

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 attacking 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 throw.

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.