

How to play the Game of Handball

Abbreviated Playing Rules (Note: goals can be modified to suit players' ages and conditions)

A team consist of seven players, including one goal keeper for each side.

Players from each team assume offensive or defensive positions depending on who wins the coin toss. Play begins from the center line with a hand-off or throw-off to a teammate on the same side to advance play. Players can; throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs, and knees.

A player can hold the ball for a maximum of 3 seconds; also when it is lying on the floor.

During play, players can take a maximum of 3 steps with the ball ***while standing or running: Players can*** bounce the ball once and catch it again with one or both hands.

While in possession of the ball players can bounce the ball repeatedly with one hand (dribble), and then catch it or pick it up again. A player is allowed to roll the ball on the floor repeatedly with one hand, and then catch it or pick it up again with one or both hands, but it must be played within 3 seconds or after take no more than 3 steps.

Players are not permitted to touch the ball more than once, unless it has touched the floor or another player, or the goal after the ball has been controlled. Players ***cannot*** touch the ball with their feet or legs below the knee, except when the ball has been thrown at the player by an opponent.

After a goal is scored, play is restarted at the center by the team that was scored against.

Ball handling activities

- For younger ages allow students to familiarize with the ball on the spot with hand-ball-eye coordination activities.
- Throwing and catching in pairs, threes, (2 v 2) (3 v 3) etc.
- "Player" in the middle game to consolidate throwing a catching skill while moving. Designate 3 players to specified areas to avoid collisions (mark with cones, 6-10 yards square area depending on the space available).

Dribbling/Bouncing activities

- All students must have a ball, and begin dribbling on the spot, then progress from walking to jogging before running up and down court area designated.
- In pairs, players advance on the dribble and passing to each other from one of the court to the other.
- Try the common (figure of 8) 3 man weave move depending on the ages of your students from one end to the other.
- Dribble to finish by shooting at the end (Provide goals to hold the balls from rolling back onto the courts during this drill).

- Play a small team game using combined skills from throwing and catching with dribbling and shooting if possible.

Offensive and defensive Playing strategies

- Defensive Positioning: Players are between the 9 and 6 meter lines, arms spread wide and waving from side to side as in basketball defense. Players move from side to side with attacking ball movement direction.
- Attacking Positioning: Players are spread outside around the 9 meter line facing the attacking goal.