

PE – Handball

Rules

Game Duration: A match consists of two 30-minute halves.

Scoring: To score, the ball must be thrown into the goal from outside the goal area.

Violations: Pushing, holding, tripping, and hitting are not allowed. Players cannot push opponents, trip them, or play the ball below the knee. Free throws are awarded at the violation spot.

Steps and Possession: Players may not take more than three steps without dribbling or hold the ball for more than three seconds without dribbling, shooting, or passing. Doing so results in a loss of possession.

Defense: Defenders can use their bodies and arms to obstruct opponents, but only frontal contact is allowed. Side contact results in a free throw.

Tactics: Vary shots to confuse the goalkeeper, and use timeouts to disrupt the opposing team's momentum. Start plays with your strongest player for a good shot or pass.

Goalkeeper: The goalkeeper defends the goal and can use any part of their body to block shots. They are the only players allowed to touch the ball with their feet but must remain inside the goal semi-circle while holding or dribbling the ball. Quick reactions and game awareness are essential.



Positions

A full squad in a handball team consists of 14 players. Only seven play on court at any one time, each with differing roles and positional responsibilities. As follows:

- 2 full backs
- 2 wingers
- 1 circle runner
- 1 centre player
- 1 Goal Keeper

Skills and Techniques

Dribbling: Players can dribble like in basketball but are allowed only three steps before and after. Keep the ball close to protect it and maintain awareness to avoid interception.

Overhead Pass: A double-handed throw similar to a football throw-in.

Chest Pass: A short, powerful pass using a W-shaped hand position, stepping forward for extra power.

Shoulder Pass: A long, powerful throw starting with the ball next to your shoulder, extending your arm and following through.

Bounce Pass: A low pass aimed three-quarters of the way to your target, using the chest pass position.

Blocking/Marking: Similar to netball, use both hands over the ball and jump to gain possession when it's released. Contact the opponent's shooting arm at the upper arm or shoulder to reduce their shooting power, while controlling their movement at hip height.

Shooting: Use a powerful one-handed throw, aiming for the corners of the goal to outsmart the goalkeeper.

Saving: Like in football, but only hands can be used. Read the shooter's movements and dive or jump to stop the ball from entering the net.



Overhead Pass



Marking



Shooting

Key words and Vocabulary

Dribble, Overhead Pass, Chest pass, Bounce Pass, Shooting, Goalkeeper, Defence, Attack, Score, Shot, Team Work, 3- step, Contact, Free throw



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Umpire Decisions:

Free-throws - These are awarded for slight infringements of the rules. All defenders are required to stay 3m (9.84ft) away from the person taking the free-throw.

Penalty-throws in handball - These are awarded when denying a clear scoring opportunity with an infringement.

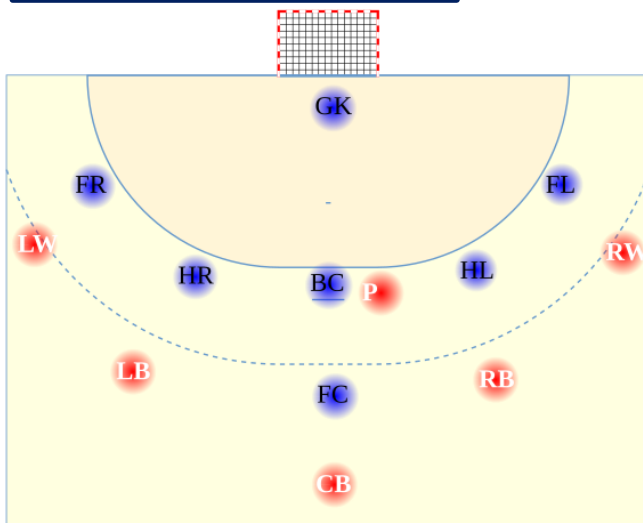
Throw ins - These are awarded after the ball has crossed a side line. It is taken by the side who did not touch it last, with the player putting one foot on the line where the ball went out and passing it back into the court.

Corner – a corner is taken by the attacking side when a defender has knocked the ball over the goal line (other than in the goal). The player puts one foot on the corner of the side line and the goal line and passes the ball in.



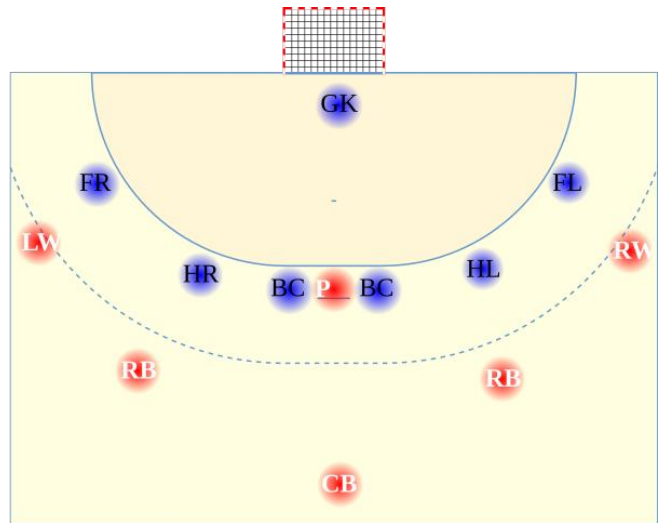
Penalty Throw

Formations



- Offense player
- Defense player
- LW= Left wingman
- LB= Left backcourt
- FR= Far right
- HR= Half right
- GK= Goalkeeper
- CB= Centre backcourt
- RB= Right backcourt
- BC= Back center
- FC= Front center
- RW= Right wingman
- P= Pivot
- HL= Half left
- FL= Far left

5-1 defensive formation



- Offense player
- Defense player
- LW= Left wingman
- LB= Left backcourt
- FR= Far right
- HR= Half right
- CB= Centre backcourt
- RB= Right backcourt
- BC= Back center
- HL= Half left
- RW= Right wingman
- P= Pivot
- FL= Far left
- GK= Goalkeeper

6-0 defensive formation

Key words and Vocabulary

Dribble, Overhead Pass, Chest pass, Bounce Pass, Shooting, Goalkeeper, Defence, Attack, Score, Shot, Team Work, 3- step, Contact, Free throw

