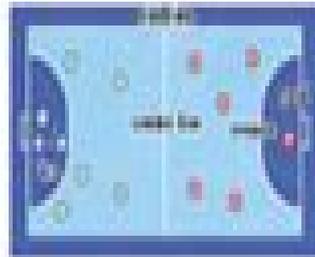


How to Play Handball

Handball is an invasion game played between two teams. Teams can be made up of five to seven players, depending on class size and available space. The game involves passing and bouncing a ball using the hands, trying to throw it into the goal of the opposition team. The aim is to score as many goals as possible. Each goal scored is one point.

You will need:

- a court (hall or outdoor), preferably with a 10m 'cross' marked on it, for example a netball court
- two sets of different coloured t-shirts, one set per team
- two goals (or two cones, used to mark out goals)
- a small soft ball you can grip in one hand



Positions

(based according to the number of players on each team)

There are five to seven players per team (multiple outfield players and one goalkeeper)

The goalkeeper stands after a goal is scored. They are the only players allowed in the 5m area.

Left and right wings play from the sides of the court.

Left and right backs are responsible for long range shooting and defensive work.

A pivot player is at all times of the court, apart from the 5m.

A centre back is responsible for creating passages of play.



How to Play Handball

Goals:

If a ball is successful, the opposition takes a free throw at the bottom of the ball and the defending team must be at least three metres away. The ball must be passed once before shooting. Fouls are committed when:

• a player (other than the goalkeeper) steps into the cross

• contact is made with another player

• more than three steps are taken with the ball

• a player is in a 5m free throw area when taking a free throw

• a player is in the goal

• a player is in the 5m area when taking a free throw

• a player is on the ground when taking a free throw

Play And Learn Handball

S Ben Porath



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