

Team Handball Unit Review Sheet

Rules

- The Playing Court: The goal crease. No one except the goalie is allowed to stand in the goal crease.
- Number of Players: In a regulation team handball game there are seven players on each team (six court players and one goalie).
- Scoring: A goal is scored when the entire ball crosses the goal line inside the goal.
- Rule of 3: *A player is allowed . . .* -To run with the ball for 3 steps -To hold the ball for 3 seconds –To take 3 dribbles
- *A player is NOT allowed . . .*
 - To endanger an opponent with the ball.
 - To pull, hit or punch the ball out of the hands of an opponent.
 - To contact the ball below the knee.
 - Throw-In: A throw-in is awarded when ball goes out of bounds on the sideline.

Skills/Strategy

OFFENSE

- Dribbling
 - Similar to basketball dribbling but you can only take 3 dribbles.
 - Dribble with your finger pads keeping your eyes up.
- Passing
 - Most passes will be with an overhand throw.
 - Step to your target
 - Bring your arm back
 - Keep your elbow up at or above shoulder height as your arm comes forward.
- Catching
 - For a ball above your waist fingers should be pointing up
 - For a ball below your waist fingers should be pointing down

DEFENSE

- Man to man- each player is responsible to cover one person on the opposing team
- Zone defense- each player is responsible for an area of the court