Team Handball Study Guide

Team Handball is a game that should be played at a fast pace with multiple scoring opportunities occurring throughout each game.

Teams
Teams consist of 7 players: 1 Goalkeeper and 6 Field/Court Players (2 Wingmen, 1 Circle Runner or Pivot, 3 Back Court Players—a center, right, and left)
- **Goalkeeper** - The goalkeeper tries to keep the ball from entering the goal box by blocking the shots. He/she is the only player who can touch the ball with his/her feet. The goalkeeper can also run out of the goal area, but he/she cannot bring the ball out of the goal area.
- **Wingmen** - Wingmen are located on the left and right side of the court and run up and down the court on those sides. Their role is to create openings. They try to draw away the defenders to the sides to make openings in the middle.
- **Circle Runner or Pivot** - The Circle Runner has free range of the court. They are known for taking hard and fast shots.
- **Back Court Players** - The three Back Court Players (center, right, and left) are usually the strongest players. Their goal is to jump and throw. The Center is considered the “playmaker” because he/she is generally the one that leads the offense and calls out the plays.

Starting the Game
The game starts with a throw-off. Each team must be in its own half of the court with the defense 3 meters away from the ball. The person performing the throw-off must start from the center of the court with at least one foot on the line. He/she then throws the ball to a teammate. Throw-offs are also used after each goal.

Playing the Ball
After gaining possession of the ball, the player has the option to
- pass it immediately,
- take up to 3 steps in 3 seconds or less before passing it,
- dribble the ball an unlimited number of times. Note: 3 steps are allowed before **and** after dribbling.

A player is **not** allowed to
- pull, hit, or punch the ball out of the hands of an opponent.
- contact the ball below the knee.
- dive on the floor for a rolling or stationary ball.
- have physical contact with another player.

It is illegal to keep the ball in a team’s possession without making a recognizable attempt to advance the ball and try to score. In other words, a team cannot stall. Stalling results in a free throw for the other team.
Scoring
A goal is scored when the entire ball crosses the goal line inside the goal. A goal may be scored from any throw—free-throw, throw-in, throw-off, goal-throw.

Throw-In
A throw-in is awarded when the ball goes out of bounds on the sideline or when the ball is last touched by a defensive player (excluding the goalie) and goes out of bounds over the endline. The throw-in is taken from the spot where the ball crossed the sideline. If it crossed the endline, the throw-in takes place from the nearest corner. The thrower must place one foot on the sideline/corner to execute the throw. All opposing players must stay at least 3 meters away from the ball.
If the goalie deflects a ball that is thrown and it goes over the endline, the goalie can put it back into play from anywhere in the goal area.

7-Meter Throw
A 7-meter throw is awarded when
- a foul destroys a clear chance to score.
- the goalie carries the ball back into his/her own goal area.
- a court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball.
- a defensive player enters his/her goal area to gain an advantage over an attaching player on possession of the ball.
All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot once he/she takes possession of the ball. Note: ANY player may take the 7-meter thrown.

Offensive and Defensive Strategies
- Before the game begins, match up in a man-to-man defense.
- Give-and-Go – This involves two players on the offensive side. The first player passes to the second and then immediately runs to a “soft” (open) area of the court for a return pass. When he/she catches the ball, he/she immediately shoots for a goal.
- Umbrella – This involves all of the offensive Field Players. The offense spreads out in the shape of an umbrella or an inverted umbrella in an effort to keep the defense spread out.
- A good goalie will
  - come out and challenge shooters. This cuts off shooting angles and cuts down the time the shooter has to make a decision.
  - return the ball back into play on the sides of the court.
  - rely on his/her defense to stop the ball before it gets to the goal.