



Handball is a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

Handball is a high action game: a standard match lasts just 60 minutes, and games regularly finish with teams having scored over 20 goals!

Sports specific skills used in handball include passing, receiving, dribbling, footwork, shooting and defending/blocking.

Equipment: A size 1 handball should be used, preferably enough for 1 per 2 pupils in each class.

Set Up: Handball goals if available can be used if not cones/poles/football goals can be used as substitutes. Handball is played traditionally on a handball court, but this can easily be played inside or outside in a similar sized area: Dimensions of one handball court/pitch as follows:

Court/pitch – 20m x 40m

The goal – 3m wide x 2m high

The six-meter line – Represents the divide between the goalkeeper and the rest of the players

The seven-meter line – This line is where penalty shots are taken from when fouls are made

The nine-meter line - An arched dotted line is where the attacking team resumes play after being fouled inside the line. It is also termed as a free-throw line

Substitution line - This is an area from where the players should leave the court when a substitution is made

Halfway line - This is a line at the centre from where the game begins at the start and after half time, and it is also a spot from where the players restart the game after scoring a goal

Goal area - No player is allowed in this area except the goalkeeper. However, a player can jump into this area as long as he throws and releases the ball before he lands on the floor



Rules:

- Players (apart from goalkeepers) are only allowed to touch the ball above the knee
- After they get the ball a player can pass, keep possession, or shoot
- When they have the ball, players must dribble (just like basketball), or they can take up to three steps for up to three seconds at a time without dribbling
- If a player takes more than three steps without dribbling, it counts as travelling, and they must give the ball to the other team

- A player can dribble for as long as they want, so long as they only touch the top of the ball when doing so
- After the dribble is picked up the ball must then be passed or shot. Any more dribbling would be considered a 'double dribble' and result in a free throw for the other team
- Outfield players can only enter the 6m D-zone area to pass or shoot the ball whilst they are in mid-air. They must jump from outside the zone and release the ball before they land in the area
- Goalkeepers are allowed outside the goal area but are not allowed to cross the goal zone line with the ball in their hands
- The ball cannot be passed back to the goalkeeper when they are in the goal area
- Each team can have seven substitute players on the bench. Substitutes can be made any number of times during a game without having to inform the referee

KS2 Format: Handball is played standard 7v7 in KS2 with a emphasis on game understanding and basic sport specific skills acquisition including: dribbling, passing, receiving, shooting, footwork, saving, attacking and defending

Roles/Responsibilities:

Goalkeeper – Only goalkeepers can move freely within the 6m 'D-Zone' goal area. Goalkeepers are the only players allowed to kick the ball, and unlike other sports goalkeepers do not play with gloves or head protection

Wingers – These are typically fast movers who excel at ball control and wide jumps enabling them to get into the best positions to score

Backs – These players tend to be taller, with a powerful shot that helps them to jump high and shoot over the defenders

Centre/Playmaker – A bit like a Point Guard in basketball, this player is great at passing and handling the ball. They are usually the most experienced on the team

Pivot/Line player – This player gets in the way of the other team's defenders, hoping to mix up their formation so the other players can score. These players are often quite strong and are really good at handling the ball