

Handball

Introduction: Seven players on each team compete by passing a ball using their hands, with the aim of throwing the ball into the other team's goal. Whoever 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!

History: Games similar to handball were played in Ancient Greece and are represented on amphorae and stone carvings. There is evidence of ancient Roman women playing a version of handball called *expulsim ludere*. By the 19th century, there existed similar games of *håndbold* from Denmark, *házená* in the Czech Republic, *handbol* in Ukraine, and *torball* in Germany. Men's field handball was played at the 1936 Summer Olympics in Berlin. During the next several decades, indoor handball flourished and evolved in the Scandinavian countries. The sport re-emerged onto the world stage as men's team handball for the 1972 Summer Olympics in Munich.



Ten rules you should know

1. Players (apart from goalkeepers) are only allowed to touch the ball above the knee.
2. After they get the ball a player can pass, keep possession, or shoot.
3. 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.
4. If a player takes more than three steps without dribbling, it counts as travelling, and they have to give the ball to the other team.
5. A player can dribble for as long as they want, so long as they only touch the top of the ball when doing so.
6. 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.
7. Outfield players can only enter the 6m D-zone area in order to pass or shoot the ball whilst they're in mid-air. They must jump from outside the zone and release the ball before they land in the area.
8. Goalkeepers are allowed outside the goal area, but are not allowed to cross the goal zone line with the ball in their hands.
9. The ball can't be passed back to the goalkeeper when they are in the goal area.
10. 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.



World champion

Male: Denmark **Female:** Norway



Olympic gold medalist

Male: France **Female:** France



Competition – local opportunity

1. England Handball National Schools competition is open to teams in the u13 and u15 categories.
2. London Youth Games

Skills

Passing – shoulder, side wrist, bounce, feint (stationary and on the move).

Receiving – making a target (signalling), one/two handed catch – stationary and on the move, intercepting.

Shooting – standing, jump shoot.

Moving with the ball – dribbling/dodging.

Jockeying/marking/blocking/tackling.