

HANDBALL



Dr. Hoshiyar Singh

Associate Professor

J.S.P. G. College, Sikandrabad -203205

Bulandshahr (U.P.)

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HISTORY

It was originated in Germany in the 1900's and became an Olympic sport for men in Munich 1972.



At the beginning was played outdoors in a football field, 11vs11. Years later was started to play indoors 7vs7 to avoid cold weather in winter.

Nowadays it's a really important sport in Europe and over 140 countries are recognised members of the IHF (International handball federation)

EQUIPMENT

BALL

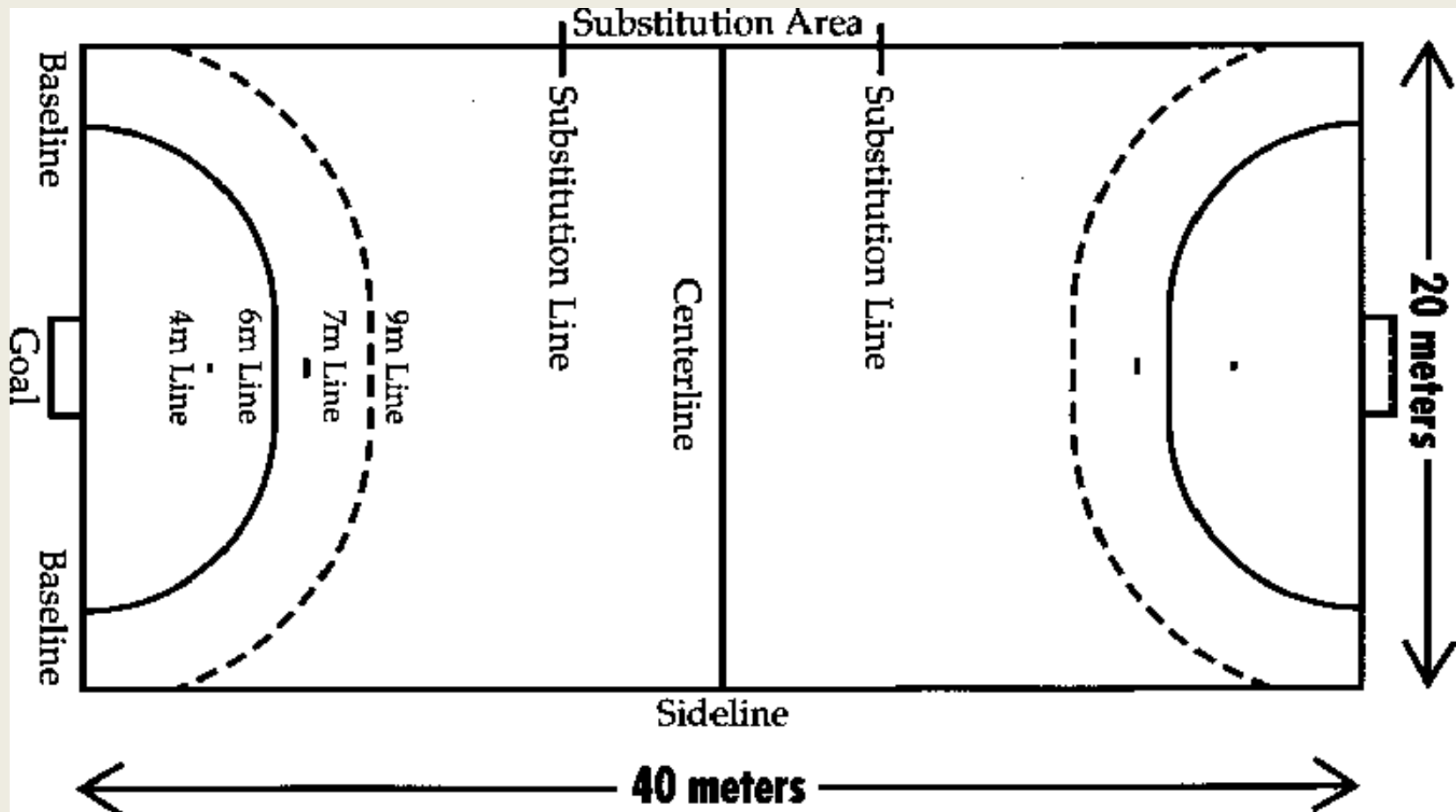


GOAL



FACILITY

A regulation team handball court measures 20 meters by 40 meters. The court is similar to a basketball court but larger.



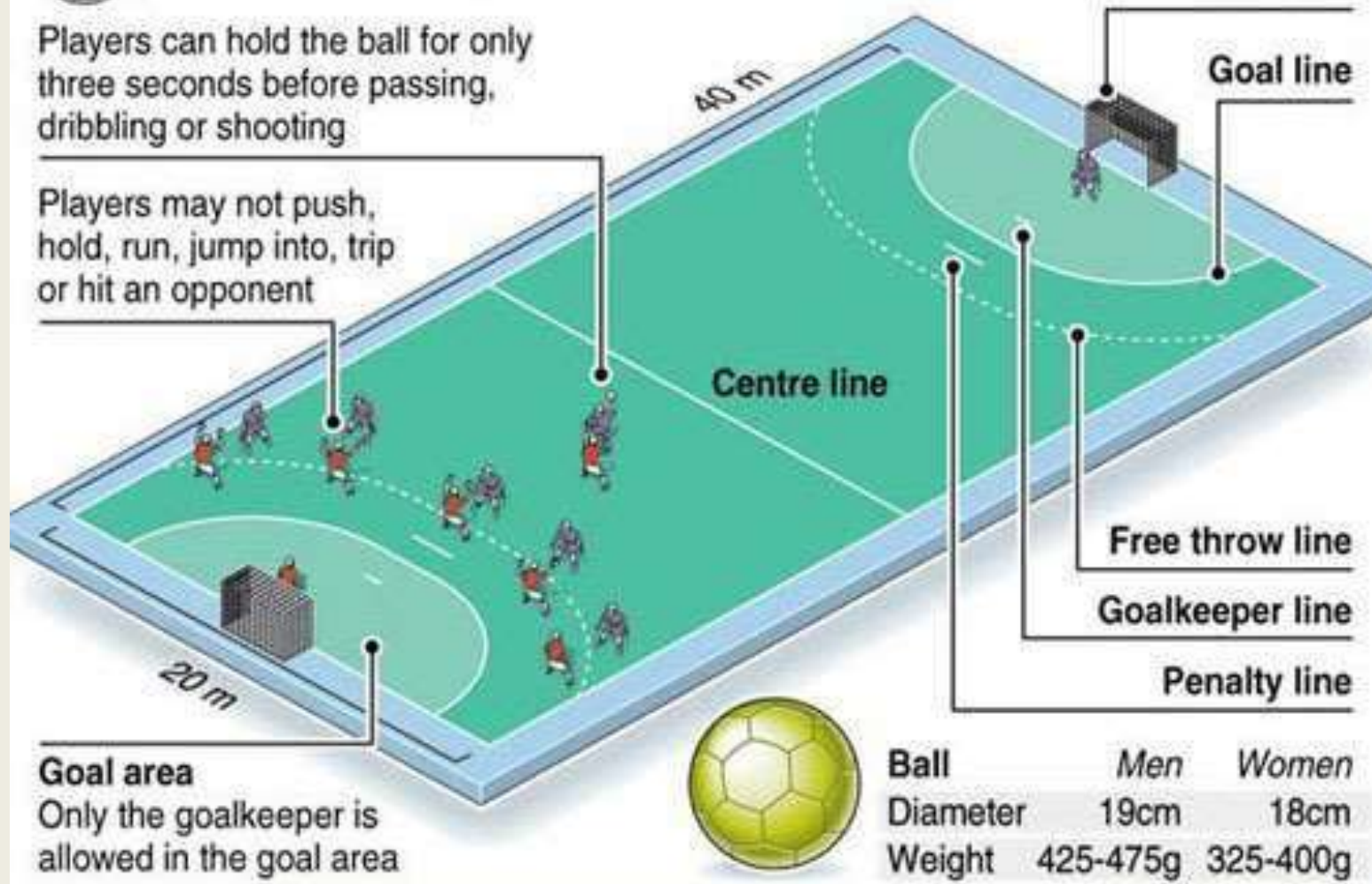
FACILITY



Time Two 30-minute halves
10-minute half-time break
Two 2-minute time-outs

Players can hold the ball for only three seconds before passing, dribbling or shooting

Players may not push, hold, run, jump into, trip or hit an opponent



Ball	Men	Women
Diameter	19cm	18cm
Weight	425-475g	325-400g

SKILLS

Run

Jump

Shot

Catch

Block

Pass...

And much more...

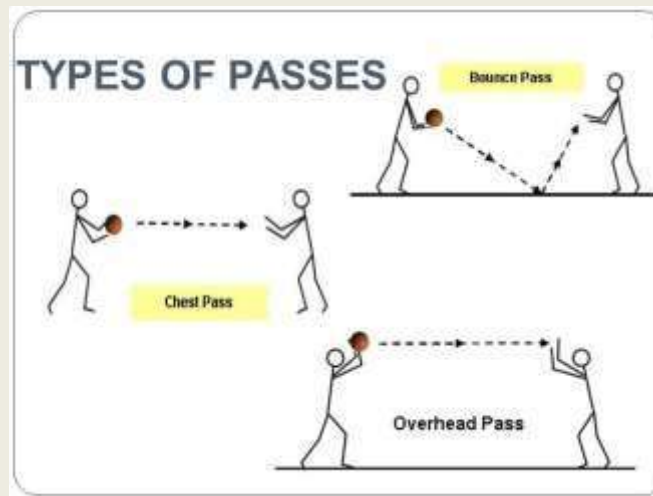




Kind of passes



- Chest pass
- Overhead pass
- Bounce pass.
- Wrist pass
- Baseballpass (overarm)



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 players 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).



Playing court
40x20m

Goals
3x2m

Attacker

Defender

Referees

Team Officials

Goalkeeper

GAME PLAY

- Players can take only 3 steps holding the ball.
- Players can hold the ball only during 3 or 5 seconds.
- They can't bounce the ball, hold it and bounce it again (Double dribble).
- Players can not pass themselves (air dribble).
- Players can't step on the goal area while holding the ball.

GAME PLAY

- The goalie can't go out of the goal area.
- If one player shoots, the goalie touches the ball and the ball goes out, **there is no corner** . It will be corner only if a fieldplayer touches the ball before going out.



GAME PLAY

Throw off: After scoring a goal or at the beginning of the match.

- Throw in: If the ball crosses the sideline.



GAME PLAY

Penalty Shot

- If one defender touches the ball inside the goal area.
- If a defender make a foul to an attacker when shooting.



GAME PLAY

Free Throw

- If one defender touches the ball from an opponents hand.
- If one playe hiits or push another player.
- If one player touches the ball intentionally.

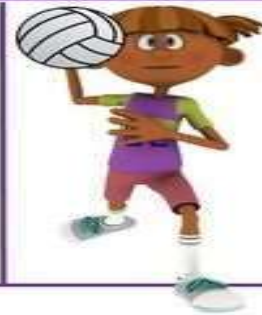


TEAM HANDBALL TERMS

3
steps
3
seconds



**Dribble
Step
Sequence**



**Free
Throw**

**SAVE
GOAL**



**PENALTY
THROW**



**CORNER
THROW**



THROW-IN



FOUL



CROSSBAR



POST

NET



-Team Hand Ball

HANDBALL VOCABULARY



Bouncing the
ball:
Rebounding
the ball
from the court

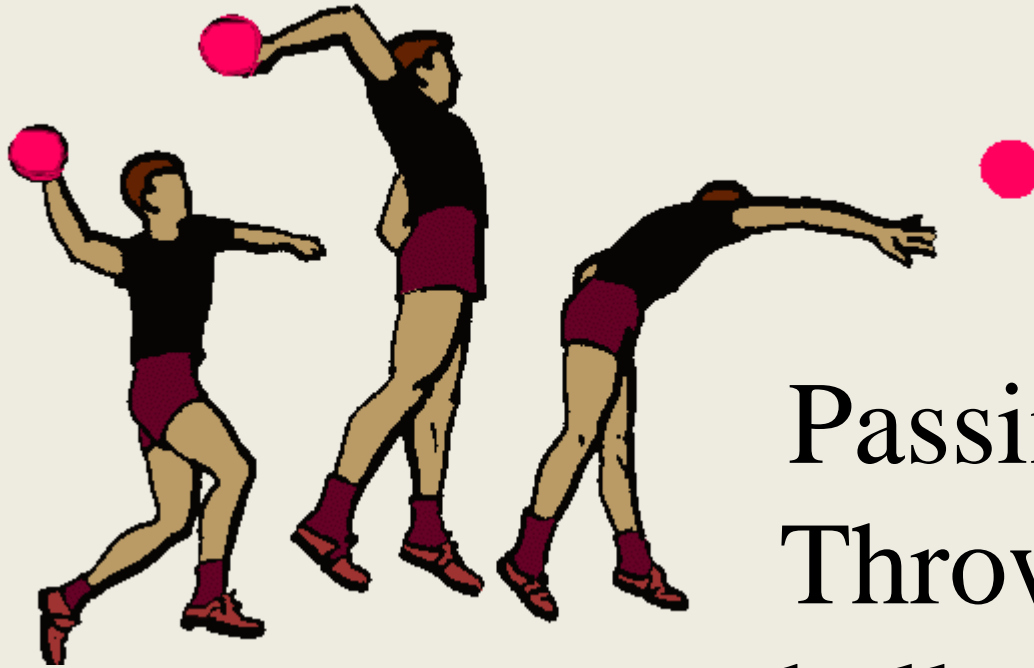
HANDBALL VOCABULARY



Catching the
ball :

Take hold of the
ball after a pass
from another
player.

HANDBALL VOCABULARY



Passing the ball:
Throwing the
ball to another
player from the
team.

HANDBALL VOCABULARY



Dribble the ball:
Manoeuvring
the ball by
bouncing it on
the floor

HANDBALL VOCABULARY

Shooting on goal :

Throwing on goal with an overarm shot, side bend shot, underarm shot, falling jump shot, jump shot, jumping with both feet, etc



HANDBALL VOCABULARY

Overarm shot : A shooting technique carried out with the arm moving above the shoulder level.

Underarm shot: A shooting technique carried out with the arm moving below shoulder level.

Jump shot : A shooting technique performed having the players feet off the floor.

Bounced shot : Shooting on goal with the ball hitting the floor on its way.

Spin shot: A type of shot with the ball changing direction when bounces back from the floor.

HANDBALL VOCABULARY

Stealing the ball:

Taking ball possession when the opponent is holding or bouncing the ball



HANDBALL VOCABULARY

Jump shot:

A shooting technique performed having the players feet off the floor.



HANDBALL VOCABULARY

- **Changing direction or turning:** Altering the position towards which someone moves.
- **Goalkeeper:** A player positioned inside the goalkeeping area who is – opposed to field players – allowed to use his legs.
- **Handling the ball :** Dribbling, catching or passing the ball.
- **Left-handed player:** Player using and throwing with his left hand.
- **Tactics:** A set of planned game elements to be used in attack and in defence by a team during the given game
- **Playing positions:** The seven playing positions are: goalkeeper, left wing, left back, middle back, line player, right back and right wing.

HANDBALL VOCABULARY

- **Rebound:** The ball bouncing back after e.g. hitting the bar of the goal.
- **To get a rebound:** When a player catches a ball which is bouncing.
- **Sidestepping:** A technical element of the attacker's basic movement executed by continually moving sideways mainly in width.
- **Man marking:** Defensive strategy where a defender is assigned a specific opposition player to guard rather than covering an area of the court.
- **Faking:** Tricking the opponent with a hand or body movement, e.g. body fake, pass fake, shooting fake, rotation fake, etc.

HANDBALL VOCABULARY

- **Throw through/over the wall:** Overtime free throw with the defensive wall three metres from the shooting player.
- **Coin toss** Before the match the referees carry out a coin toss to determine who will start the game and who can choose ends.
- **Disallowing a goal :** The referee decides not to validate a score for any irregularity preceding it
- Endanger:** To cause danger of injury to the opponent with any physical contact.
- Out of play:** When the ball is out of play, the game restarts with a throw corresponding to the reason of the interruption.

HANDBALL VOCABULARY

- **Passive play:** Keeping the ball in a team's possession without making a recognisable attempt to attack and score.
- **Referees:** A person in charge of a game who has to make sure that the rules are followed.
- **Sanction :** Any form of penalisation by the referee
- **Warning :** Yellow card punishment awarded by the referee as a first measure of progressive punishment.
- **Serving a 2-minute suspension :** The player stays on the substitution bench for two minutes after receiving a suspension.
- **Goal area:** A D-shaped area six metres from the goal that is used only by the goalkeeper.