used allowing players to develop specific skills learnt in lessons, improve decision-making, and increase their overall fitness.                                                                                                                                                                                           |
| Attacking shape        | Handball has specific positions like more game's sports, therefore being able to play in this attacking shape is vital to success. These positions are; Left-wing, Right-wing, Left-back, Right-back, Centre & Pivot.                                                                                                                                        |
| Defensive shape        | Much like in attack there is a defensive shape which teams adopt to be successful. Team will often drop back to the edge of their 9m line to form a line. The positions in this line are; Right and Left outside defenders, line defender, 2x High defender and a Forward defender. This creates a 3-2-1 formation, which is tough to break down.            |

### Example of a Handball Game



Scan me

When watching the game look out for the following:

- Look for how they perform a jump shot. How are they using their body.

Components of fitness used in:

- Agility
- Coordination
- Speed
- Power

Transferable Skills

- Passing and Catching (Basketball/Netball)
  - Spatial Awareness
  - Marking and defending
- Change of direction and pace (agility)

### Tactics and Rules

- 7 players per team with 1 nominated goalkeeper
- Substitutes may enter the game at any time through own substitution area if the player they are replacing has left the court.
- It is illegal to keep the ball in a team's possession without making a recognisable attempt to attack and to try to score. In other words, a team cannot slow down (free-throw awarded to the other team).
- No player except the GK is allowed in the goal area (unless both feet are off the floor)

A player is allowed

- To run 3 steps with the ball
- To hold the ball for 3 seconds
- Perform unlimited dribble with 3 steps 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 go inside the goal area – penalty throw awarded
- To dive on the floor for a rolling or stationary ball.