

# **Introduction to Handball** **for Physical Education**

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# Outline

## I. Introduction

- Background
- Handball Court
- Handball Sizes
- Rules of the Game
- Basic Skills
- Player Positions

## II. Handball at Schools

### Handball – fun, passion and health

- The 6 phases of the game
- Basic rules version for Handball at School
- Development of Children

### Methods and Planning

- Ball handling
- Small games and tactical games
- Small team games

### Basic Defence Skills

- Individual tactical intentions and techniques

### Basic Attacking Skills

- Individual tactical intentions and techniques

### Basic Goalkeeping

- Positioning, movements, saves

# HANDBALL

- Handball is one of the fastest game sports.
- Coordination, athleticism, creative techniques, variable and tactical interaction, combined with a good **team spirit** are the characteristics of this attractive sport

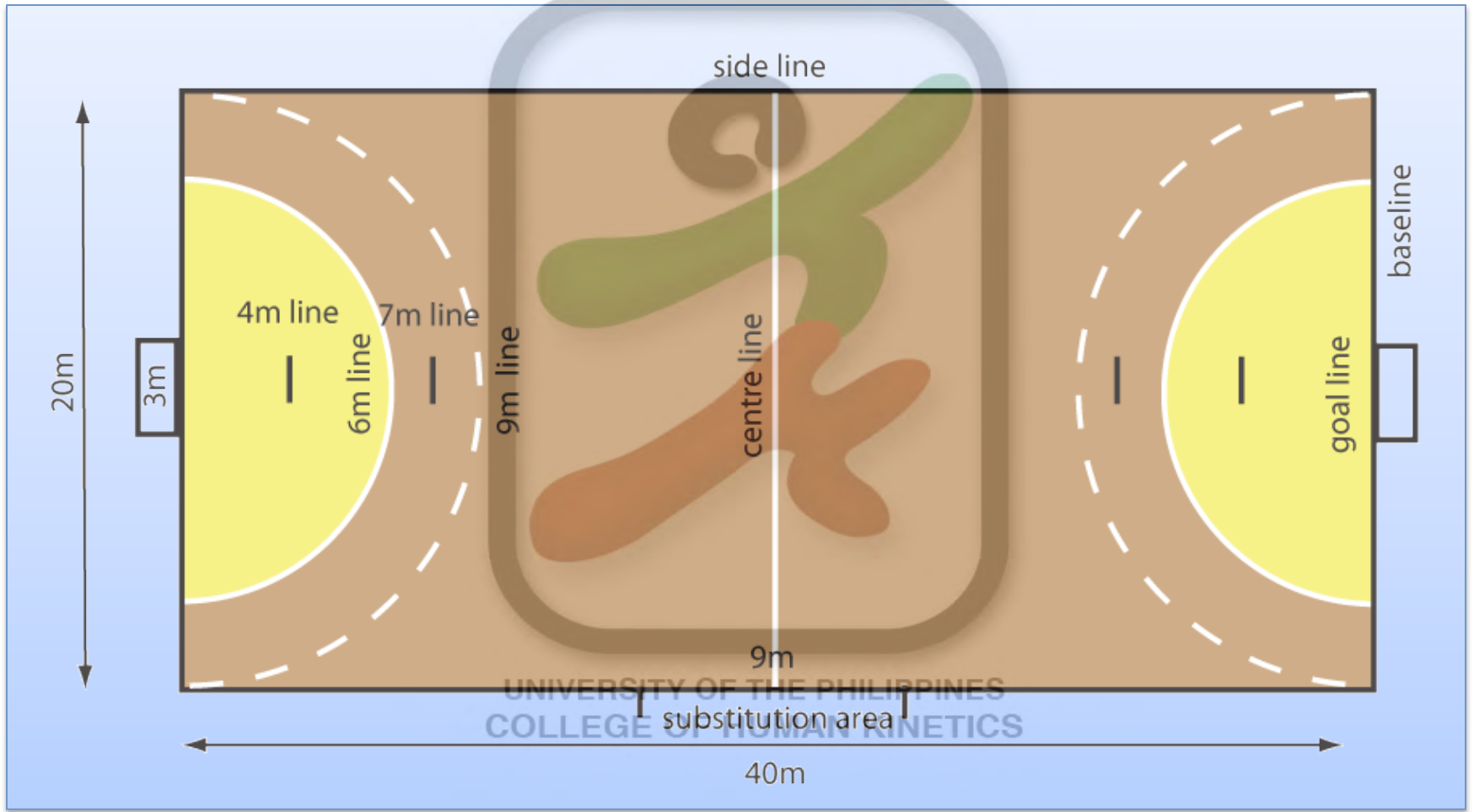


# HANDBALL

- The objective is to throw a ball into the opposing team's goal to score
- The team with more goals at the end of the game is declared as the winner
- Seven players per side (6 court players and one goalkeeper)



# The Handball Court



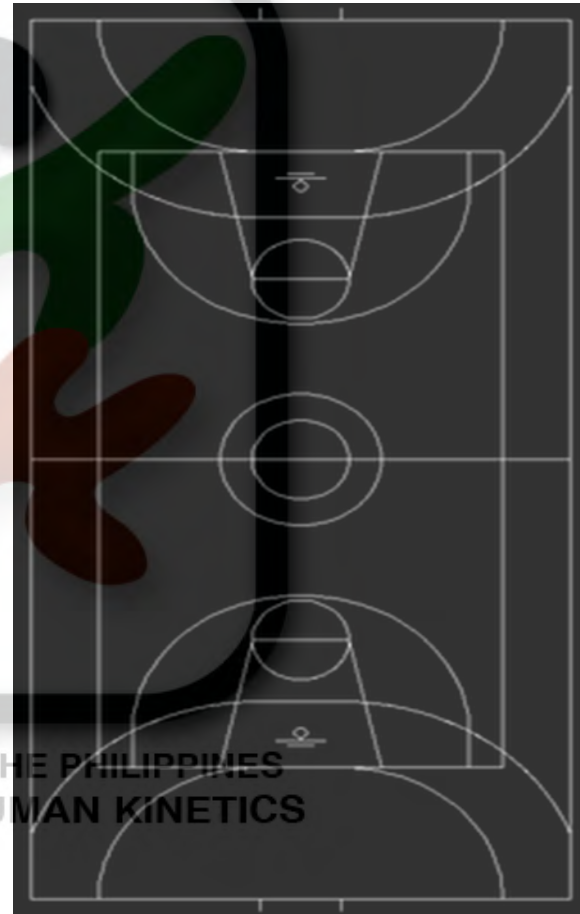
# Court Dimensions

## Handball

- Court = 40 m X 20 m
- Goal = 2m X 3m
- Goal area = 6m

## Basketball

- Court = 28 m X 15 m
- 3 pt. arc = 6.25 m



# Handball Sizes



**IHF Size 1:** 50-52 cm and 290 to 330 g

- for women's youth (8 to 14 years)
- men's youth (8 to 12 years)

**IHF Size 2:** 54 to 56 cm and 325-375 g

- for women, women's youth (14 years and older) and
- men's youth (12 to 16 years)

**IHF Size 3:** 58 to 60 cm and 425 to 475 g

- for men and men's youth (16 years and older)

# Rules of the Game

[www.ihf.info](http://www.ihf.info)

## A player may

- Run with the ball up to 3 steps
- Dribble
- Substitute anytime

## A player should not

- Stay inside the goal area line (except for the goal keeper)
- Run into an established defender
- Hold the ball more than 3 seconds





# Basic Handball Skills for Offense

- Passing and Catching
- Shooting
- Blocking
- Feinting



# Player Positions



# Teaching Handball at School

**Introduction to handball  
for students aged 5 to 11**



# Handball at school – fun, passion and health

- Launched by the International Handball Federation
- Worldwide training and education program for teachers at school
- Motto: Fun, passion and health
- IHF school experts conduct courses for teachers of 5-11 year old children on all continents



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BASIC RULES VERSION FOR  
HANDBALL AT SCHOOL

# Six Phases of the Game

## from a technical and tactical perspective

### 1. Changing from defense to offence

- The moment where a team intercepts the ball and starts moving up the court.

### 2. Moving up the court

- Phase where the team is moving directly towards the opponent's goal area

### 3. Getting within shooting range

- Moving close to the goal for an opportunity to score

### 4. Team attack against organized defense

- Trying to score a goal against the opponents organized defense

### 5. Return phase and defense starts

- Returning to own defense area while trying to regain the ball by putting pressure on the offence

### 6. Organized defense

- preventing the opponents from getting a good scoring chance

# Basic Rules for Handball at Schools

## Start playing handball on smaller playing fields

- To avoid excessive demand of the students

## Reduced number of court players

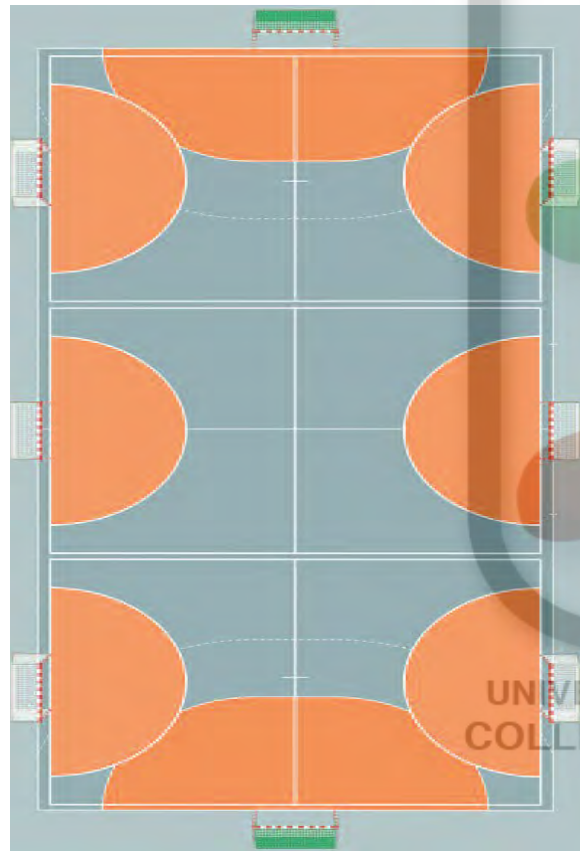
- To increase the number of situations where students can throw at goal so that they will have a feeling of success



# Modified Rules

**Division into smaller areas**

**4 vs. 4 with goal keepers**



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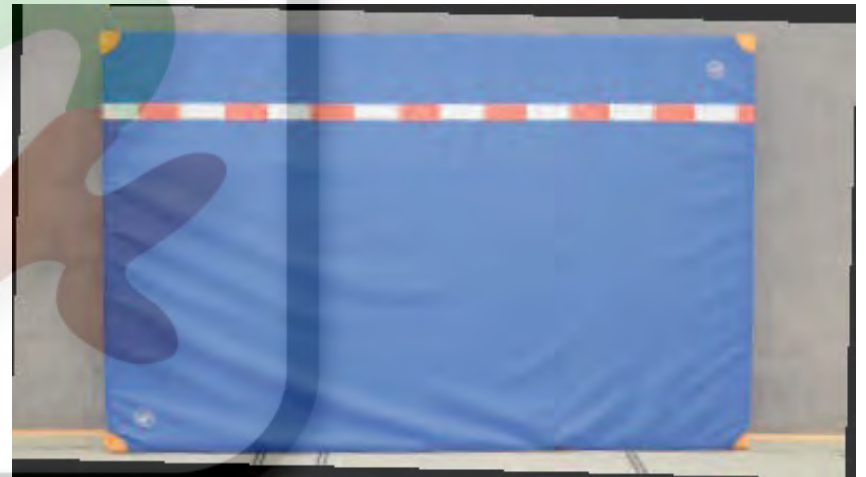
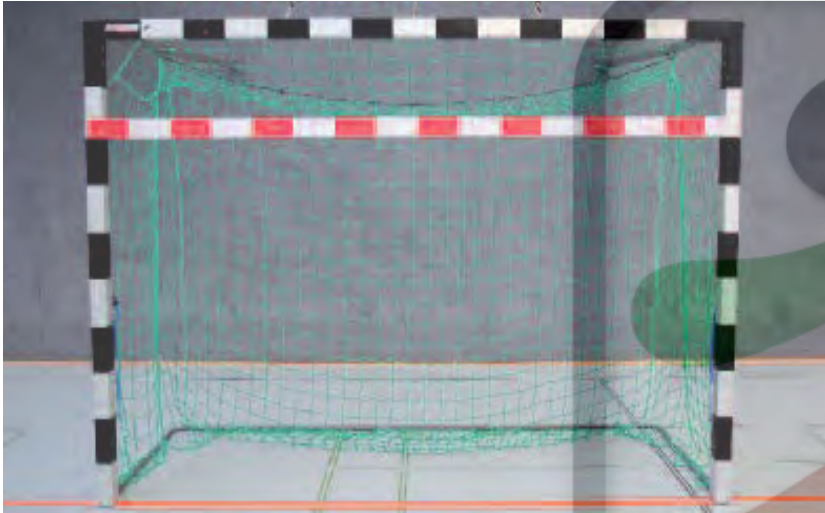
# The Goal



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# Improvised Goals



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# Ball Sizes



- Students aged from 5 to 11 years can only learn throwing with balls whose sizes correspond to the size of their hands
- At the beginning, as a learning aid, they even have to be smaller than the official balls designed for the individual age groups
- Make use of many different balls as it improves the coordination skills and especially the feeling for the ball

# Development of children

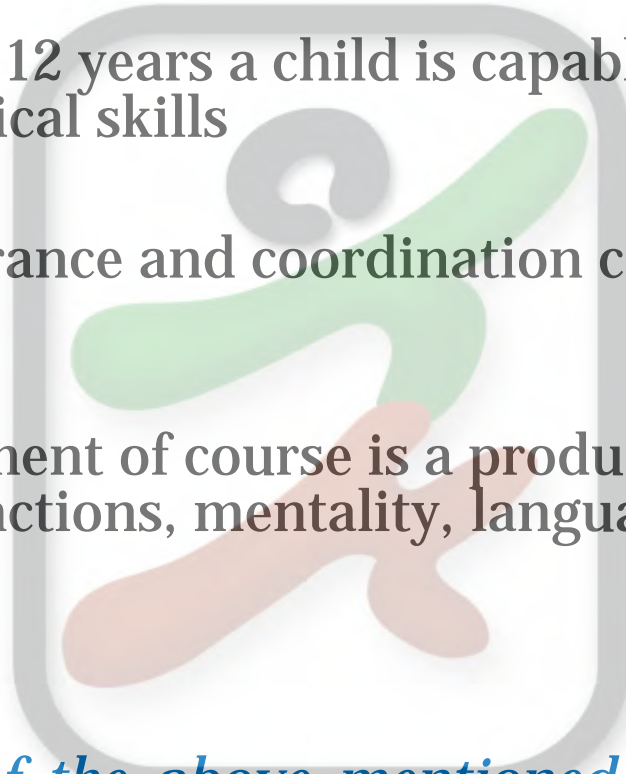
**The following are established facts based on credible research:**

- during the development a child goes through periods of fast growth (height) and slow growth (girth)
- growth spurt (height and girth) occurs just before puberty
- girls generally develop and mature earlier than boys
- muscle strength increases around 1 year after the start of a child`s puberty

# Development of Children

- By the age of 10 – 12 years a child is capable of learning tactical and technical skills
- Training of endurance and coordination can be less effective during puberty
- A child's development of course is a product of different factors (motor functions, mentality, language, senses and thoughts)

*As a consequence of the above mentioned preconditions, it is recommended that the teaching of handball in school should take account of the technical and tactical skills in the various age categories*



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# Under the Age of 8 years

- Ball handling
- Catching
- Throwing
- Playing together
- Shooting



# Under the Age of 10 years

- Ball handling
- Catching, throwing, dribbling, shooting, passing and feinting
- Playing together
- Making decisions 2 against 1
- Tactically clever positioning
- Taking up 1 against 1 situations
- **Defending an area**
- **Cooperating in defense**

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# Under the Age of 12 years

- Ball handling
- Catching, throwing, dribbling, shooting, passing and feinting
- Screening, playing together
- Making decisions 2 vs.1 and 3 vs.2
- Taking up 1 against 1 situations
- Playing fast break
- Developing good, fast feet, tackling an opponent and intercepting the ball
- Positioning and cooperation in defense



# Under the age of 14 years

- Basic technical skills in offense
- Individual technical and tactical skills in different positions
- Crossing and piston movements
- Fast break
- Improving leg work, tackling an opponent, blocking shots & intercepting
- Positioning and cooperating in defense
- Taking tactical initiatives



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# Methods and Planning



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# Organizing Games and Exercises

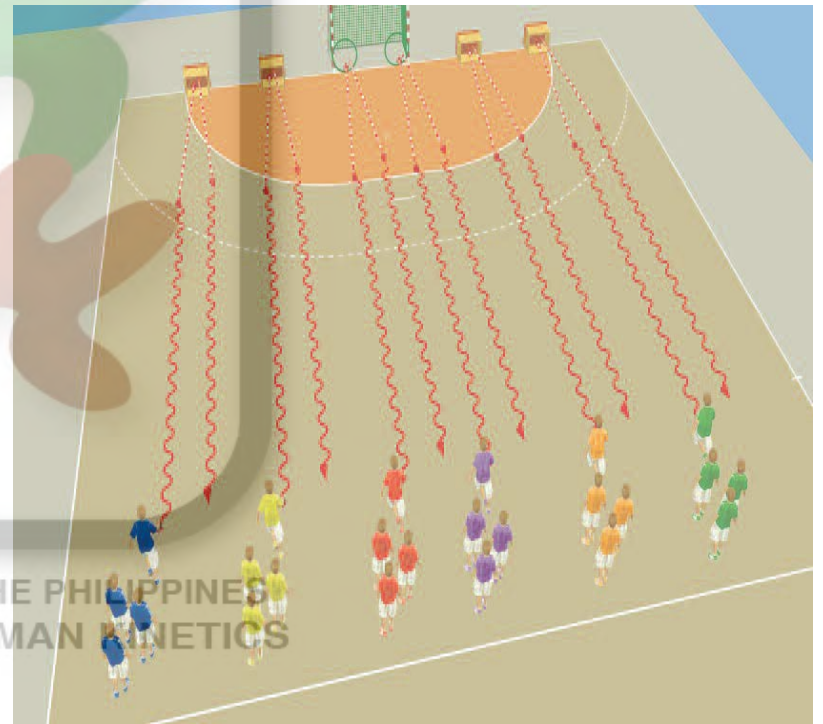
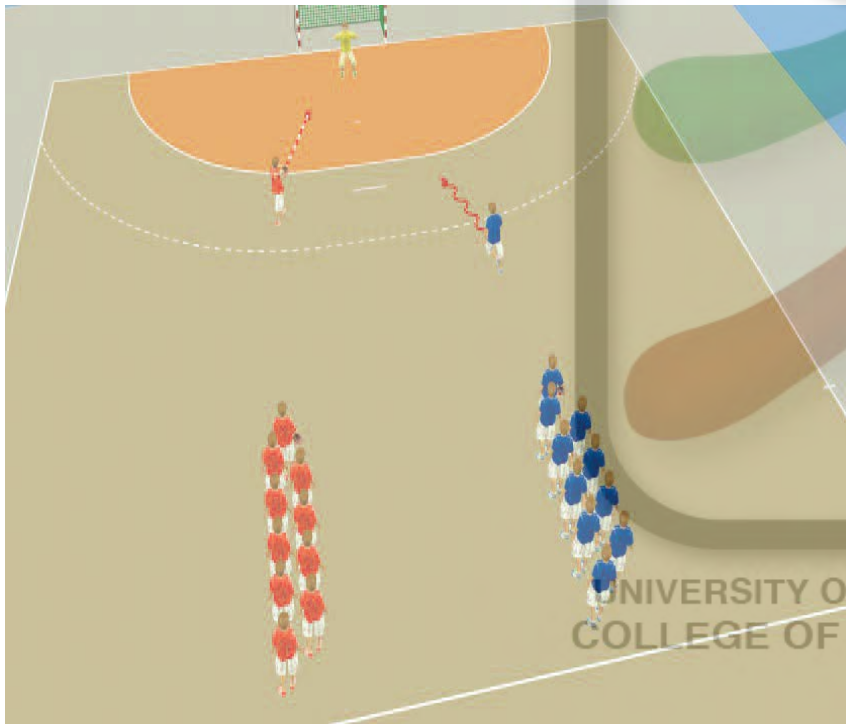
- in such a way that the students have the longest possible movement time
- as many ball contacts as possible
- as many throws at the goal during one lesson



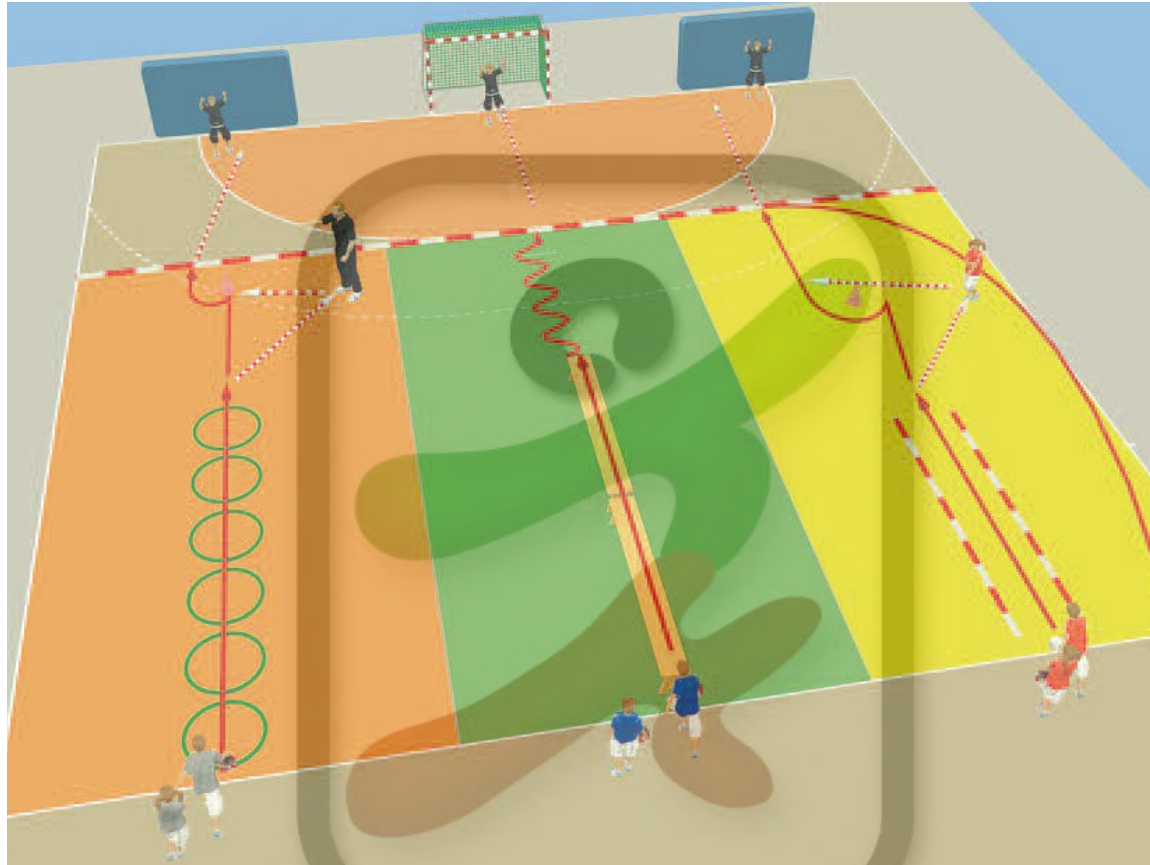
# Relay Games

**Wrong!**

**Right!**

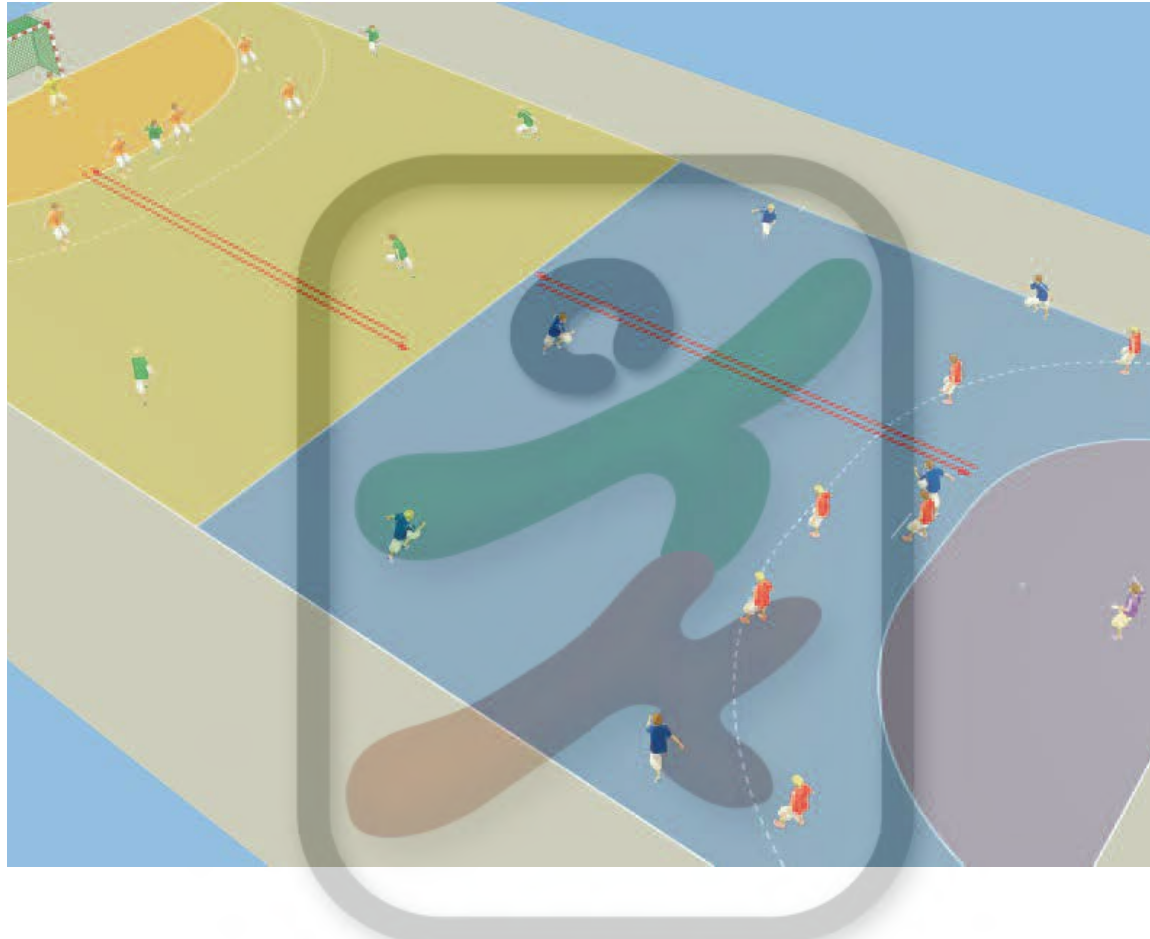


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## **Coordination Exercises with throw**

The students, divided into three groups on three tracks, complete different tasks with subsequent throwing at the goal



## **Changing defense and attack teams**

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# Ball Handling

- The aim of “ball handling exercises” is to teach the students basic throwing, catching and dribbling. The exercises described are also used for warming up, ball-eye-hand coordination and developing basic technical/tactical knowledge.



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# Ball Handling

Tossing

Dribbling



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# Tossing Drills

## Tossing

- Tossing a ball **with the feet** while sitting and catching it while standing up
- Tossing the ball **while lying** on the back, turning around and catching the ball
- Tossing the ball backwards **through the legs**, turning around and catching the ball





# Dribbling Drills



- Dribbling around the body
- Dribbling while sitting
- Dribbling while jumping up & down
- Dribbling around/over obstacles
- Running after a partner while dribbling and imitating him
- Dribbling in one row on fixed lines
- Dribbling through rods in slalom
- Dribbling in a limited area without colliding
- Dribbling forward, backward and sideward according to visual signs

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# Passing and Catching



- Bounce passes through a hoop to the partner
- Passing and catching in a circle
- Direct passes of two balls at the same time
- Two attackers are passing a ball to each other. The student in the middle must try to intercept it

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*These exercises improve throwing and catching while standing and moving as well as the ball-hand-eye coordination.*

# Throwing Drills



- Throwing the ball at the wall and catching it
- Throwing competition between the players
- Throwing competitions between groups
- Moving a carton for example into the goal/into a target.

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*These small competitions and exercises improve the throwing power in a playful way.*

# Throwing Drills

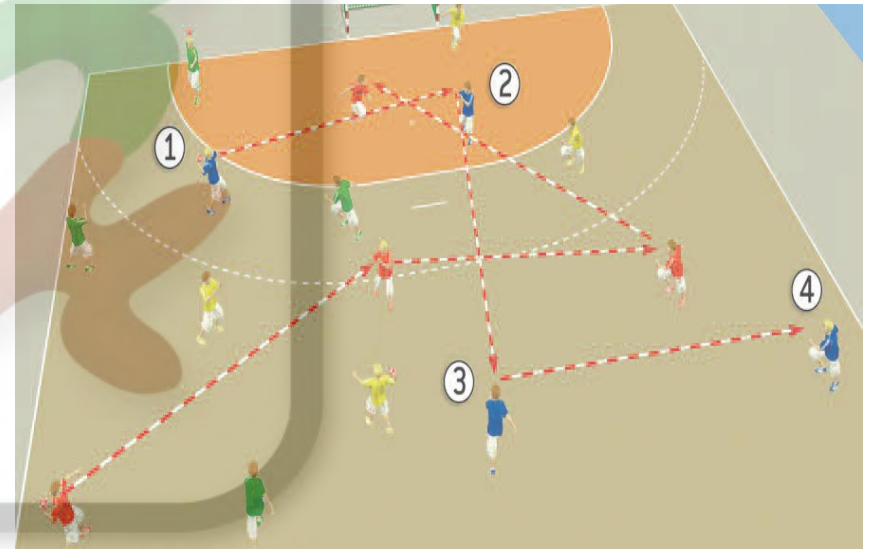


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# Small Games and Tactical Games

**Full control**

**Find the right student**



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## Tiger ball



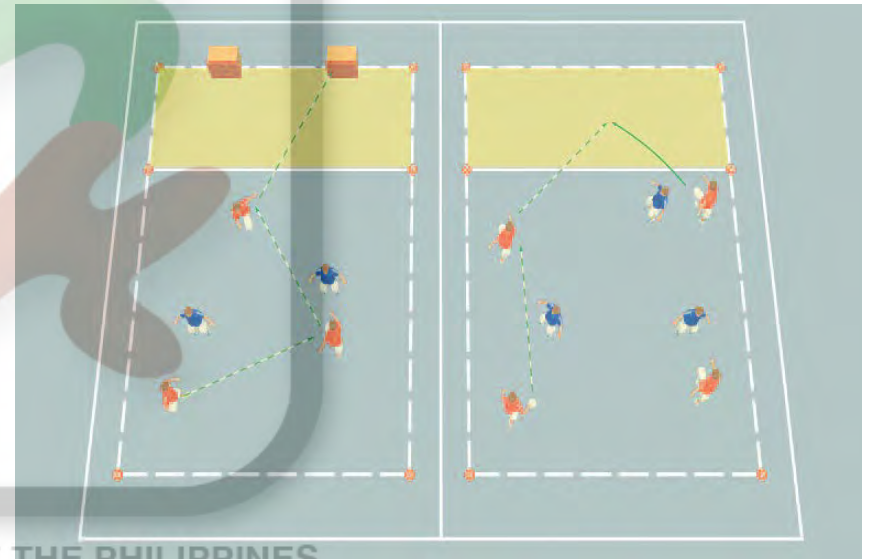
## Ten passes



# Small team games

**3 against 2 / 4 against 3**

- This methodical game series is always played in numerical superiority as a learning aid.*



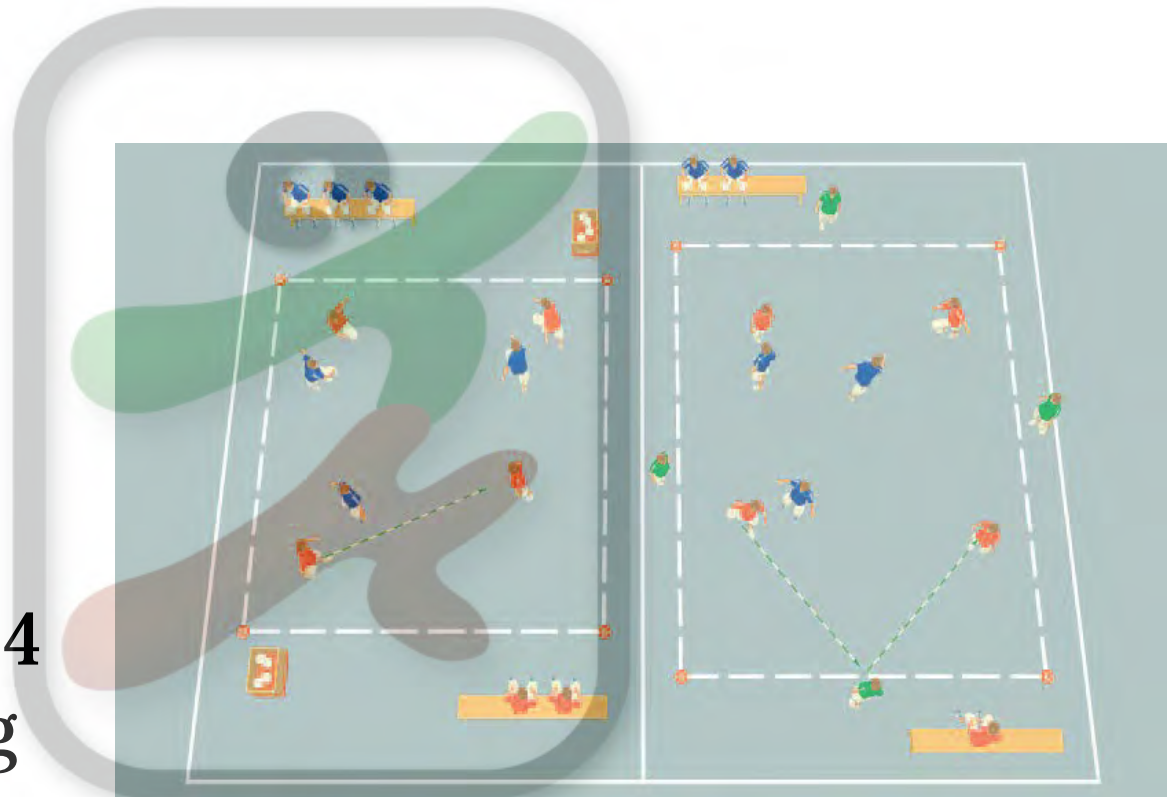
# Small team games

- 1st game:

4 against 3 with many balls (left)

- 2nd game:

4 against 3 with 4 neutral receiving players (right)





# Basic defensive skills



# Basic Stance for defense

The basic stance for a defensive player is:

- Both feet on the ground
- The feet are slightly apart
- Legs slightly bent legs with raised and waving arms
- You **MUST** be well balanced



# Defense

- Handball is a dynamic sport with **body contact** in 1-on-1 situations. The players must learn what is allowed and not allowed in these situations and which techniques are appropriate to use.



# Tactical Intentions for Defense

The individual tactical intentions of a player in defence are:

- Constantly striving to regain ball possession (intercepting the ball)
- Constantly suppressing of possible scoring chances of the opponents



# Tackling and Blocking

- **Tackling** is used, when a defence player wants to prevent an attacking player from shooting at goal or making a break through
- **Blocking** with the arms is used to stop an attacker`s shot at goal or to support the goalkeeper by covering a part of the goal



# Basic Attacking Skills



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# Attack

The individual tactical intentions of a player in attack are:

- being playable
- making teammate playable
- Overcoming the opponent
- looking for a scoring chance
- creating space.

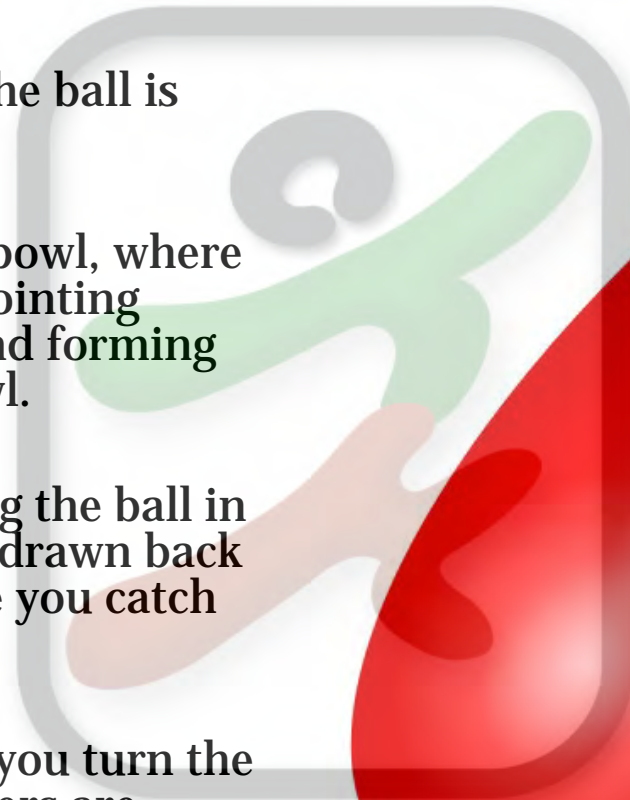
The individual tactical means to do so are:

- drawing attention to your teammates
- moving into free space
- catching and passing
- faking
- shooting.

# Catching

**Catching:** In principle the ball is caught by

- two hands forming a bowl, where the two thumbs are pointing towards each other and forming the bottom of the bowl.
- The hands are meeting the ball in front of the body and drawn back at the moment, where you catch the ball.
- By catching low balls you turn the bowl, so the little fingers are forming the bottom of the bowl.





# Passing

When it comes to passing to a team mate timing is essential

- Find the right moment to pass
- Choose the best receiver
- Decide the speed of the pass
- Choose the type of pass



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# Shooting



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# Shooting

when it comes to shooting the following tactical aspects are important for a player:

- Analyse the indicators – is there a possibility to score a goal?
- If yes, then decide to shoot
- Then choose the type of shot, the target zone in the goal and the trajectory of the ball.



# Making Corrections

- *A lot of students pass or shoot with the wrong foot forward. And the reason for that is that their “cross coordination” is not yet fully developed. But they must – as fast as possible – learn the right techniques since it is essential for other more complicated shooting techniques*
- *Another often observed technical mistake by students is that they pass/shoot with the elbow too low and hanging too close to the body. This should be corrected as soon as possible.*

# Basic Goalkeeping



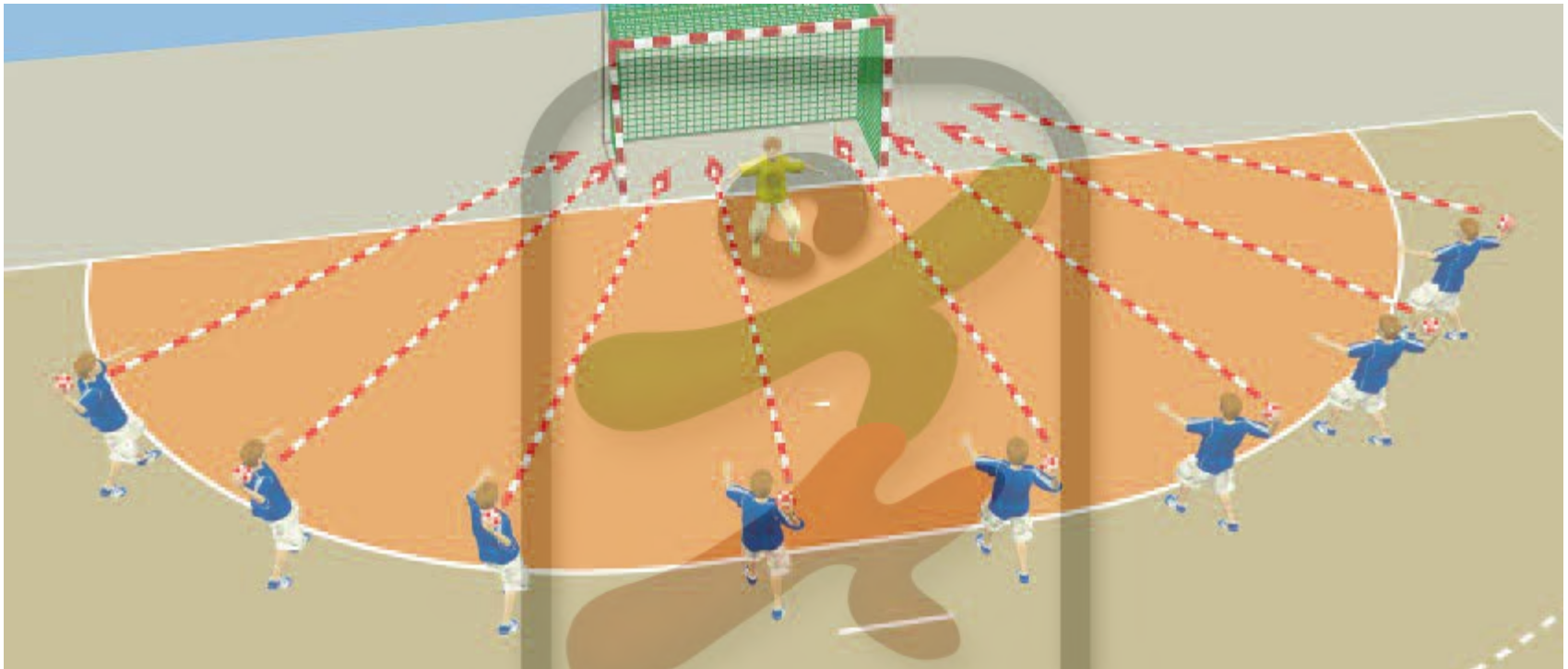
# Development with age

- At the age **5 to 9** the students should in principle **try to play all positions in the team**, including the goalkeeper position. In this way they gain experience and **understanding of the different tasks in all the positions**, and are therefore capable of choosing the right position for themselves in a team at a later stage.
- At the age of **10 to 11** you can start finding 2 or 3 students, who have the right abilities to become talented goalkeepers. And **you can start training the more specific skills for goalkeepers**

# Skills Training for Goalkeepers

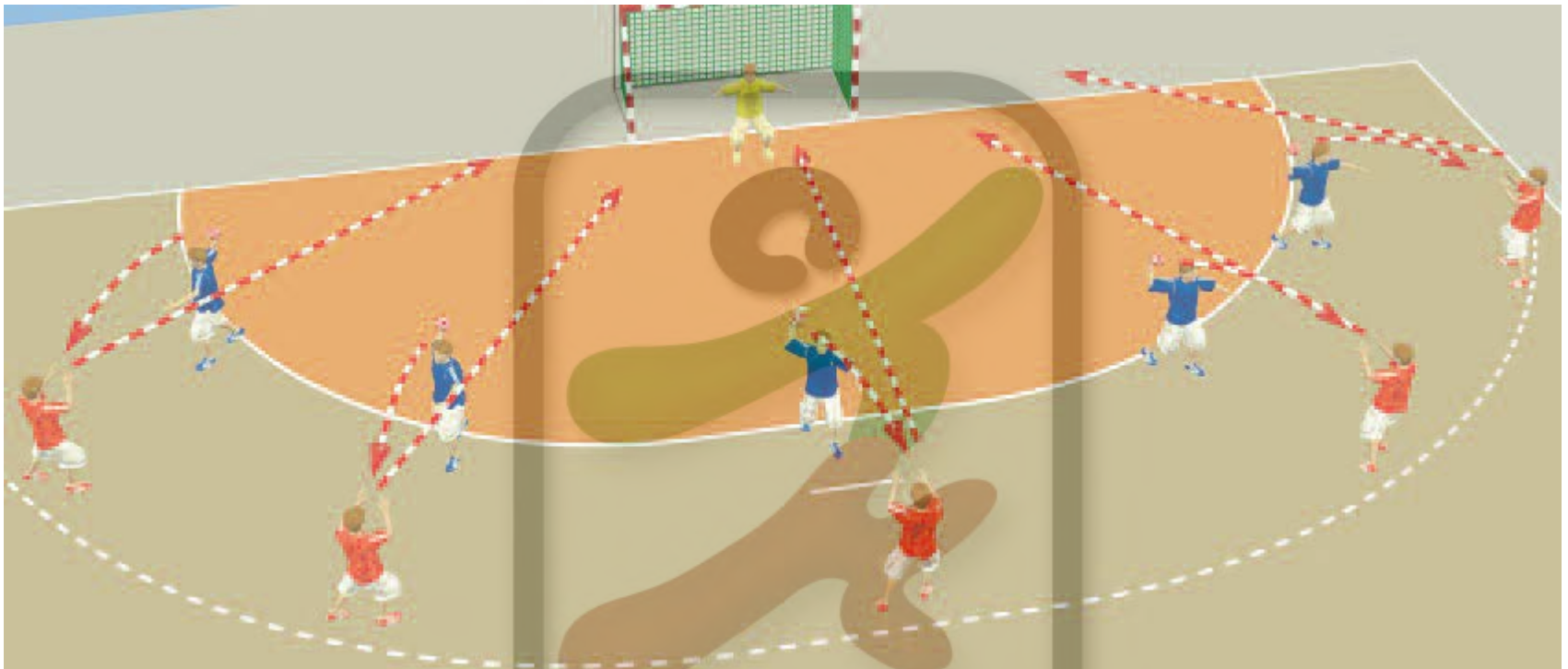
- Movements in the goal
- Positioning in the goal when the opponents are shooting from different positions
- Saves with one arm, both arms, with the legs and with arms and legs





**Each player shoots from the 6 m line. The players take the ball and make a jump shot from the same position**





**The players work in pairs. One player is trying to shoot and the other player is trying to block the shot. Do not let more than one pair shoot at the same time.**



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# Welcome to the beautiful game!

## HANDBALL

[www.ihf.info](http://www.ihf.info)

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# HANDBALL AT SCHOOL

October 21-23  
De La Salle Zobel School  
Muntinlupa City

October 25-27  
Philsports Arena, Pasig City

October 29-31  
Ateneo de Manila University  
Quezon City



IHF Expert: Mr. Nabeel Taha  
PHF Expert: Ms. Joanna Franquelli

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BASIC RULES VERSION FOR  
HANDBALL AT SCHOOL

A stylized human figure logo is centered on the page. The figure is composed of a grey circular head, a green torso with arms, and a reddish-brown lower body with legs. The entire figure is enclosed within a grey rounded rectangular border. The text "THANK YOU" is overlaid in a bold, gold-colored font across the middle of the figure.

**THANK YOU**

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