



THE NAME OF THE GAME IS...

# TEAM HANDBALL



## HISTORICAL FACTS

There are indications that Handball is one of the more ancient, traditional Olympic disciplines, like Wrestling and Athletics.

In modern times, a Danish teacher by the name of Holgen Nielsen first introduced the game of Handball (Haanbold). In 1906, he published the Rules and Regulations of the game.

It was first played in the 1936 Olympic Games (Berlin) in the Men's category and in 1976 (Montreal) in the Women's category.

Today, 135 countries are affiliated with the International Handball Federation. In Canada, the Canadian Team Handball Federation was founded in 1962. The first Senior Men's Canadian Championship took place in Montreal in 1968. The first Senior Women's Championship was held in Edmonton in 1973.

## THE SPORT OF TEAM HANDBALL

Team Handball is a fun and exciting sport enjoyed by kids of all ages. It is a very fast team game, played by both men and women. Players try to score a point by throwing the ball into the goal of the opposite team. There is no kicking of the ball.

It is an excellent activity for developing natural basic movements of running, jumping, throwing and catching. Running is the dominant movement and simple rules allow the game to be played with great enjoyment even at a basic level. The rules are the same for boys and girls and for young players, the teams are often mixed.

## MINI HANDBALL

For primary school children, the game of Team Handball has been scaled down to suit children between the ages of eight and twelve. The modified game is called Mini-Handball.

The court is smaller (a basketball or tennis court can be used). The number of players is reduced to five or six, depending on the court size. As well, the length of the game is reduced but this is flexible depending on conditions.

## COACHING COURSES

The Canadian Team Handball Federation exists for the purpose of promoting Team Handball by establishing and developing recreational and competitive programs for Canadians throughout Canada.

The primary goal of our Coaching Development Committee is to promote excellence in coaching.



One of the great advantages of Mini-Handball is that teams can be a mixture of boys and girls. The physical differences at that age are not significant and mixed team play can have positive social benefits.

Level 1 and 2 Technical courses are given by the Provincial Team Handball Federations and Levels 3-4-5 are given at the national level.

For more information on team handball or mini-handball, please contact your provincial team handball federation or the Canadian Team Handball Federation at:

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## WHAT'S NEEDED TO PLAY

- ♦ **Court** The diagram and table illustrate the adult and modified court sizes. The goal area is marked with a "D" shaped line and the adult game has an extra area marked for substitutions. If this is not used in Mini-Handball, substitutions can be made from near the center-line.

For Mini-Handball, an existing basketball court can be used without additional markings. The three-point throw line in basketball can be used as the goal area although this makes the playing area slightly smaller. Goals should be positioned under the backboard. In both cases, the free throw line can be ignored.

- ♦ **Ball** Men use a ball with a circumference of 58-60 cm; women one of 54-56 cm and Mini-Handball uses a ball of 47cm or 50cm.

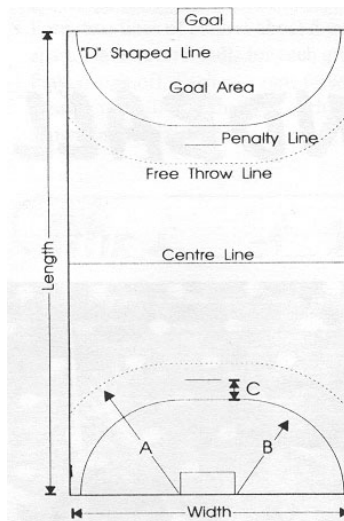
Players should be able to hold the ball with one hand.

- ♦ **Goals** Team Handball goals are 3 meters by 2 meters while the sizes are reduced to 2.4 meters by 1.6 meters for Mini-Handball.

- ♦ **Players** A Team Handball team consists of 14 players. At most, seven from each team are on the court at one time, including a goalie. Mini-Handball has no set number of players. Instead, teachers are encouraged to reduce the team size to five or six players according to the available space.

- ♦ **Referee** Normally, two referees control the game of Team handball. However, in a school situation, one would suffice.

- ♦ **Uniforms and footwear** Normal sport clothing should be worn. Coloured bibs are necessary to distinguish teams. Non-slip footwear is recommended.



The Dimensions of the Courts

	Mini-handball	Handball
Length	20m	40m
Width	12m	20m
Goals	2.4m x 1.6m	3m x 2m
A	6m	9m
B	4.5m	6m
C	0.5m	1m

## HOW TO PLAY TEAM HANDBALL AND MINI-HANDBALL

### The Game

Two 30-minute periods for male and female teams over 18 years of age. However, for Mini-Handball it is suggested halves be 15 minutes.

### Starting Play

All players begin the game in their own half. The team winning the toss starts the game with a pass from the center line. The non-scoring team restarts from the center line after a goal is scored. Starting play is known as the "throw-off". After the start of play, court players are allowed anywhere on the court except for either goal area. For Mini-handball, the goalie could start the play after a goal.

### Scoring

A goal is scored whenever the entire ball passes the goal line between the posts and under the cross bar.

### Moving the ball

A player is allowed to run three steps with the ball before it must be bounced, passed or shot. If bounced, a further three steps are allowed but the ball must then be passed or thrown at the goalie. If a player with the ball is stationary and not dribbling, a three-second rule applies instead of three steps.

### Dribbling

Dribbling is permitted. However, as soon as the ball is held with one or both hands, it must be passed after three steps or three seconds. For Mini-Handball, avoid dribbling except on the fast break.

### Playing the ball

Players can throw, punch or hit the ball in any direction using hands, arms, head, back thigh or knee. However, contact with the ball below the knee is not permitted (goalkeepers are the exception and are allowed to use feet when defending goal). Passes back to the goalkeeper inside the goal area are also not allowed.

### Substitutes

Substitutes are made at any time and without play being stopped. There is no limit to the number that can be made. Substitutions must be made in the special area near the center line and the sub cannot enter until the player has left the court.



## Contact

Body contact is limited to the torso only. Arms or legs may not be used to obstruct an opponent. Holding, pushing, hitting, running or jumping into an opponent are all faults. For younger categories, body contact should be discouraged.

## Free Throws

Infringements result in a free throw, which is taken from the spot where the foul occurred. Opposition players must be a minimum of 3 meters (1.5m in Mini-Handball) away from the player taking the free throw. All attacking players must be outside the broken line.

If the infringement took place between the goal area line and the broken line, the free throw will be taken from the free throw line.

In the case of serious infringements or when a goal scoring opportunity is spoiled by an infringement, a penalty throw is given. All other players, except the defending goalkeeper, must be outside the free throw line while the player takes the penalty from the penalty line.

For rough play, a 2-minute penalty is given. If the same player receives three such suspensions, he/she cannot take any further part in the match.

## Infringements

A free throw is awarded for any of these infringements:

- an opponent is fouled;
- the ball is played incorrectly;
- the line around the goal area is touched or crossed;
- players behave in an unsporting manner;
- deliberately waste time;
- incorrect substitution.

## The Goal Area

Except for the goalkeeper, the goal area can not be entered by any other player from either side. Goalkeepers can leave this area provided they do not have possession of the ball. Only the goalkeeper is allowed to dive for a ball that is lying or rolling on the ground. Offensive players are permitted to jump in the air space over the goalie's area as long as the ball is released prior to landing.

## Throw ins

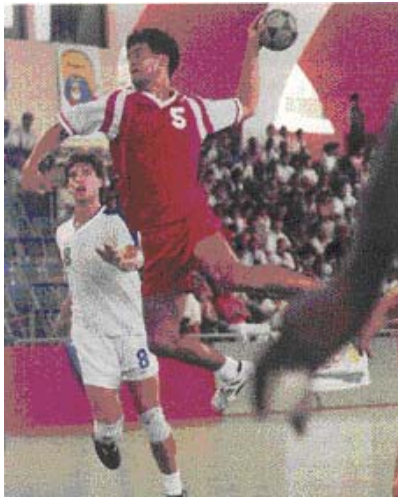
A throw in is awarded when the ball crosses the sideline. The non-offending team throws the ball back into play. The player taking the throw in must place one foot on the sideline. A goal can be scored directly from a throw in.

## MODIFIED GAMES

From introductory activities through to competitive games, everyone will have so much fun, it will soon become their favorite game.

- ◆ **King of the Castle** A castle is made by placing several balls in a small circle. Attackers stand around the outside of a 10 metre circle. They throw a ball and try to knock one or more of the centre balls out of the small circle. Passing is allowed .
- ◆ **Hunters and Rabbits** Divide the group into two teams. The "rabbits" move freely inside the goal area. "Hunters" are positioned outside the area and try to hit the rabbits with the ball. A point can be scored for each hit, or the hit player can be eliminated from the game. Passing is allowed and hunters can only move three steps when in possession. Rabbits should not interfere with the ball. For large groups, introduce a second or third ball .
- ◆ **Hoop Ball** Form teams of three to five. The team plays on a court about 15 meters by 10 meters with a net or rope dividing the court. The object of this game is for one team to throw the ball inside any of the four hoops placed on the ground in the opponent's court. Because of the net, the jump shot will be used extensively.
- ◆ **Mat Handball** This game eliminates the skill of shooting. Form two equal teams. A mat is the goal at both ends and one player stands on each mat. Team members try to pass the ball in order to get it on the full to the team-mate on the mat. Normal rules apply.
- ◆ **End Ball** This is another game that eliminates the need for goal shooting. Form two equal teams. Each team has two players positioned at one end of and outside the court in the "end zone". Players on the court pass the ball, attempting to throw the ball to one of the players in the end zone. The final throw must be caught to score. Normal rules apply.
- ◆ **Goals Back to Back** Teams of three or four. The object of this game is to score in the other team goal and defend our own goal. Rules are modified along the way.
- ◆ **Moving Target** Two teams of equal numbers. The object of this game is to pass, move the ball and throw at a moving target (one identified player). The defenders attempt to intercept the ball and stop them from shooting .





## COACHING COURSES

### Getting used to the ball

Team Handball ball is designed to let players pick it up one-handed. Allow them time to become used to the ball, picking it up one-handed and throwing it from hand to hand.

### Bouncing

Bounce the ball with one hand. Have fingers slightly spread and aim to bounce the ball to hip height. For more advanced players, try chasing and tagging a partner while bouncing the ball;

Form small groups, each player with a ball. Players line up in single file and the last player bounces the ball while running zigzag along the line;

Try to pass the ball to a partner by bouncing it inside a hoop or circle drawn on the ground;

Form groups of five or six. All players have a ball and all but one, the fox, has a hoop. Players attempt to run from one hoop to the other while bouncing the ball. The fox, who also is bouncing the ball, must try to tag a player not in a hoop.

### Throwing and Catching

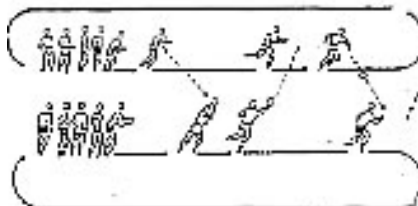
When catching the ball, players should move hands towards the ball, forming a basket shape to capture the ball. Always catch the ball with two hands.

The whole hand should be behind the ball when it is being thrown. The opposite foot should be forward, pointing to the target.

- Throw the ball against the wall. Catch it on the rebound. Introduce a partner who must catch the ball on the rebound.
- Throw the ball to a partner through a suspended hoop.
- Form two groups, which line up facing each other about 5 meters apart. The player with

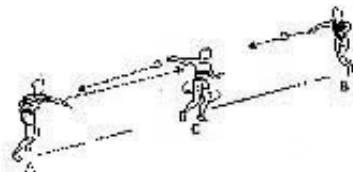
The ball throws to the first player on the opposite line and then runs to the rear of the opposite line. This sequence is repeated with the tempo increased as skills improve.

- Form two lines of players about 5 meters apart. Have several balls for each group. Players pair off. Each runs forward passing the ball diagonally to each other as shown in the diagram.



- Form uneven teams. The team with the least players attempts to pass the ball among themselves trying to tag an opponent with the ball. The larger team's members attempt to avoid the tag by running freely inside the area.

- Form groups of three. One player is in the centre. The other two both have a ball and in succession pass to the centre player who must catch and return the pass before quickly turning to take the next pass. Rotate positions.



### Shooting

The goal shot is just like a pass but is thrown with more power. The jump shot, where the player is actually in the air when the shot is made, is particularly effective and should be practiced.

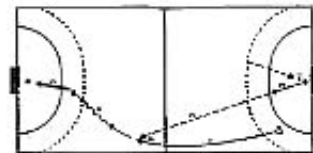
- Practice the jump shot. Right-handed throwers should push off from the left foot and land on the left foot. Left-handed throwers do the opposite. When in the air, the body should be stretched and the throwing shoulder drawn back. Throw from the highest point of the jump.
- Suspend a rope so players must jump and shoot over the rope;



- Make jump shots at goal. Using the rope held above head-height by partners will encourage higher jumps;

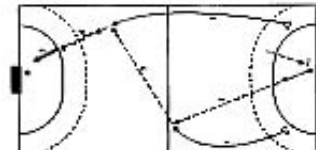
### Fast break with one player

Practice this drill to encourage fast breaking;



### Fast break with two players

Add an extra attacker for this fast break drill;



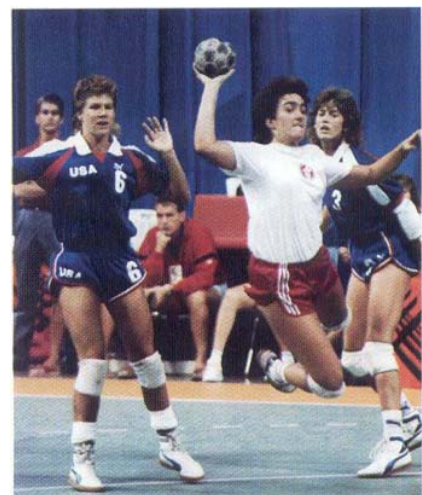
### Goalkeeping

The goalkeeper's ready position is with knees slightly bent and hands held at head height. Low balls should be stopped with the foot and with one arm stretched towards the foot to assist. A ball thrown at mid-height should be stopped with hand and foot while the high balls require a jump from one foot.

Throw the ball at the goalkeeper at varying heights.

The goalkeeper stands with back to wall about 2 meters away. A partner throws the ball against the wall and the goalkeeper must turn and stop or deflect the rebound.

Have the goalkeeper defend targets on the wall. Other players throw the ball at the targets trying to beat the goalkeeper and score points.



*Adapted from an article by the Australian Handball Federation, (Aussie Sport Action, vol. 5, no 1, 1994)*