

Handball Knowledge Organiser

Key Skills:

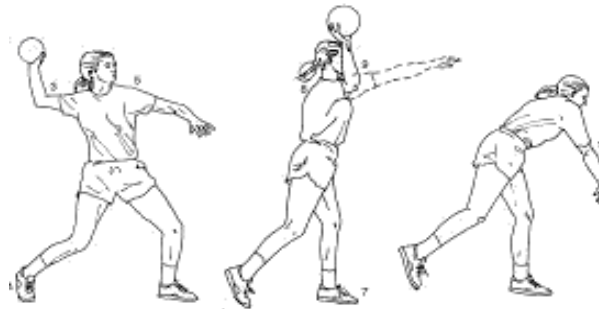
Passing	Various passes can be used within the game: shoulder, bounce, side passes.
Catching	Accurate catching is very important and ensures a fast, smooth and efficient game. Catching the ball with two hands is the best method.
Shooting	A skill used by players within the game to score a goal. There are many ways to shoot (standing, jump, dive) depending on where you are on the court and against what opposition.
Dribbling	Dribbling skills enable a player to keep control of the ball, travel past a defender or to simply move the team forward up the court.
Match play	A technique used to understand the basics of the game, the rules, scoring and the court.

Game:

- The aim of the game is to score more goals/points against the opposition.
- The game begins with a pass from the very centre, on the halfway line.
- A competitive game of handball has a duration of 60 minutes. This is split into two periods of 30 minutes each with a 15 minute interval.
- For younger players, the period time can be reduced to 20 minutes.
- The team with the most goals/points wins the game.

Scoring:

- The score starts at 0-0.
- A goal is scored in handball when the ball is thrown into the opponent's goal.



Key Terms

Tactical Skills

- Changing speed
- Changing direction
- Awareness of others
- Timing
- Decision making
- Dodge

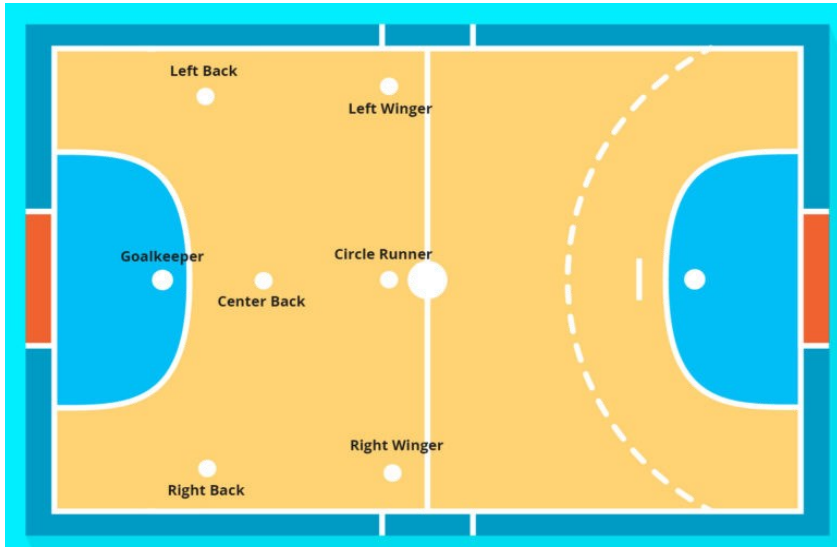
Physical Fitness

- Coordination
- Agility
- Reaction time
- Power
- Stamina
- Balance
- Strength

Equipment

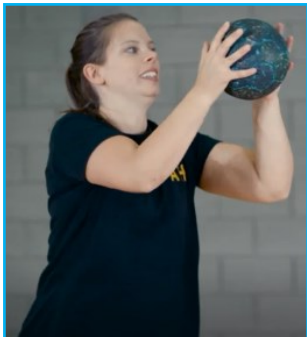
- Handball
- Handball goals
- Tennis net

What a tennis court looks like:



Game:

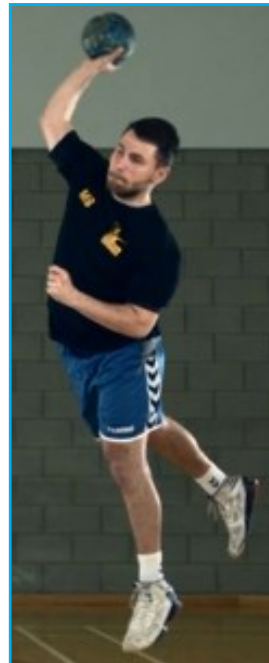
- Each team consists of six outfield players and a goalkeeper.
- Each goal is worth one point and the team with the most points at the end of the game wins.
- When in possession, a player can pass, shoot or dribble the ball – similar to in basketball.
- A player is permitted to take up to three steps for up to three seconds at a time without dribbling the ball.
- Further key rules include no player being allowed in the goalkeeper’s area.
- Players are not able to pass back to the goalkeeper whilst he remains in his area.
- Handball also has its own version of penalties. When a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player, the result is a seven-meter throw for the attacking team, one-against-one with the goalkeeper.



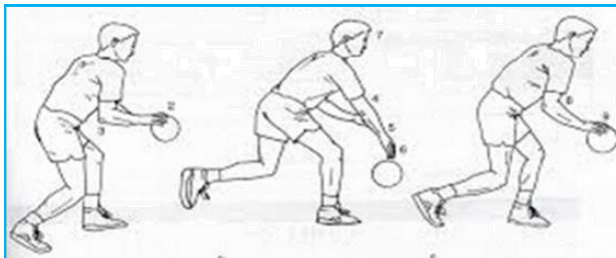
High catch



Low catch



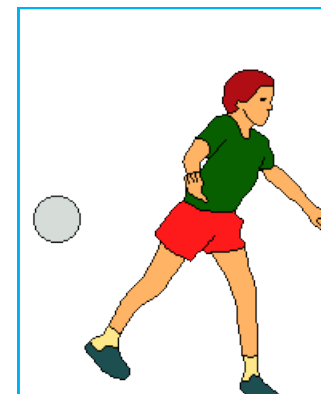
Jump shot



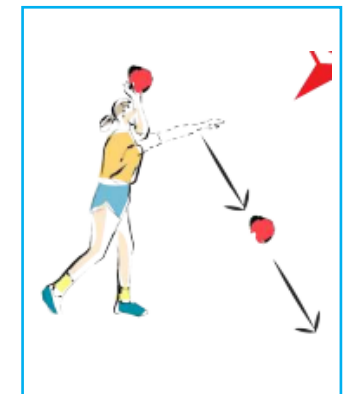
Dribbling



Shoulder pass



Side pass



Bounce pass