

# Handball

Instructor name:-

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Handball teams are usually organized as [clubs](#). On a national level, the clubs are associated in federations which organize matches in leagues and tournaments.

## International body

The [International Handball Federation](#) (IHF) is the administrative and controlling body for international handball. Handball is an [Olympic](#) sport played during the [Summer Olympics](#).

The IHF organizes [world championships](#), held in odd-numbered years, with separate competitions for men and women. The IHF is composed of five continental federations: [Asian Handball Federation](#), [African Handball Confederation](#), [Pan-American Team Handball Federation](#), [European Handball Federation](#) and [Oceania Handball Federation](#). These federations organize continental championships held every other second year. Handball is played during the [Pan American Games](#), [All-Africa Games](#), and [Asian Games](#). It is also played at the [Mediterranean Games](#). In



addition to continental competitions between national teams, the federations arrange international tournaments between club teams.

## **Rule and Regulation of Handball**

### **Playing Court**

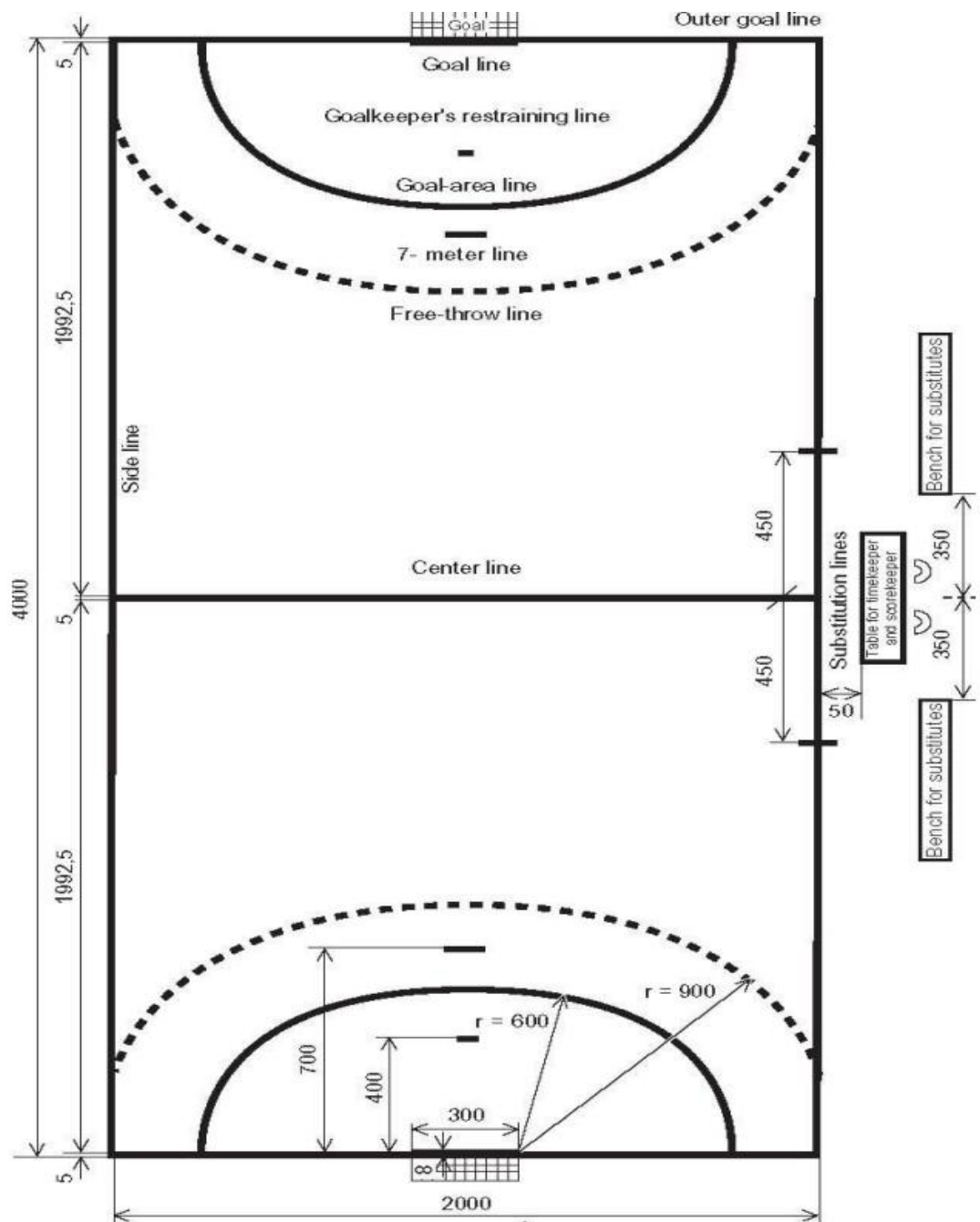
- The playing court is a 40 meter long and 20 meter wide rectangle, consisting of two goal areas and a playing area. The longer boundary lines are called side lines, and the shorter ones are called goal lines (between the goalposts) or outer goal lines (on either side of the goal).
- A goal is placed in the center of each outer goal line. The goals must be firmly attached to the floor or to the walls behind them. They have an interior height of 2 meters and a width of 3 meters.
- All lines on the court are fully part of the area that they enclose. The goal lines shall be 8cm wide between the goalposts, whereas all other lines shall be 5cm wide.

### **In front of each goal there is a goal area**

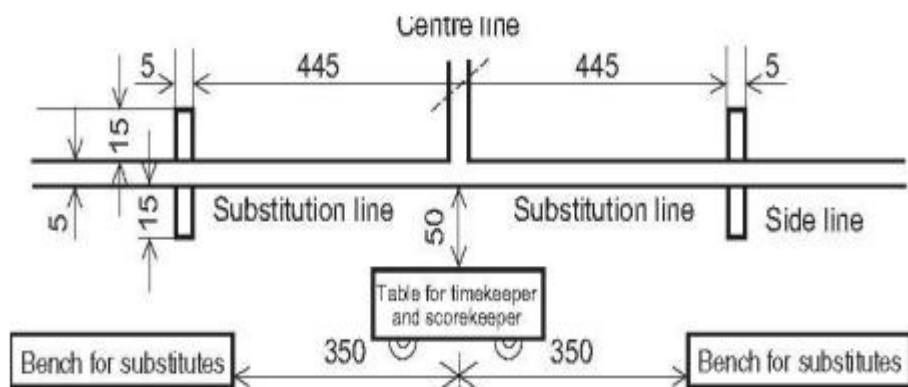
- ✚ The goal area is defined by the goal-area line (6-meter line)
- ✚ The free throw line (9-meter line) is a broken line, drawn 3 meters outside the goal-area line. Both the segments of the line and the spaces between them measure 15cm
- ✚ The 7-meter line is a 1 meter long line, directly in front of the goal. It is parallel to the goal line and 7 meters away from it
- ✚ The goalkeeper's restraining line (the 4-meter line) is a 15cm long line, directly in front of the goal.
- ✚ The center line connects the midpoints of the two side lines
- ✚ The substitution line (a segment of the side line) for each team extends from the center line to a point at a distance of 4.5 meters from the center line.

### **The Playing Court(Dimensions indicated in cm)**





**Substitution lines and substitution area**



[illegible]

## Playing Time

- ## Time out

- ## The Ball

The ball sizes, i.e. the circumference and weight, to be used by different categories of teams are as follows:

- ## The Team, Substitutions

- A team consists of up to 14 players.
- No more than 7 players may be present on the court at the same time. The remaining players are substitutes.
- At all times during the game, the team must have one of the players on the court designated as a goalkeeper. A player who is recognized as a goalkeeper may become a court player at any time. Similarly, a court player may become a goalkeeper at any time.
- A team must have at least 5 players on the court at the start of the game.
- The number of players on a team can be increased up to 14, at any time during the game, including overtime.
- The game may continue even if a team is reduced to less than 5 players on the court. It is for the referees to judge whether and when the game should be permanently suspended.

### **Player Substitutions**

- Substitutes may enter the court, at any time and repeatedly without notifying the timekeeper/scorekeeper, as long as the players they are replacing have already left the court.
- The players involved in the substitution shall always leave & enter the court over their own team's substitution line. These requirements also apply to the substitution of goalkeepers.
- The substitution rules also apply during a time-out (except during a team time-out).
- A faulty substitution shall be penalized with a 2-minute suspension for the guilty player. If more than one player from the same team is guilty of faulty substitution in the same situation, only the first player committing an infraction is to be penalized. The game is restarted with a free-throw for the opponents.
- If an additional player enters the court without a substitution, or if a player illegally interferes with the game from the substitution area, there shall be a 2-minute suspension for the player. Thus, the team must be reduced by one player on the court for the next 2 minutes (apart from the fact that the entering additional player must leave the court).
- If a player enters the court while serving a 2-minute suspension, he shall be given an additional 2-minute suspension. This suspension shall begin immediately, so the team must be further reduced on the court during the overlap between the first and the second suspension.

### **The goalkeeper is not allowed to:**

- Endanger the opponent while in the act of defense.
- Leave the goal area with the ball under control.
- Touch the ball when it is stationary or rolling on the floor outside the goal area, while he is inside the goal area.

### **General Instructions for the Execution of the Throws**

#### **Throw-Off, Throw-In, Goalkeeper-Throw, Free-Throw & 7-Meter Throw**

#### **The Thrower**

- Prior to the execution, the thrower must be in the correct position prescribed for the throw. The ball must be in the hand of the thrower. During the execution, except in



the case of the goalkeeper-throw, the thrower must have one part of a foot in constant with the floor until the ball is released. The other foot may be lifted and put down repeatedly. The thrower must remain in the correct position until the throw has been executed.

- A throw is considered taken when the ball has left the hand of the thrower.
- The thrower must not touch the ball again until it has touched another player or the goal.
- A goal may be scored directly from any throw, except that a direct own goal' cannot be scored through a goalkeeper-throw (i.e., by dropping the ball into one's own goal).

#### **The Teammates of the Thrower**

- The teammates must take up the positions prescribed for the throw in question.
- The players must remain in correct positions until the ball has left the hand of the thrower.

#### **The Defending Players**

- The defending players must take up the positions prescribed for the throw and remain in correct position until the ball has left the hand of the thrower.
- Incorrect positions on the part of the defending players in connection with the execution of a throw-off, throw-in, or free-throw must not be corrected by the referees if the attacking players are not at a disadvantage by taking the throw immediately.

#### **The Punishments**

- In handball there are four progressive punishments this are *warning/ yellow card/, 2-min suspension, red card /disqualification/ and exclusion.*

#### **Warning**

##### **A warning can be given for:**

##### **a) Fouls and similar infractions against an opponent**

- such fouls which are to be punished progressively
- unsportsmanlike conduct by a player or team official
- The referee shall indicate the warning to the guilty player or official and to the timekeeper/scorekeeper by holding up a yellow card.

#### **Suspension**

##### **A suspension (2 minutes) shall be given:**

- For a faulty substitution, if an additional player enters the court, or if a player illegally interferes with the game from the substitution area;
  - For repeated fouls of the type that they are to be punished progressively.
  - For repeated unsportsmanlike conduct by a player, on the court or outside the court
  - For unsportsmanlike conduct by any one of the officials of team, after one of them has previously received a warning in accordance with
  - For unsportsmanlike conduct of a type that is judged to warrant 2-minute suspension on each occasion
  - as a consequence of a disqualification of a player or team official
- After calling time-out the referee shall clearly indicate the suspension to the guilty player and to the timekeeper/scorekeeper through the prescribed hand signal, i.e. one arm raised with two fingers extended.



- A suspension is always for a playing time of 2 minutes; the third suspension for the same player also always leads to a disqualification.
- The suspended player is not allowed to participate in the game during his suspension time, and the team is not allowed to replace **him/her** on the court.
- The suspension period begins when play is restarted with a whistle signal.
- A 2-minute suspension carries over to the second half of the game if it has not been completed by the end of the first half. The same applies from the normal playing time to overtime and during overtime. An unexpired 2-minute suspension at the end of overtime means that the player is not entitled to participate in a subsequent tie-breaker,

### **Disqualification**

#### **A disqualification shall be given:**

- for unsportsmanlike conduct by any one of the officials of a team, after they have previously received both a warning and a 2-minute suspension in accordance with
- for fouls which endanger the opponent's health
- for seriously unsportsmanlike conduct by a player or a team official, on or outside the court and for the special case of significant or repeated unsportsmanlike conduct during a tie-breaker such as 7-meter throwing
- for an assault by a player before the game or during a tie-breaking procedure
- for an assault by a team official
- because of a third suspension to the same player
- After calling a time-out, the referees shall clearly indicate the disqualification to the guilty player or official, and to the timekeeper/scorekeeper, by holding up a red card.
- A disqualification of a player or team official is always for the entire remainder of the playing time. The player or official must leave the court and the substitution area immediately. After leaving, the player or official is not allowed to have any form of contact with the team.
- The disqualification of a player or a team official, on or off the court, during the playing time, always carries with it a 2-minute suspension for the team. This means that the team's strength on the court is reduced by one.
- A disqualification reduces the number of players, or officials, which is available to the team. The team is, however, allowed to increase the number of players on the court again following the expiration of the 2-minute suspension.
- A disqualification applies, in principle, only to the remainder of the game in which it is given. It is regarded as a decision by the referees on the basis of their observations of facts.

#### **Exclusion shall be given:**

- After calling a time-out, the referees shall clearly indicate the exclusion to the guilty player and to the timekeeper/scorekeeper, through the prescribed hand signal, i.e. the referee crosses his/her arms above his head
- Exclusion is always for the entire remainder of the playing time, and the team must continue with one player less on the court. If a player who receives an exclusion was already serving (or had just received) a 2-minute suspension, or had caused a 2-minute reduction in team strength, then such a suspension or reduction would be incorporated into the exclusion. This means that the only remaining reduction is that





which is caused by the exclusion. The excluded player must not be replaced and must leave both the court and the substitution area immediately.

### **The Referees**

- Two referees with equal authority shall be in charge of each game. They are assisted by a timekeeper and a scorekeeper.
- The referees monitor the conduct of the players and team officials from the moment they enter the premises until they leave.
- The referees are responsible for inspecting the playing court, the goals, and the balls before the game starts; they decide which balls will be used.

### **The Timekeeper and the Scorekeeper**

- In principle, the timekeeper has the main responsibility for the playing time, the time-outs, and the suspension time of suspended players. The scorekeeper has the main responsibility for the team rosters, the score sheet, the entering of players who arrive after the game has started, and the entering of players who are not entitled to participate.

### **The Goal Area**

- Only the goalkeeper is allowed to enter the goal area. The goal area, which includes the goal-area line, is considered entered when a court player touches it with any part of the body.
- When a court player enters the goal area, the decisions shall be as follows:
  - a) goalkeeper-throw when a player of the team in possession enters the goal area in possession of the ball or enters without the ball but gains an advantage by doing.
  - b) free-throw when a court player of the defending team enters the goal area and gains an advantage, but without destroying a chance of scoring.
  - c) 7-meter throws when a court player of the defending team enters the goal area and because of this destroys a clear chance of scoring.

### **Entering the goal area is not penalized when:**

- a player enters the goal area after playing the ball, as long as this does not create a disadvantage for the opponents;
- a player from one of the teams enters the goal area without the ball and does not gain an advantage by doing so;
- If a player plays the ball into his own goal area, the decisions shall be as follows:
  - a) goal if the ball enters the goal;
  - b) free-throw if the ball comes to a rest in the goal area, or if the goalkeeper touches the ball and it does not enter the goal
  - c) Throw-in if the ball goes out over the outer goal line
  - d) Play continues if the ball passes through the goal area back into the playing area, without being touched by the goalkeeper.

### **Playing the Ball**

- It is permitted to:
  - throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs, and knees;
  - hold the ball for a maximum of 3 seconds, also when it is lying on the floor;
  - take a maximum of 3 steps with the ball; one step is considered taken when:





- a player who is standing with both feet on the floor lifts one foot and puts it down again, or moves one foot from one place to another;
- a player is touching the floor with one foot only, catches the ball and then touches the floor with the other foot;
- a player after a jump touches the floor with one foot only, and then hops on the same foot or touches the floor with the other foot;
- A player after a jump touches the floor with both feet simultaneously, and then lifts one foot and puts it down again, or moves one foot from one place to another.
- while standing or running:
  - a) Bounce the ball once and catch it again with one or both hands;
  - b) Bounce the ball repeatedly with one hand (dribble), and then catch it or pick it up again with one or both hands;
  - c) Roll the ball on the floor repeatedly with one hand, and then catch it or pick it up again with one or both hands.

As soon as the ball thereafter is held in one or both hands, it must be played within 3 seconds or after no more than 3 steps.

#### **Passive Play**

- It is not permitted to keep the ball in the team's possession without making any recognizable attempt to attack or to shoot on goal. Similarly, it is not allowed to delay repeatedly the execution of a throw-off, free-throw, throw-in, or goalkeeper-throw for one's own team. This is regarded as passive play, which is to be penalized with a free-throw against the team in possession of the ball unless the passive tendency ceases. The free-throw is taken from the spot where the ball was when play was interrupted.
- When a tendency to passive play is recognized, the forewarning signal is shown. This gives the team in possession of the ball the opportunity to change its way of attacking in order to avoid losing possession. If the way of attacking does not change after the forewarning signal has been shown, or no shot on goal is taken, then a free-throw is called against the team in possession.
- In certain situations the referees can call a free throw against the team in possession also without any prior forewarning signal, e.g. when a player intentionally refrains from trying to utilize a clear scoring chance.

#### **Fouls and Unsportsmanlike Conduct**

It is permitted to:

- a) Use arms and hands to block or gain possession of the ball;
- b) Use an open hand to play the ball away from the opponent from any direction;
- c) Use the body to obstruct an opponent, even when the opponent is not in possession of the ball;
- d) Make body contact with an opponent, when facing him and with bent arms, and maintain this contact in order to monitor and follow the opponent.

It is not permitted to:

- a) Pull or hit the ball out of the hands of an opponent;
- b) Block or force away an opponent with arms, hands or legs;
- c) Restrain or hold (body or uniform), push, run or jump into an opponent;



d) Endanger an opponent (with or without the ball).

### **Scoring**

- A goal is scored when the entire ball has completely crossed the goal line provided that no violation of the rules has been committed by the thrower, a teammate or a team official before or during the throw. The goal line referee confirms with two short whistle signals and hand signal that a goal has been scored. A goal shall be awarded if there is a violation of the rules by a defender but the ball still goes into the goal.
- A goal cannot be awarded if a referee or the timekeeper has interrupted the game before the ball has completely crossed the goal line.
- A goal shall be awarded to the opponents if a player plays the ball into his own goal, except in the situation where a goalkeeper is executing a goalkeeper-throw.

### **The Throw-Off**

- At the start of the game, the throw-off is taken by the team that wins the coin toss and elects to start with the ball in its possession. The opponents then have the right to choose ends. Alternatively, if the team that wins the coin toss prefers to choose ends, then the opponents take the throw-off.
- The teams change ends for the second half of the game. The throw-off at the start of the second half is taken by the team that did not have the throw-off at the start of the game.
- After a goal has been scored play is resumed with a throw-off taken by the team that conceded the goal.
- The throw-off is taken in any direction from the center of the court. It is preceded by a whistle signal, following which it must be taken within 3 seconds. The player taking the throw-off must take up a position with at least one foot on the center line, and the other foot on or behind the line, and remain in this position until the ball has left his hand.
- The teammates of the thrower are not allowed to cross the center line prior to the whistle signal.
- For the throw-off at the start of each half (incl. any period of overtime), all players must be in their own half of the court.
- However, for the throw-off after a goal has been scored, the opponents of the thrower are allowed to be in both halves of the court.
- In both cases, however, the opponents must be at least 3 meters away from the player taking the throw-off.

### **The Throw-In**

- A throw-in is awarded when the ball has completely crossed the side line, or when a court player on the defending team was the last one to touch the ball before it crossed his team's outer goal line. It is also awarded when the ball has touched the ceiling or a fixture above the court.
- The throw-in is taken without whistle signal from the referees by the opponents of the team whose player last touched the ball before it crossed the line or touched the ceiling or fixture.
- The throw-in is taken from the spot where the ball crossed the side line or, if it crossed the outer goal line, from the intersection of the side line and the outer goal



line on that side. For a throw-in after the ball touched the ceiling or a fixture above the court, the throw-in is taken at the nearest point on the nearest side line in relation to the spot where the ball touched the ceiling or fixture.

- The thrower must stand with a foot on the side line and remain in a correct position until the ball has left his hand.
- There is no limitation for the placement of the second foot.
- While the throw-in is being taken, the opponents may not be closer than 3 meters to the thrower.
- They are, however, always allowed to stand immediately outside their goal-area line even if the distance between them and the thrower is less than 3 meters then.

### **The Goalkeeper-Throw**

A goalkeeper-throw is awarded when:

- (i) a player of the opposing team has entered the goal area
- (ii) the goalkeeper has controlled the ball in the goal area or the ball is stationary on the floor in the goal area ;
- (iii) a player of the opposing team has touched the ball when it is rolling or stationary on the floor in the goal area or
- (iv) when the ball has crossed the outer goal line, after having been touched last by the goalkeeper or a player of the opposing team.

This means that in all these situations the ball is considered out of play, and that the game is resumed with a goalkeeper-throw if there is a violation after a goalkeeper-throw has been awarded and before it has been executed.

- The goalkeeper-throw is taken by the goalkeeper without whistle signal from the referee, from the goal area out over the goal area line.
- The goalkeeper-throw is considered to have been taken, when the ball thrown by the goalkeeper has completely crossed the goal-area line.
- The players of the other team are allowed to be immediately outside the goal-area line, but they are not allowed to touch the ball until it has completely crossed the line.

### **Free-Throw**

#### **Free-Throw Decision**

- In principle, the referees interrupt the game and have it restarted with a free-throw for the opponents when:
- the team in possession of the ball commits a violation of rules that must lead to a loss of possession
- the opponents commit a violation of rules that causes the team in possession of the ball to lose it

#### **Free-Throw Execution**

- The free-throw is normally taken without any whistle signal from the referee and, in principle, from the place where the infraction occurred.

### **The 7-Meter Throw**

#### **7-Meter Decision**

- A 7-meter throw is awarded when:
- a clear chance of scoring is illegally destroyed anywhere on the court by a player or a team official of the opposing team;



- there is an unwarranted whistle signal at the time of a clear chance of scoring;
- a clear chance of scoring is destroyed through the interference of someone not participating in the game.

### **7-Meter Execution**

- The 7-meter throw is to be taken as a shot on goal, within 3 seconds after a whistle signal from the referee.
- The player who is taking the 7-meter throw must take up a position behind the 7-meter line, not further away than 1 meter behind the line. After the whistle signal from the referee, the thrower must not touch or cross the 7-meter line before the ball has left his hand.
- The ball must not be played again by the thrower or a teammate following the execution of a 7-meter throw, until it has touched an opponent or the goal
- When a 7-meter throw is being executed, the teammates of the thrower must position themselves outside the free-throw line, and remain there until the ball has left the thrower's hand. If they do not do so, a free-throw will be called against the team taking the 7-meter throw
- When a 7-meter throw is being executed, the players of the opposing team must remain outside the free-throw line and at least 3 meters away from the 7-meter line, until the ball has left the thrower's hand. If they do not do so, the 7-meter throw will be retaken if it does not result in a goal, but there is no personal punishment.
- The 7-meter throw is to be retaken, unless a goal is scored, if the goalkeeper crosses his restraining line, i.e. the 4-meter line, before the ball has left the thrower's hand. However, it does not result in a personal punishment for the goalkeeper.
- It is not permitted to change goalkeepers once the thrower is ready to take the 7-meter throw, standing in the correct position with the ball in hand.

### **Throw off**

- At the start of the game and after conceding a goal.
- At the center line, any players on the attacking team should not pass mid-line.

### **Throw-in**

- When the ball pass the side line, when the defender lastly touch before it pass the end line except the goal keeper.
- If it passes the side line the thrower will touch the line then he/she passes the ball and if it passes the end line it will be throw on the corner by touching the line.

### **Goal keeper throw**

- When goal keeper lastly touch the ball before it pa the end line, If the ball stay on 6meter area after an attempt and if the attacker attempts to goal by touching the six meter line opponents entered to meter
- The goalkeeper will pass the ball to his /her team meat within six meter area.

### **Free-throw**

- When the player committee a fault.
- Taken on the place it committed.

### **7-meter throw**

- If a defensive player interrupted a clear chance of scoring.
- On the 7 meter line without touching the ,line





## Chapter Two

### Fundamental Techniques of handball

**Technique;** - way of doing/ performing something by using special skill and /or knowledge

In handball technique can generally categorized in to attacking and defensive technique attacking starts while we had the possession of the ball where as defending starts at the instant of losing the ball. Attacking technique is way of performing so that the team can score or create good opportunity for teammate and the skill we use for this purpose are basic movement, catching and holding the ball skill, passing skill, dribbling skill, blocking skill, faking skill and shooting skill.

#### Basic movement

In handball player can move with or without ball and the type of movement they use are piston movement and side stepping

- **Piston movement** it is in depth movement attackers used this movement against a well set defender and it is mostly used by back court players (connective and play maker).
- **Side stepping** it is in width movement attackers used this movement against a well set defender and it is mostly used by forward payers (wing and pivot players).

#### Catching the ball

Taking the possession of the ball will start with catching the ball and this skill greatly influenced the next skill we are going to execute. Based on the flight of the ball, we can divide this skill in to upper catching skill and lower catching skill.

- **Upper catching** when the balls come above waist level and the payer trays to catch the ball by forming a funnel shape with our palms.
- **Lower catching** when the ball come below waist level and the player tray to catch the ball by forming shovel shape. Generally catching can be performed while the player is on basic position (standing) and while we are moving on the air or on the ground with one or two hands. After catching the ball we should hold the ball (transitional stage) so that we can execute the next skill.

#### Passing the ball

This skill is the means for contacting with player (the contact between attackers) with the ball as mediator and execution of this skill may be affected by position and distance between the passer and receiver and the path of the ball.

Players should consider the passing line and the passing angle while they are trying to pass the ball to his /her teammate so that the pass can't be intercepted by defensive player.

Passing and catching are the most important components of ball control. Inability to control the ball

results in loss of possession and increased scoring opportunities for your opponent. Offensive success revolves around a team's ability to move the ball quickly and accurately from one player to another.

When in possession of the ball your individual responsibility is to attack the goal with the intent to score.

If the scoring opportunity is not clear, you must keep the rhythm of the attack going by passing the ball to a teammate.



Consistent, accurate passing ensures the pace and continuity of team play and keeps pressure on the defense by allowing each attacker the opportunity to be a scoring threat.

- **Over arm pass** it is the most commonly used in handball computation executed **above the shoulder level** (the path of the ball). because the prepared ball has a large throwing radius this passing skill can be adopted easily.
- **Under arm pass** is simple and natural passing technique can be **execute below the shoulder up to waist level** with closely guarded by defensive player while he/she is running.
- **Wrist pass** while we are executing organized attack in front of defense wall we can use this skill **to pass the ball without delay**. This type of pass should be **quick** but **not power** full and should not be used for long distance pass.
- **Back hand pass** when a player interrupted his /her shooting attempt in front of a defense he/she will try to pass the ball with behind the back if under arm pass is interrupted and behind the neck if over arm pass is interrupted.
- **Jump pass** we use this type of pass when a player forced to pass the ball above the defender and as a continuity of frustrated jump shot.

### **Dribbling**

This one of the attacking skill we use while we want to have the ball for longer period of time and player can perform this skill in basic position or running. Dribbling can be high or low dribbling we use high dribbling skill to move forward with speed and if there no opponent player who closely guarded the attacker and low dribbling skill when playmaker or a player try to organize the team and there is opponent player who closely guarded the attacker.

Generally we can use dribbling skill

- To advance to the goal / fast break
- To get out from congested area
- To have position of the ball for longer time/to organize and kill time

### **Blocking**

Blocking is one of the attacking skills we use to restrict the opponents freedom of movement by physically blocking his /her way. This skill is a collective work between team mates; player can perform this by blocking the opponent by the back, with the side, with the chest, from the front so that the defender will be in disadvantage position.

### **Faking**

Is the deception of opponent, forcing the player in to an unfavorable position or misleading so that defensive player makes wrong decision this can be with spontaneous faking or with feign movement.

Spontaneous faking are those are the most basic and natural form of faking, when player try to deceive his /her opponent only with natural movement. This can be

**Positioning** - this a skill that players try to position in which it lead to think as if he /she has advantage example goalkeepers.

**Limb movement**—stepping out and stepping back arm movement example goal keeper for attacker to make lob shot





**Verbal and non- verbal-** calling out deceptive words or information and head movement and attention  
**Feint movement**

This type of faking involves major muscle of our body. These are simple starting fake, combined starting fake and other variation of the types

➤ **Simple starting faking**

As the name of this faking technique has derived from the fact that the attacker by steeping out with one leg feigns a start. It is one of the most easily executed but effective faking technique the skill start while we are up to 80cm away from the defender try to deceive to non-throwing arm and finish with the throwing side

➤ **Combined starting fake**

This skill is based on simple starting fake when the defensive player is well trained and simple starting fake is unsuccessful, start and finishes with the throwing side.

Note in both types of faking the player try to lunges their leg to the diagonally to either side of the facing defender/against a man to man defense/.

➤ **Body faking**

The name of this faking has derived from the fact that the attacker carry out the first part of the action by moving his /her whole body all at once. This is an extremely convincing and effective technique which can be executed on both side of the defender in the same way.

This skill will be more effective if

- After the attacker catch the ball in the air and land on both feet.
- If the defensive player closely guarded the attacker

**Arm swings faking**

The name of this technique has derived from the action when the attacker in the second part of the fake, swings over his throwing arm with ball anti-clockwise above the defender shoulder. And this skill is only executed to the throwing arm side.

**Rotation faking**

The name of this technique has derived from the rotating process that the player executes during the fake. That is, the attacker spins around his/her centrifugal axis, away from the opponents moving direction, thus breaking away from him/her. The pre requisite for the employment of this fake is that the defender should move away from the goal area line. Therefore for the preparation the attacker should make such a deceptive movement that the defender must fail out.

**Passing faking**

The name of this technique has derived from the fact that the player by executing a part of the throwing process feigns passing the ball. This fake can be carried out with any one- handed or two handed pass, in basic position or while moving. The attacker will act as if he/she is going to pass/over arm.

**Shooting fake**

This is the act of forcing the defense and goal keeper to believe he/she is going to shot, so the defense can attempt to block then you will go against the attempt.

**Shooting**

This skill is a conclusion of the attacker with the hope of scoring, as we all know attacking has two objective scoring or creating an advantageous position for team mate to score. Based on the distance from the goal and position from the goal we can divide court in zone.

- Zone of the long range shot



- Zone of the close range shot
- Zone of the side range shot

### **A. Zone of the long range shot**

The most extensive and the farthest area from the goal. It incorporates the back court players' area and the region mainly used to move. The approximate limited area is in the depth the goal area line and 8 meter radius area drawn around it, the shooting range is relatively long and the shooting angle is advantageous in this zone.

In this zone players can attempt while they are on ground (over arm shot, curved shot, underarm shot) or on the air (jump shot curved jump shot sliced jump shot).

#### **A.1. Over arm shot**

It is the simplest and most common type of shooting above the defender shoulder on the throwing arm side can be executed while the attacker is running or standing. Mostly this shooting skill is performed by back court player.

#### **A.2. Curved shot**

This skill is developed from over arm shot in order to increase the shooting radius when players try to evade the defender (elude the defender), this type of shooting skill needs the flexibility of spine and hip joint and strong torso and take more time while the execution of this skill because the swing arm takes longer path and this gives advantage for the defender to intervene/ recover so to prevent the intervene it better to execute this shooting type while we are closer to the defender. Mostly this shooting skill is performed by back court player.

#### **A.3. Jump shot**

Jump shot is the most characteristic of handball which is developed by Scandinavian player to increase the radius of through-shot, we use three steps to build up impulses and the throwing motion at the highest level of the jump.

### **B. Zone of the close range shots**

This is the scoring area of pivot; other player will use this zone by break-through. On this zone of shooting angle and range will be optimum the player has to execute on the air behind the defender, it is generally the closest area. Although it is the initial scoring area of pivot and score by breakthrough other players from the field. Long jump shot, failing shot, dive shot are type of shot we execute on this zone.

#### **B.1. Long jump shot**

This shooting skill gives the player an opportunity to get out of a defender range and to approach the opponent's goal as closely as possible. This type of shooting is the most common type of finishing a clear chance.

#### **B.2. Failing shot**

The failing shot is the basic technique of the pivot when the player by falling, tries to get out of the range of the defender while executing a goal shot so that his legs do not leave the ground. The preparation of the throw is made harder by the fact that the player usually has his back to the goal so with the caught ball he initially has to turn to face the goal.

#### **B.3. Dive shot**

The dive shot has developed from the combination of the failing shot and the long jump shot and it unites the advantages of both shooting techniques. While the players dive, he/she gets further away from the defender thus decreasing the defender opportunity to intervene and increasing the shooting angle.



### Zone of the side shots

It is the scoring area of wings, and this player try to reduce the disadvantage by increasing the shooting angle during the preparation of the throw by jumping or diving while they execute the shot. Lob shot, volley shot and dive shot are the type of shot we use on zone of the side shots.

## Chapter Three

### Game play

#### Formations



Positions of attacking (red) and defending players (blue), in a 5-1 defense formation





Positions of attacking (red) and defending players (blue), in a 6-0 defense formation

Players are typically referred to by the positions they are playing. The positions are always denoted from the view of the respective goalkeeper, so that a defender on the right opposes an attacker on the left. However, not all of the following positions may be occupied depending on the formation or potential suspensions.

### Offense

- Left and right wingman. These typically are fast players who excel at ball control and wide jumps from the outside of the goal perimeter in order to get into a better shooting angle at the goal. Teams usually try to occupy the left position with a right-handed player and vice versa.
- Left and right backcourt. Goal attempts by these players are typically made by jumping high and shooting over the defenders. Thus, it is usually advantageous to have tall players with a powerful shot for these positions.
- Centre backcourt. A player with experience is preferred on this position who acts as playmaker and the handball equivalent of a basketball [point guard](#).
- Pivot (left and right, if applicable). This player tends to intermingle with the defence, setting picks and attempting to disrupt the defence's formation. This positions requires the least jumping skills; but ball control and physical strength are an advantage.

Sometimes, the offense uses formations with two pivot players.

### Defense

There are many variations in defensive formations. Usually, they are described as  $n:m$  formations, where  $n$  is the number of players defending at the goal line and  $m$  the number of players defending more offensive. Exceptions are the 3:2:1 defense and  $n+m$  formation (e.g. 5+1), where  $m$  players defend some offensive player in man coverage (instead of the usual zone coverage).



- Far left and far right. The opponents of the wingmen.
- Half left and half right. The opponents of the left and right backcourts.
- Back center (left and right). Opponent of the pivot.
- Front center. Opponent of the center backcourt, may also be set against another specific backcourt player.

### Offensive play

Attacks are played with all field players on the side of the defenders. Depending on the speed of the attack, one distinguishes between three attack *waves* with a decreasing chance of success:

#### First wave

*First wave* attacks are characterised by the absence of defending players around their goal perimeter. The chance of success is very high, as the throwing player is unhindered in his scoring attempt. Such attacks typically occur after an intercepted pass or a steal, and if the defending team can switch fast to offence. The far left or far right will usually try to run the attack, as they are not as tightly bound in the defence. On a turnover, they immediately sprint forward and receive the ball halfway to the other goal. Thus, these positions are commonly held by quick players.

#### Second wave

If the first wave is not successful and some defending players have gained their positions around the zone, the second wave comes into play: the remaining players advance with quick passes to locally outnumber the retreating defenders. If one player manages to step up to the perimeter or catches the ball at this spot, he becomes unstoppable by legal defensive means. From this position, the chance of success is naturally very high. Second wave attacks became much more important with the "fast throw-off" rule.

#### Third wave

The time during which the second wave may be successful is very short, as then the defenders closed the gaps around the zone. In the *third wave*, the attackers use standardised attack patterns usually involving crossing and passing between the back court players who either try to pass the ball through a gap to their pivot, take a jumping shot from the backcourt at the goal, or lure the defence away from a wingman.

The third wave evolves into the normal offensive play when all defenders not only reach the zone, but gain their accustomed positions. Some teams then substitute specialised offence players. However, this implies that these players must play in the defence should the opposing team be able to switch quickly to offence. The latter is another benefit for fast playing teams.

If the attacking team does not make sufficient progress (eventually releasing a shot on goal), the referees can call **passive play** (since about 1995, the referee gives a passive warning some time before the actual call by holding one hand up in the air, signalling that the attacking team should release a shot soon), turning control over to the other team. A shot on goal or an infringement leading to a yellow card or two-minute penalty will mark the start of a new attack, causing the hand to be taken down; but a shot blocked by the defense or a normal free throw will not. If it were not for this rule, it would be easy for an attacking team to stall the game indefinitely, as it is difficult to intercept a pass without at the same time conceding dangerous openings towards the goal.

### Defensive play

The usual formations of the defense are 6–0, when all the defense players line up between the 6-metre (20 ft) and 9-metre (30 ft) lines to form a wall; the 5–1, when one of the players cruises outside the 9-metre (30 ft) perimeter, usually targeting the center forwards while the other 5 line up on the 6-metre (20 ft) line; and the less common 4–2 when there are two such defenders out front. Very fast teams will



also try a 3–3 formation which is close to a switching man-to-man style. The formations vary greatly from country to country, and reflect each country's style of play. 6–0 is sometimes known as "flat defense", and all other formations are usually called "offensive defense".

### **Defensive technique**

The objective of defensive organization is to prevent the ball from crossing the goal line and disturb the organization of the attackers and this can be done by different techniques. The components of attacking technique are basic position, basic movement, checking, gaining possession of the ball, and blocking. The defense activity starts at the instant of losing the ball /the possession of the ball

#### **Basic movement**

There are two types of defensive movement this are failing out step and shuffle step.

**Failing out step** this technique will be employed against organized attack and intercept the pass & it is the technique element of active defense, executed on the zigzagged way not in the same path.

**Shuffle step** this technique element will be used to obstruct /stop/ breakthrough attempts & while we want to protect the goal area all the way.

#### **Checking**

It is a dynamic meeting between attacker and defender with the body and limb as permitted by the rule and this can be done while the attacker is on the air or on the ground.

#### **Gaining the possession of the ball**

Even if objective of defenders is stopping the ball from scoring the scope is not limit on this but if the opportunity arises they should try to get to get the ball out of the opponent's hand. This can be done

- Intercept the pass between two attackers this is called snatching.
- Playing the ball out of opponents control with an open palm while dribbling, this is called knocking.

#### **Blocking**

This is the last opportunity to prevent goal shooting by putting the hands in the path of the ball. This can be done with individuals or with collective on the air or on the ground.



## Chapter Four

### Goal keeping

If the preceding activities of the defenders are not successful, then there is still *one last chance to avert scoring by the goal keeper*. Goal keeper is the last hurdle in the path of ball.

### Transitions: fast-break and quick retreat

Team handball is a fast-paced game, so there are numerous transitions that occur during the course of a contest. The fast-break is a transition from defense to attack, and the quick retreat is a transition from attack to defense.

**Counter attack** - Start with an aggressive defense which results in the defender *gaining possession of the ball directly (goalkeeper saving, blocking a goal shot) or indirectly (forcing the opponents to make error, to precipitate a goal shot)*. With a well-timed counter – attack, the team can score.

**Starting advantage (simple fastbreak)**, it is an individual way of implementing counter attack started as quickly as possible as a moment the opponent loss the ball depending on a game situation. It can be set off by making either a direct, indirect or self long pass

- **Direct long pass** when the player who start of the best he got the ball directly from the initiator, most commonly from the goal keeper, without an intermediates
- **Indirect long pass** when the players who start of the best do not receive the ball directly, rather he gets it indirectly through an intermediates player.
- **Self long pass** is when the player who gains possession of the ball starts off by making a long pass to himself.

**Numerical advantage (extended fast break)**, this is the group way of implementing counter attack where more players start off against a retreating defense with a purpose to gain numerical advantage. Then finally one of the unguarded attackers should be able to execute a goal shot from an advantage position.

### The fast-break

When the defense gains possession of the ball because of a blocked shot, interception, or rule violation, the team is at that moment in a position to begin a fast-break. The team handball fast-break involves the same characteristics as those in basketball, using speed and as few passes as possible to outmaneuver the defense down the court for a quick score. This can be accomplished by executing either the primary or secondary fast-break. The primary fast-break is achieved when one player breaking away from the defense receives a pass from the goalie or other teammate and attacks the goal alone. The wings are usually the faster players and take the lead on the fast-break

The secondary fast-break is more of a team effort—all players move up the court quickly in an effort to obtain an easy scoring opportunity against the retreating defense. Spacing and depth are two important components involved in successfully executing the secondary fast-break. To be an effective fast-breaking team requires superb physical conditioning, mental discipline, and much practice.





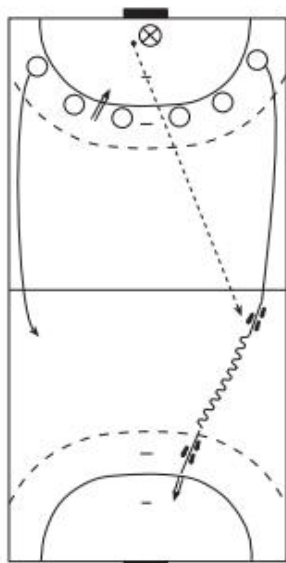


Figure 10.1 The primary fast-break.

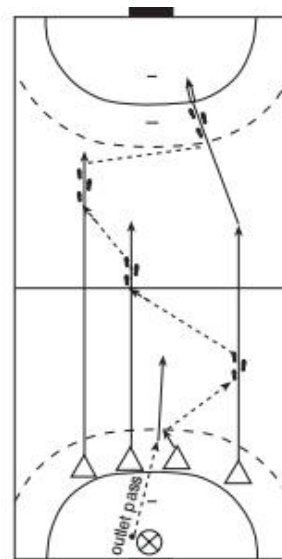


Figure 10.2 The secondary fast-break.

### Executing Quick Retreat

When your team loses possession of the ball, the mentality must immediately shift to defense. No sulking about a missed shot or turnover; every player must react quickly. Three stages characterize making the quick retreat and defending the fast-break.

**First**, pressure the player with the ball. This will temporarily disrupt the fast-break, giving all other defenders a chance to establish good defensive positions. Only the player closest to the ball handler should attempt this defensive pressure. Often the ball handler will be the goalie who is inside the goal area. In this case, designate a player to mirror the goalie's movements, attempting to obstruct his or her vision. When the ball handler passes the ball, the player applying pressure should retreats quickly to the defensive end of the floor. In the **second** stage of the transition, while initiation of the fast-break is being delayed, all other players should hustle/push back to the defensive end of the court. During this retreat, pay attention to defending the most immediate danger, so guarding an opponent along the way may be necessary. All players should keep an eye on the ball at all times and communicate with each other. Always make sure that the player with the ball is guarded, as well as other players in potentially dangerous positions. In the early stages of retreat, player-to-player defense is most practical. This is especially true in covering the breaking wings and preventing them from receiving a direct pass from the goalie (see Figure 10.4).



If an outlet pass is completed and the fast-break is in progress, the first players back must guard the leaders of the break and try to slow down the attack until teammates can recover and help. These players may be momentarily charged with defending the entire goal area, but pay particular attention to the

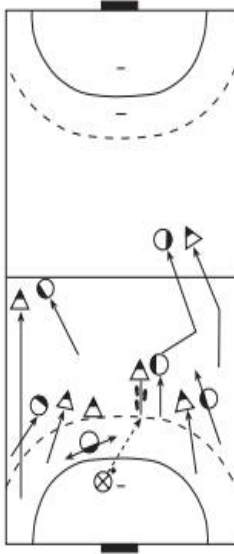


Figure 10.4 Quick retreat.

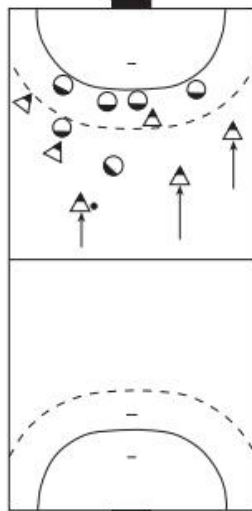


Figure 10.5 Concentrate defense in front of goal.

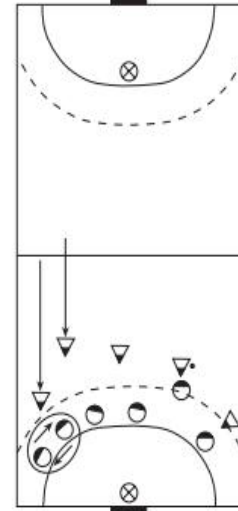


Figure 10.6 Players switch positions safely (ball on opposite side of court).

most vulnerable area directly in front of the goal. They should try to force the ball toward the wing areas so the goalie will have a better chance for a save (see Figure 10.5).

**The third phase** involves organizing the zone. During quick retreat, especially if defending against a fast-break, players often find themselves out of their regular defensive positions. During this short time of disorganization, everyone must work together to provide normal defensive coverage. The first players back take positions along the 6-meter line establishing a "wall" in front of the goal, and from there do their best to keep pressure on the ball and protect danger

zones until all teammates can get back. When all players are back to the 6-meter line, organization of the zone begins with each player shifting to his regular defensive position. Do the organizing quickly, but without jeopardizing defensive strength. Shifting occurs one position at a time by players who are not directly involved in defending the ball. Communication is vital. This re-organization can be overseen by the goalie who, by virtue of his or her position, can survey the situation and give instructions to teammates. If a lull in the attack occurs quickly, such as a free-throw, then all players should scramble to their normal defensive positions (see Figure 10.6).

## Defensive system

Coach's select defensive systems based on strength and weakness of the both team and situation of the game. There are three systems, these are

- Zone defense / Man to man defense / Combined system

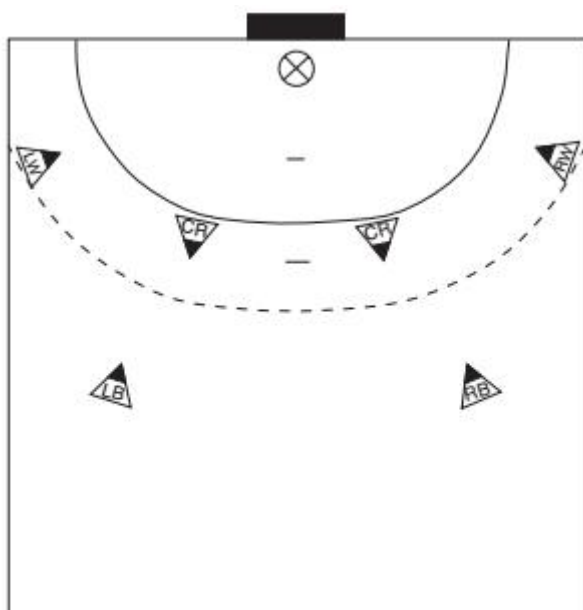


**Zonedefense** each Players are responsible for any players who came to the zone he assigned to defend any attacker. e.g. 6-0,5-1, 4-2, 3-3, 3-2-1 system.

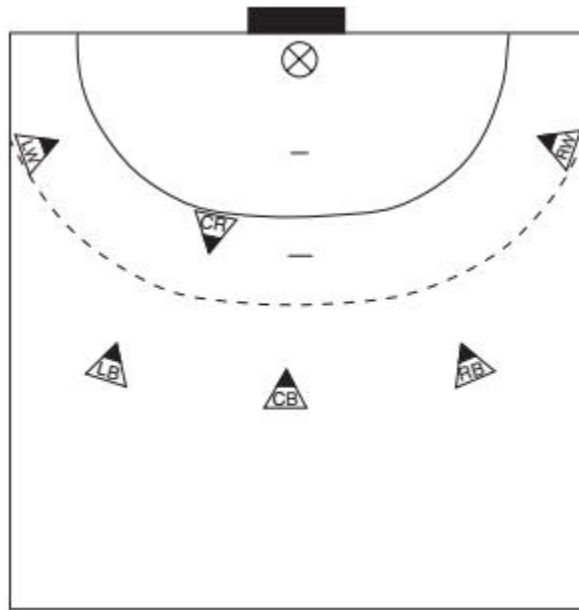
**Man-to-man** each defensive player is responsible to a specific player where ever he goes.

**Combined systems** are a combination of man to man and zone the coach may select based on the strength and weakness of the opponents. E.g. 1+5, 5+1, 2+4, 4+2.

## Team attack

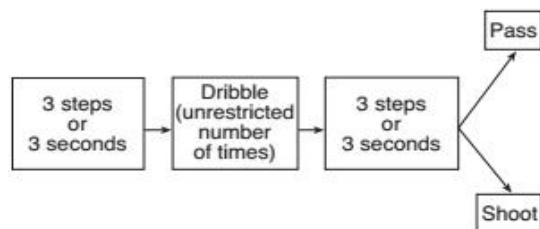


**Figure 11.1b** The 2-4 formation.

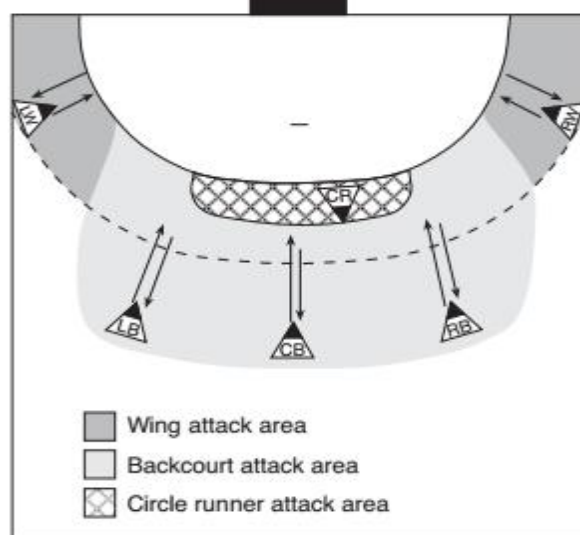


**Figure 11.1a** The 3-3 formation.

The maximum movement allowed with the ball:

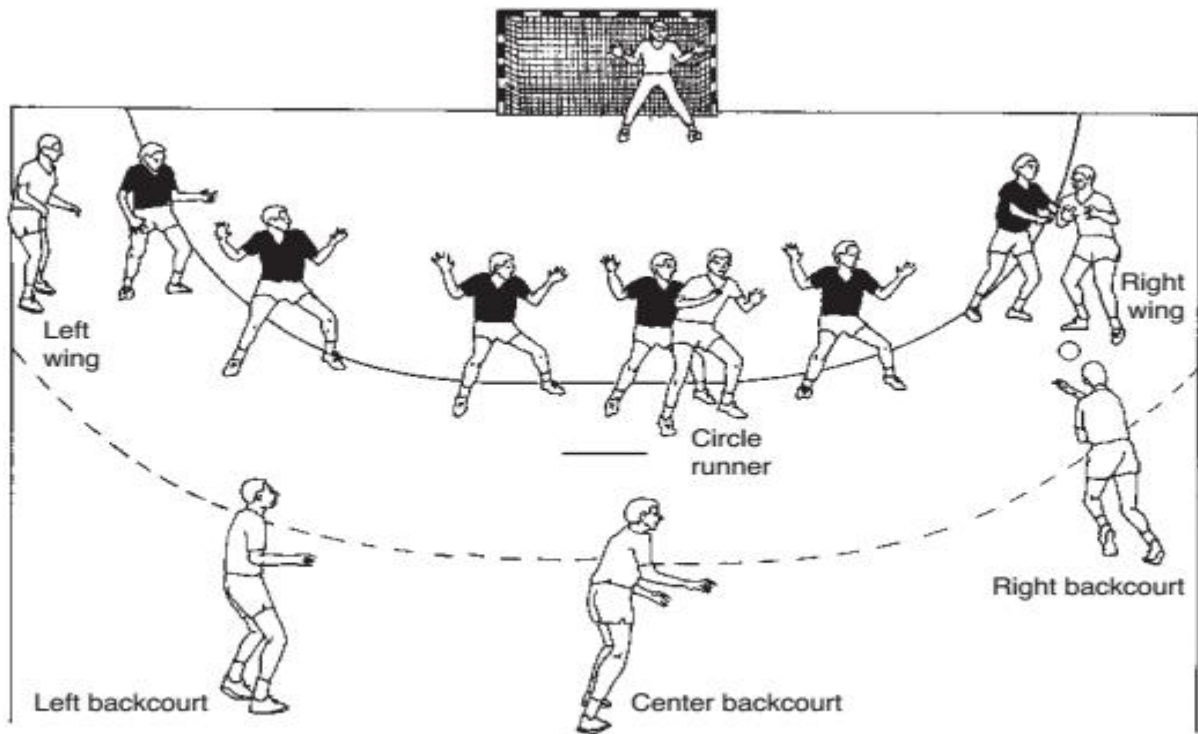


**Figure 3.1** The "steps cycle."



**Figure 2.1** Attack areas by position.

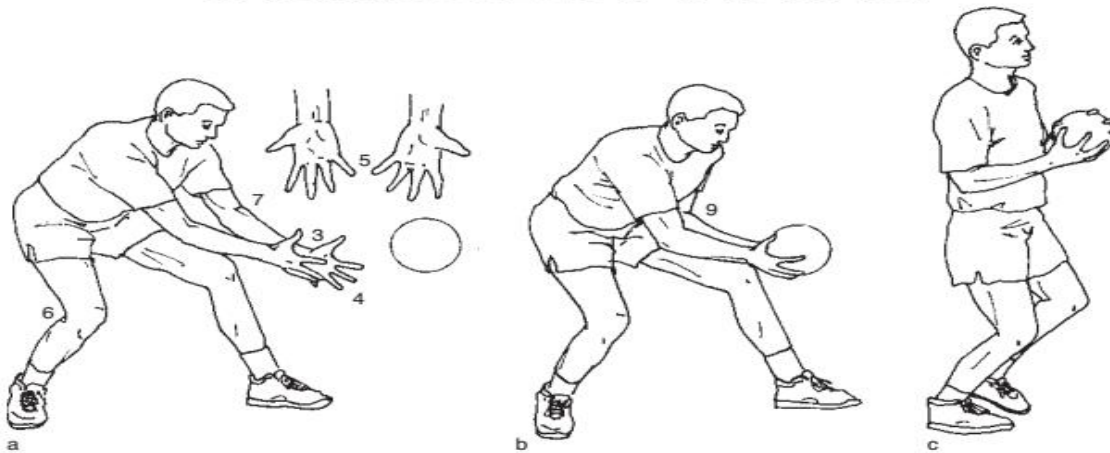




**Figure 2** Offense preparing to attack a defensive wall.



## CATCHING BELOW THE WAIST



### Preparation

1. Watch the ball \_\_\_\_
2. Align body with ball \_\_\_\_
3. Face palms forward \_\_\_\_
4. Point fingers toward floor \_\_\_\_
5. Hold little fingers almost together \_\_\_\_
6. Bend knees \_\_\_\_
7. Extend arms \_\_\_\_

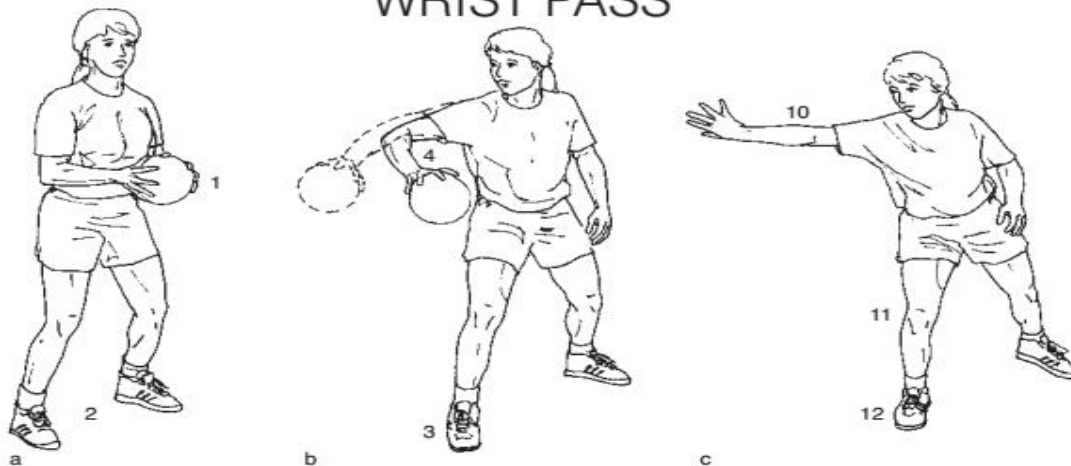
### Execution

8. Receive the ball \_\_\_\_
9. Flex elbows, give with the ball \_\_\_\_

### Follow-Through

10. Bring hands and ball to chest \_\_\_\_

## WRIST PASS



### Preparation

1. Grip ball with two hands at waist \_\_\_\_
2. Place feet shoulder-width apart \_\_\_\_

### Execution

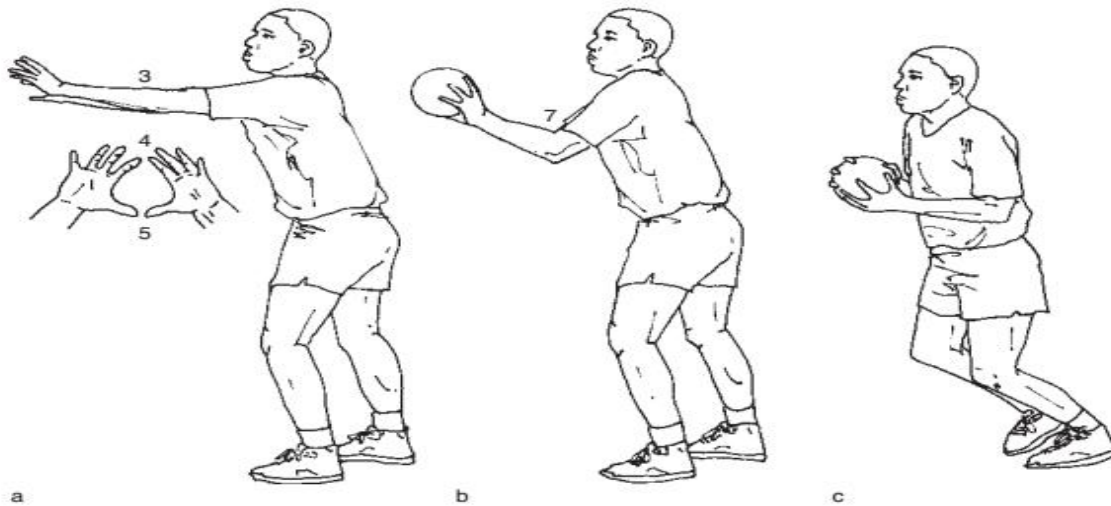
3. Step laterally toward target \_\_\_\_
4. Raise and point elbow toward target \_\_\_\_
5. Grip ball in passing hand \_\_\_\_
6. Transfer weight toward target \_\_\_\_
7. Extend elbow \_\_\_\_
8. Flip wrist \_\_\_\_
9. Push ball with thumb \_\_\_\_

### Follow-Through

10. Extend and relax passing arm \_\_\_\_
11. Bend knee \_\_\_\_
12. Put weight on passing-side foot \_\_\_\_



## CATCHING ABOVE THE WAIST



### Preparation

1. Watch the ball \_\_\_\_
2. Align body with the ball \_\_\_\_
3. Extend arms \_\_\_\_
4. Hold fingers up \_\_\_\_
5. Keep ends of thumbs almost together \_\_\_\_

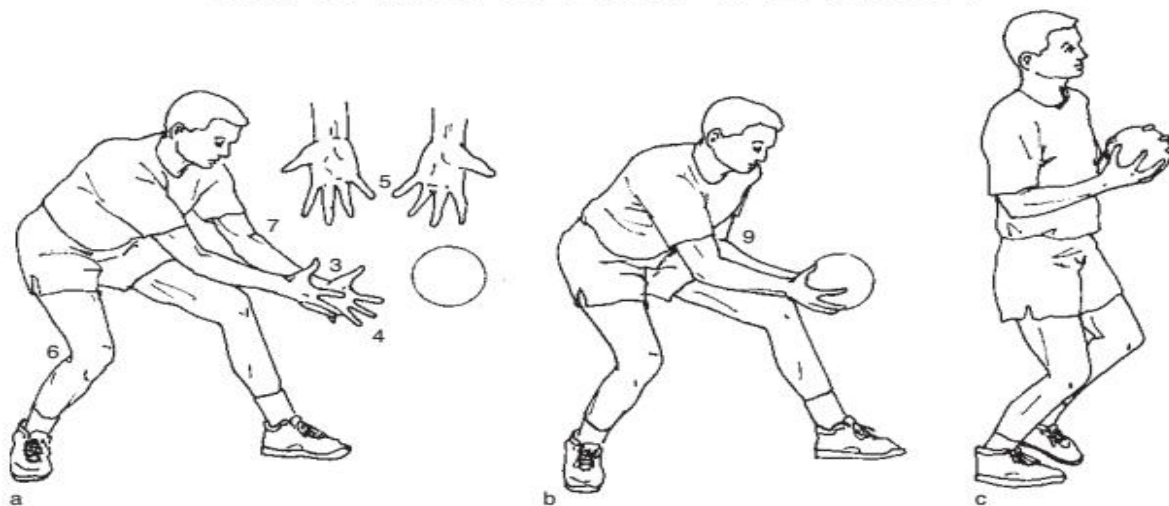
### Execution

6. Receive the ball \_\_\_\_
7. Flex elbows, give with the ball \_\_\_\_

### Follow-Through

8. Bring hands to chest \_\_\_\_

## CATCHING BELOW THE WAIST



### Preparation

1. Watch the ball \_\_\_\_
2. Align body with ball \_\_\_\_
3. Face palms forward \_\_\_\_
4. Point fingers toward floor \_\_\_\_
5. Hold little fingers almost together \_\_\_\_
6. Bend knees \_\_\_\_
7. Extend arms \_\_\_\_

### Execution

8. Receive the ball \_\_\_\_
9. Flex elbows, give with the ball \_\_\_\_

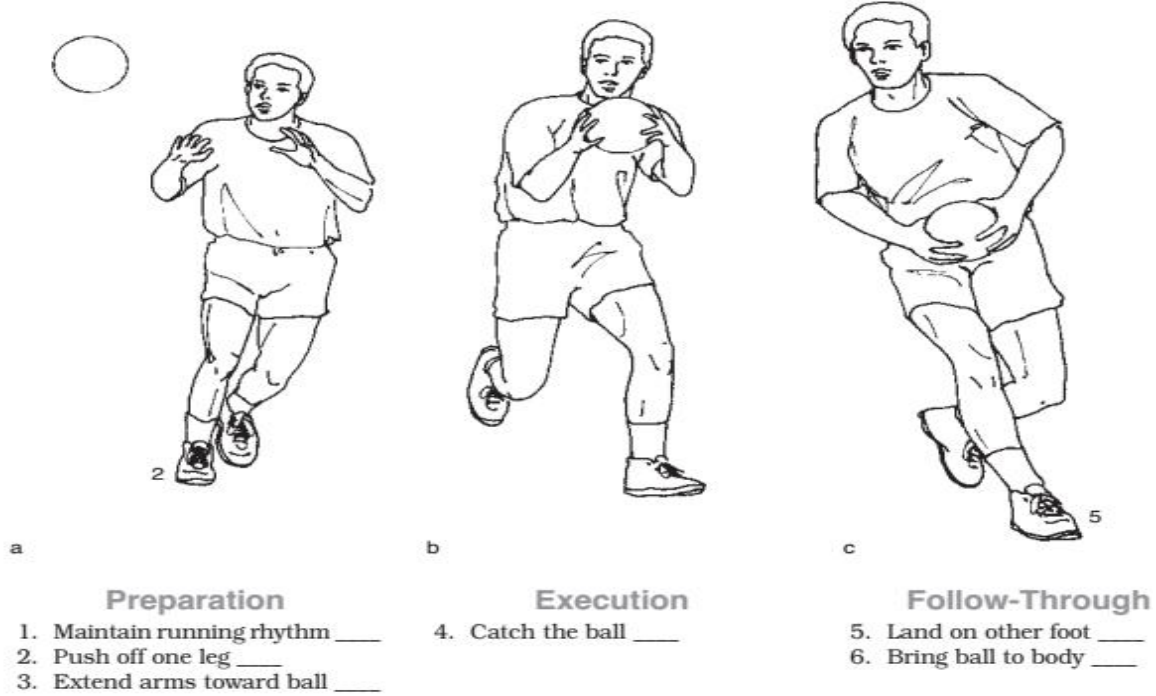
### Follow-Through

10. Bring hands and ball to chest \_\_\_\_

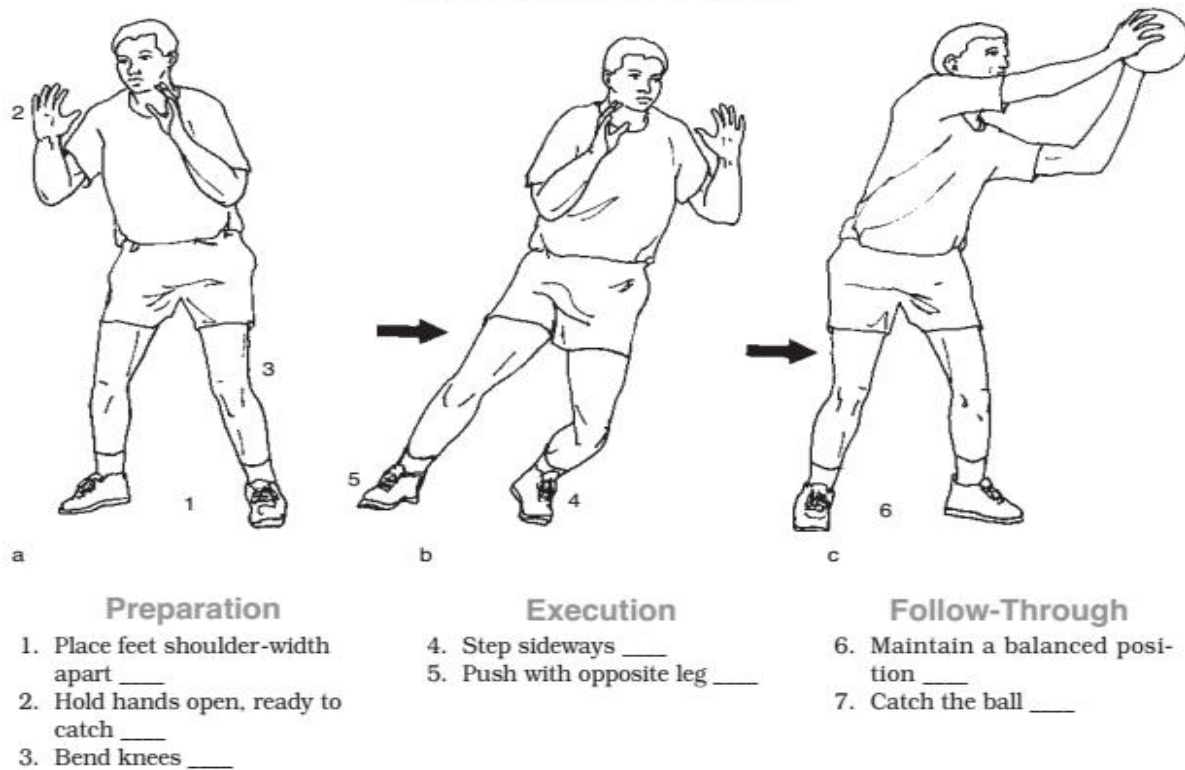




## CATCHING WHILE RUNNING

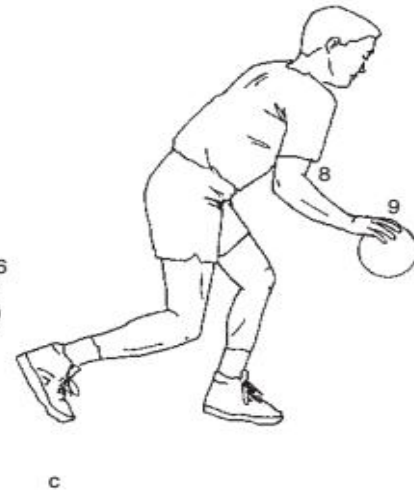
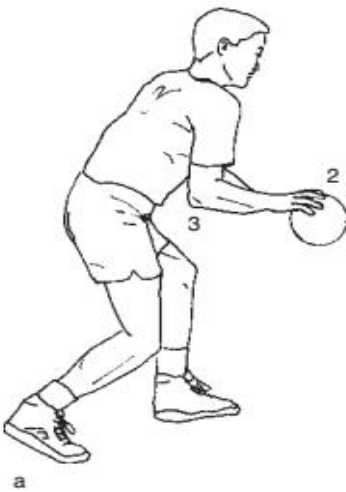


## SIDE STEPPING





# DRIBBLING



## Preparation

1. Make the decision to use the dribble \_\_\_\_
2. Use open hand on top of the ball \_\_\_\_
3. Flex elbow at approximately 90 degrees \_\_\_\_

## Execution

4. Extend elbow \_\_\_\_
5. Slightly snap the wrist \_\_\_\_
6. Fingertips direct the ball to the floor \_\_\_\_
7. Keep head up \_\_\_\_

## Follow-Through

8. Flex elbow and hyperextend wrist as the ball rises \_\_\_\_
9. Use open hand on top of the ball \_\_\_\_
10. Extend elbow for another dribble \_\_\_\_

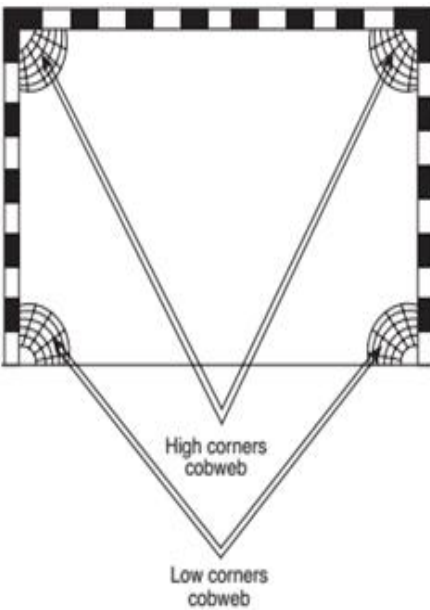


Figure 4.1 Shoot for the cobwebs.

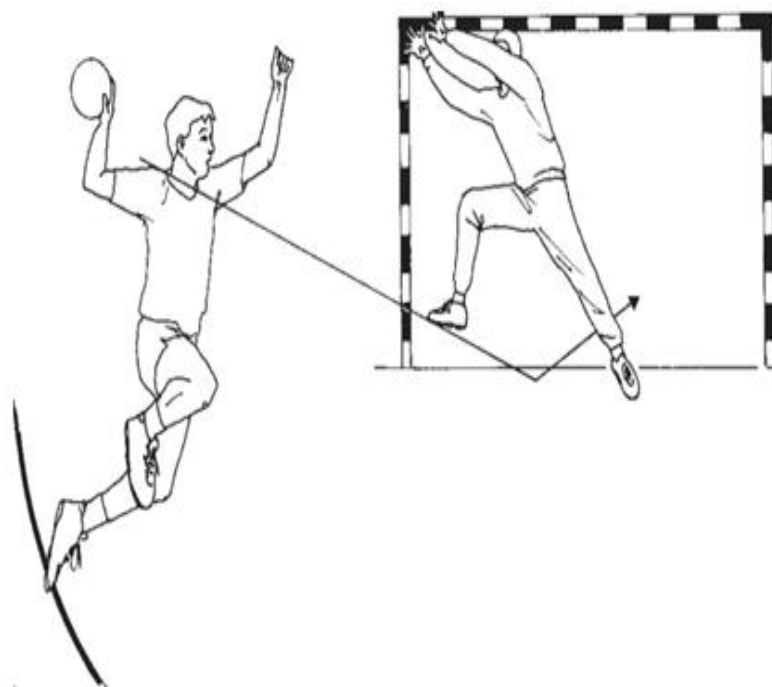
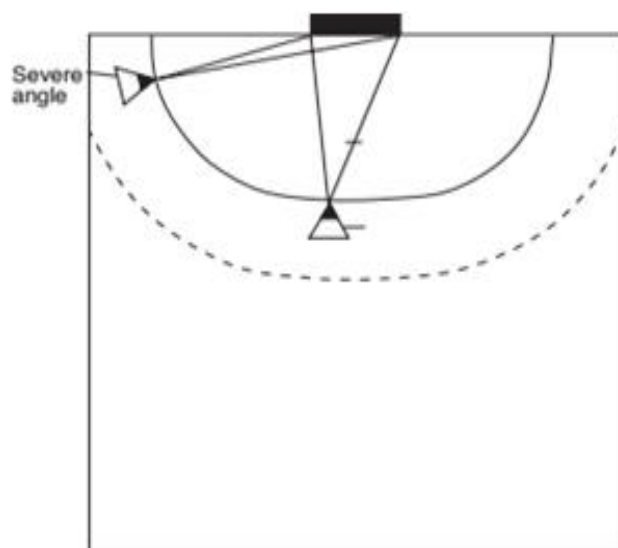
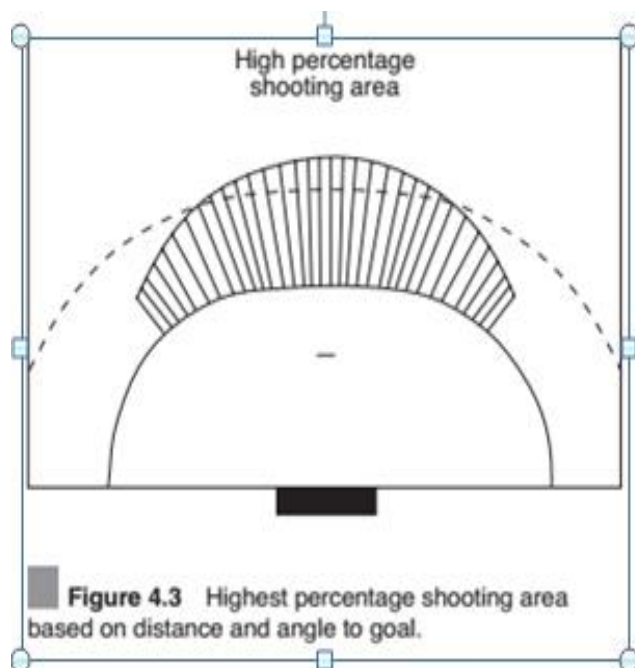
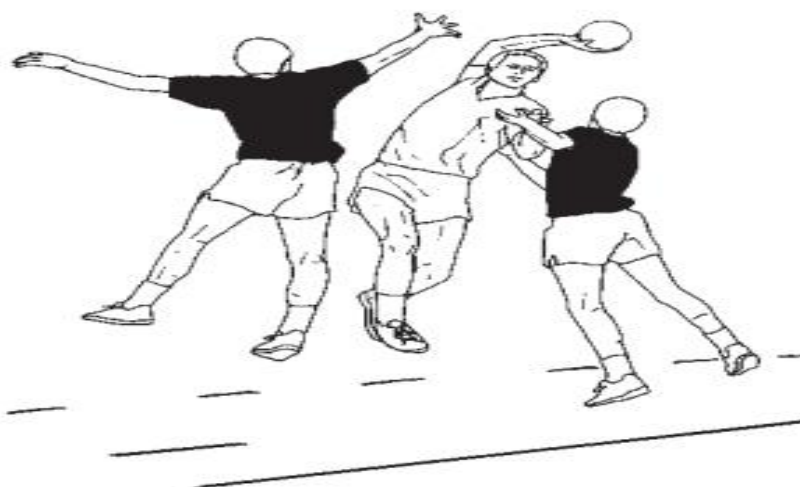


Figure 4.2 Bounce shot under the goalie.

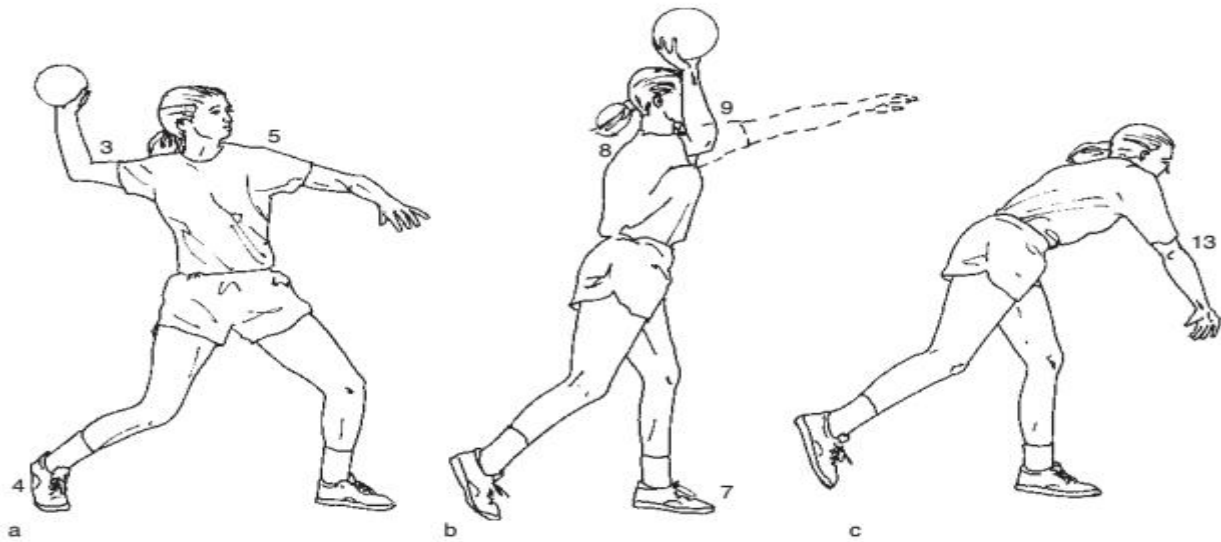




5. *Shoot when there is an opening, over defenders, around defenders, or between defenders. If there is a clear path, you can run between defenders and jump into the goal area to shoot (see Figure 4.5). To be an effective shooter a key phrase to*



# THE SET SHOT



## Preparation

1. Run to receive \_\_\_\_
2. Attack using three steps \_\_\_\_
3. Flex elbow to 90 degrees \_\_\_\_
4. Put weight on back foot (same as throwing arm) \_\_\_\_
5. Hold shoulders perpendicular to goal \_\_\_\_
6. Keep head up and eyes on goalie \_\_\_\_

## Execution

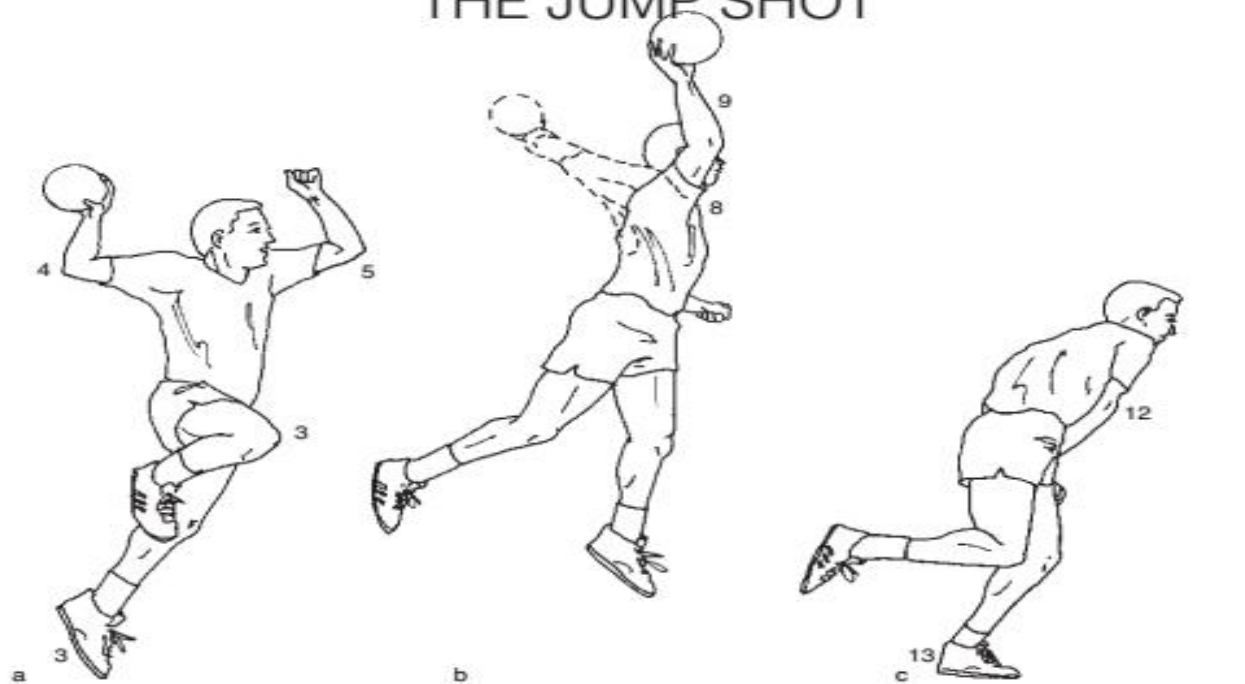
7. Step forward—transfer weight from rear foot to front foot \_\_\_\_
8. Rotate and square shoulders to the goal \_\_\_\_
9. Lead with elbow \_\_\_\_
10. Whip forearm \_\_\_\_
11. Snap wrist \_\_\_\_

## Follow-Through

12. Momentum is going forward \_\_\_\_
13. Throwing arm motion continues across body \_\_\_\_



# THE JUMP SHOT



## Preparation

1. Run to receive \_\_\_\_
2. Use three steps \_\_\_\_
3. To jump, plant foot in the last step (opposite foot of the throwing arm) and drive other knee up \_\_\_\_
4. Bring shooting arm up and back \_\_\_\_
5. Bring nonshooting arm slightly in front of your body \_\_\_\_
6. Hold shoulders perpendicular to the goal with head up \_\_\_\_

## Execution

7. Swing nonshooting arm toward rear \_\_\_\_
8. Rotate shoulders \_\_\_\_
9. Whip throwing arm forward (elbow, shoulder, forearm, wrist) \_\_\_\_
10. Pike slightly at your waist \_\_\_\_

## Follow-Through

11. Momentum forward \_\_\_\_
12. Throwing arm continues across the body \_\_\_\_
13. Land on take-off foot \_\_\_\_

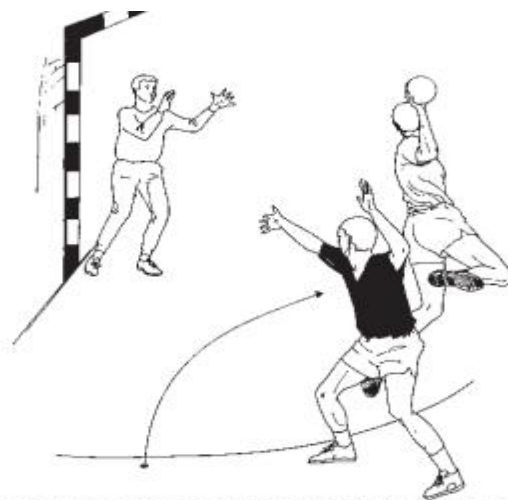


Figure 4.8 Jumping inside the goal area to increase your shooting angle from the wing.

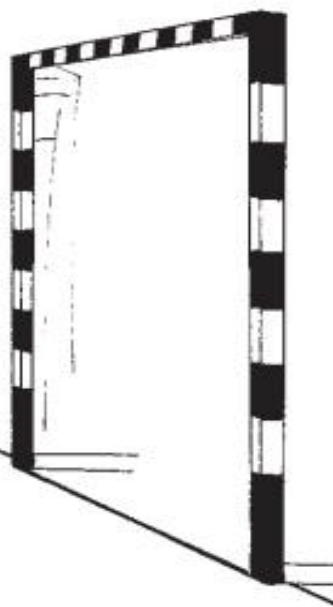


# WING SHOT

## Preparation



1. Be in motion to receive \_\_\_\_
2. Use three steps (accelerate toward 6-meter line) \_\_\_\_
3. Plant foot opposite shooting arm \_\_\_\_
4. Drive shooting-arm leg forward and up \_\_\_\_
5. Jump toward the 7-meter line \_\_\_\_
6. Bring ball up into shooting position \_\_\_\_
7. Hold shoulders perpendicular to the goal \_\_\_\_
8. Head up, watch goalie \_\_\_\_



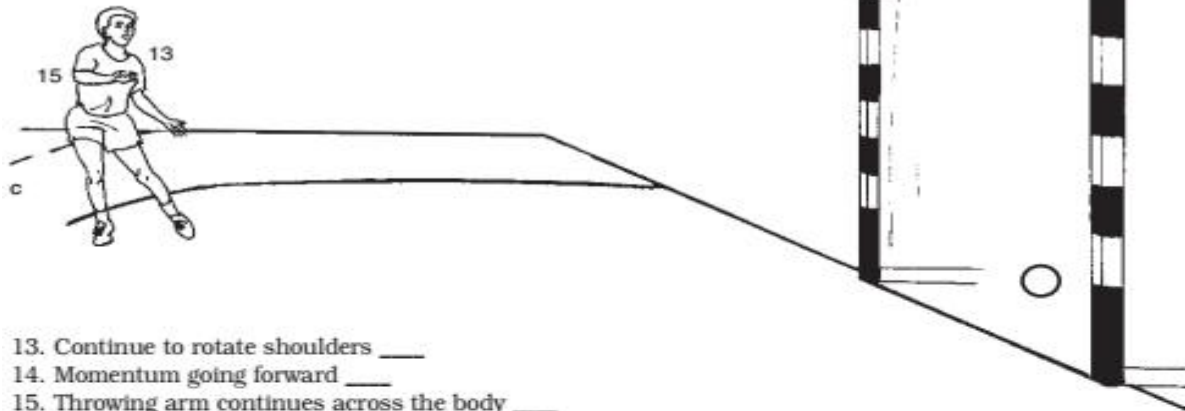
## Execution



9. Rotate shoulders to face goal \_\_\_\_
10. Lead with and extend your elbow \_\_\_\_
11. Whip arm around \_\_\_\_
12. Snap wrist \_\_\_\_

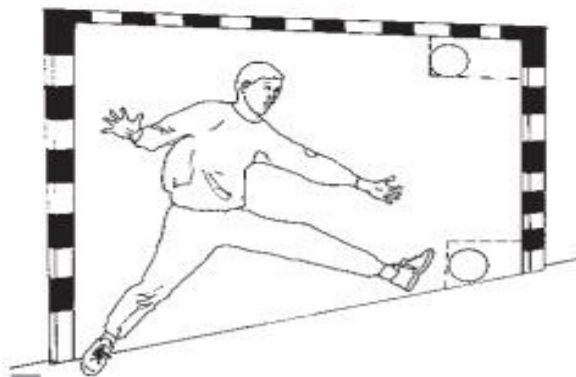


## Follow-Through



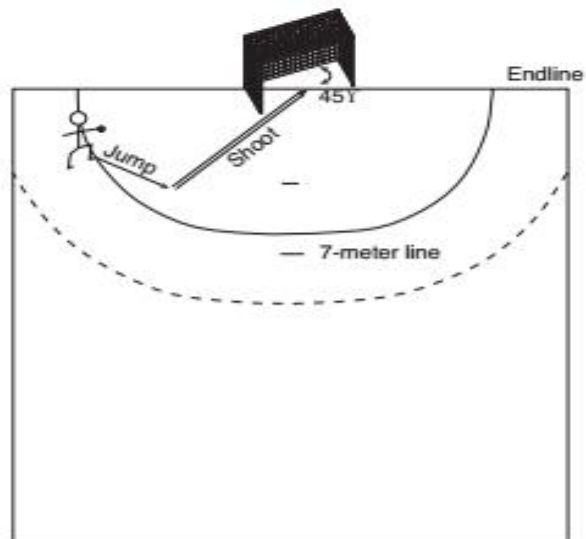
13. Continue to rotate shoulders \_\_\_\_
14. Momentum going forward \_\_\_\_
15. Throwing arm continues across the body \_\_\_\_
16. Land on take-off foot \_\_\_\_

Because of its unnatural components, your first wing shots may be wild and, consequently, dangerous for the goalie. So, it's a good idea to begin practicing wing shots without a goalie. This will not only save the goalie undue stress but also give you a chance to develop accuracy without the added pressure of beating a goalie. Concentrate on learning to shoot to the long high corner and the long low corner of the goal. The bounce shot is effective to the long low corner (see Figure 4.10).



**Figure 4.10** The long high corner and the long low corner of the goal from the left wing position.

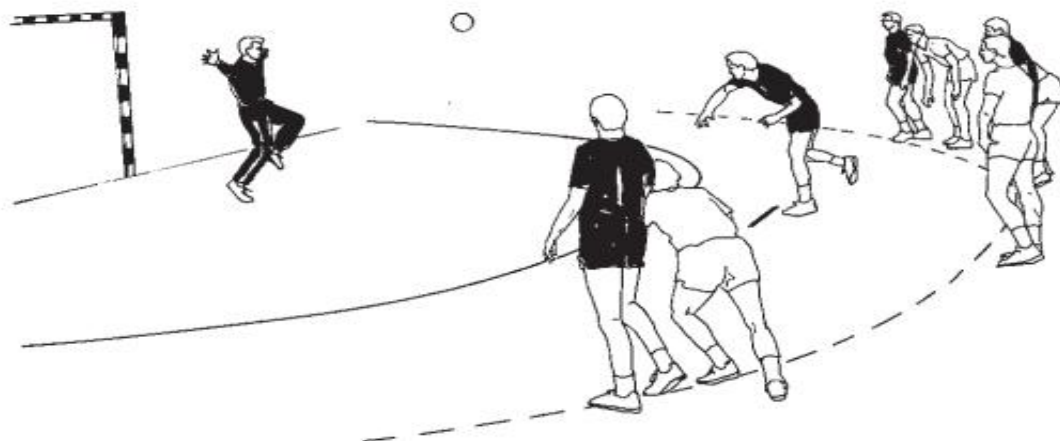
Setting the goal at a 45-degree angle will simulate the presence of a goalie and force you to shoot to the long corners (see Figure 4.11).



**Figure 4.11** Goal at 45-degree angle—jumping toward the 7-meter line.

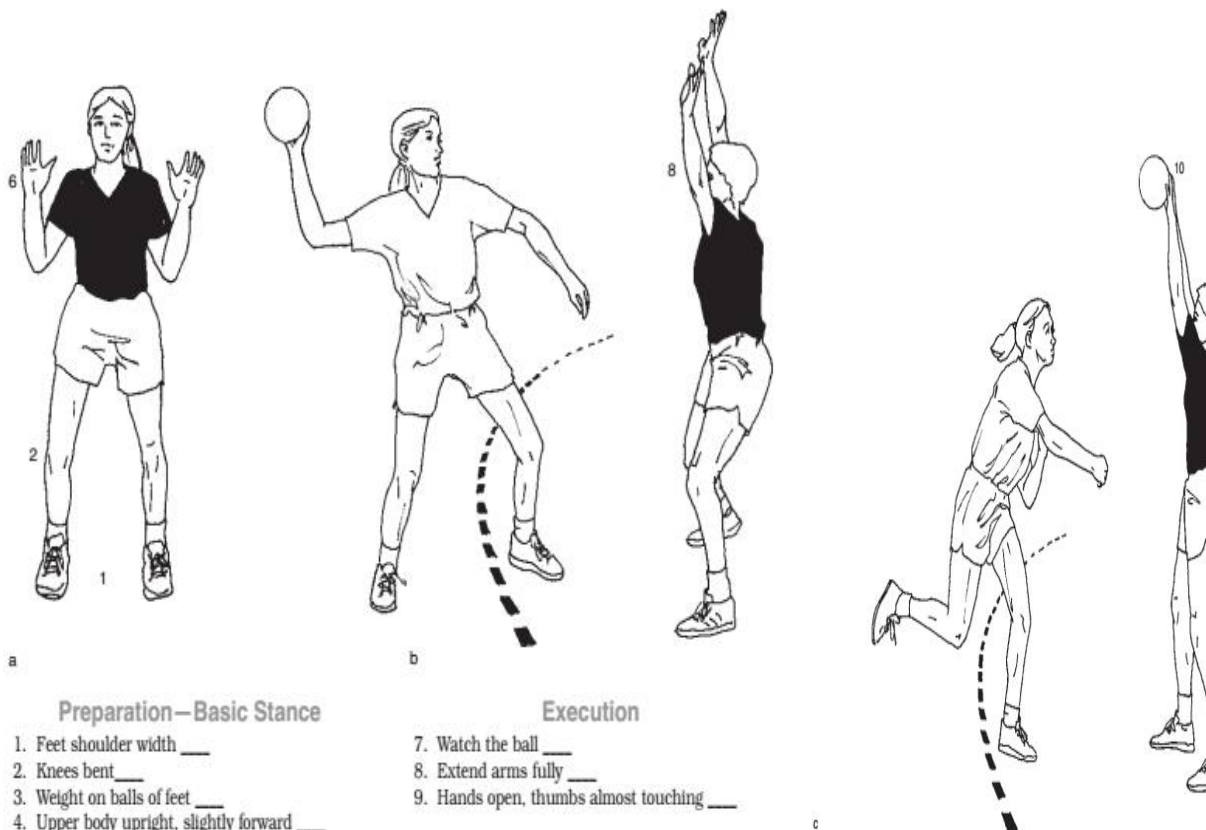






fter throw.

## SET SHOT BLOCK



### Preparation—Basic Stance

1. Feet shoulder width \_\_\_\_
2. Knees bent \_\_\_\_
3. Weight on balls of feet \_\_\_\_
4. Upper body upright, slightly forward \_\_\_\_
5. Eyes on opponent \_\_\_\_
6. Hands up \_\_\_\_

### Execution

7. Watch the ball \_\_\_\_
8. Extend arms fully \_\_\_\_
9. Hands open, thumbs almost touching \_\_\_\_

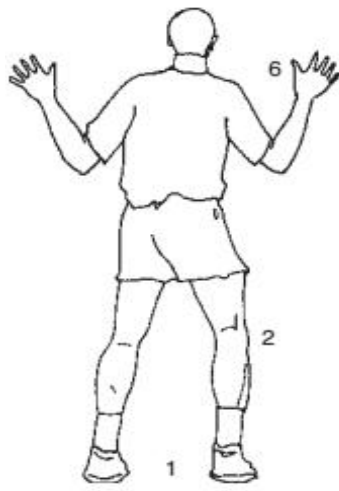
c

10. Attack the ball \_\_\_\_





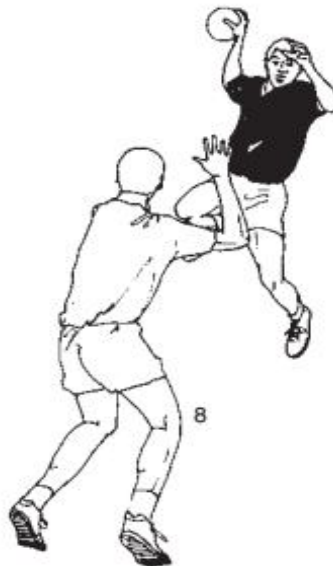
# JUMP SHOT BLOCK



a

## Preparation

1. Feet shoulder width \_\_\_\_
2. Knees bent \_\_\_\_
3. Weight on balls of feet \_\_\_\_
4. Upper body upright, slightly forward \_\_\_\_
5. Eyes on opponent \_\_\_\_
6. Hands up \_\_\_\_



b



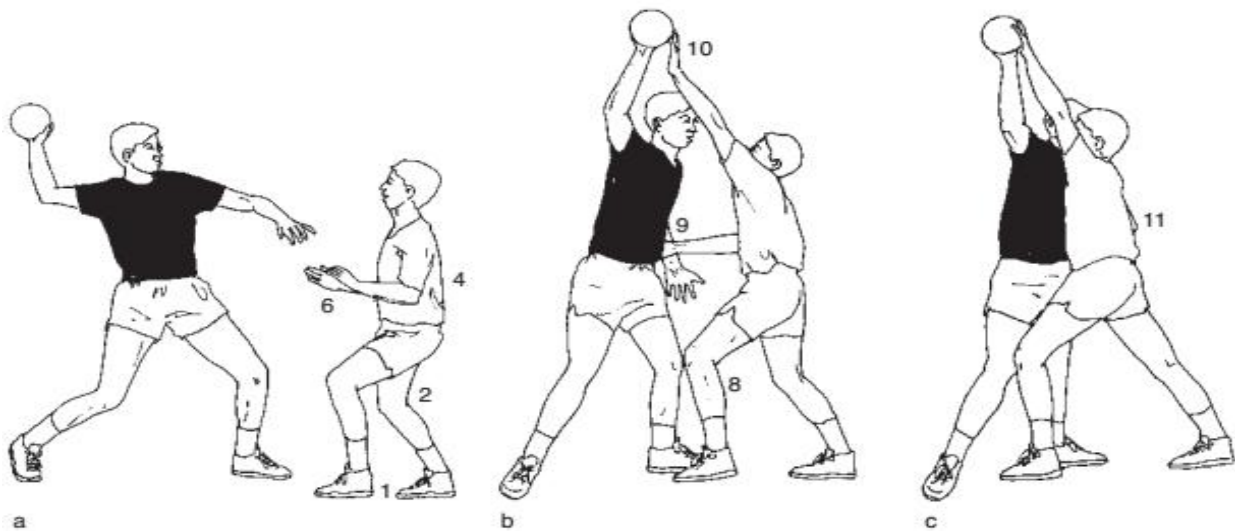
c

## Execution

- |                                     |   |
|-------------------------------------|---|
| 7. Watch ball and shooter ____      | 9. Jump <i>after</i> shooter jumps ____ |
| 8. Bend knees, prepare to jump ____ | 10. Keep hands open ____                |
|                                     | 11. Attack the ball ____                |



# CHECKING



## Preparation—Basic Stance

1. Feet shoulder width \_\_\_\_
2. Knees bent \_\_\_\_
3. Weight on balls of feet \_\_\_\_
4. Upper body upright, slightly forward \_\_\_\_
5. Eyes on opponent \_\_\_\_
6. Hands up \_\_\_\_
7. Step out to meet attacker \_\_\_\_

## Execution

8. Your leg forward on shooting-arm side \_\_\_\_
9. One hand on hip \_\_\_\_
10. One hand on shoulder or ball \_\_\_\_

## Follow-Through

11. Slow dance position \_\_\_\_
12. Maintain contact and move your feet \_\_\_\_



Figure 5.2 Tying up.

