

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring and popularity.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Team handball is played by two teams of seven players each (1 goalkeeper and 6 court players). The object of the game is to throw the ball past a goalkeeper into the opponent's goal.

HISTORY OF THE GAME

Team handball is very popular in much of the world, but little known in North America. Even the name is confusing even to a North American who knows quite a bit about sports.

The modern game actually grew out of three sports that were developed, independently, in three different European countries: The Czech Hazena, the Danish Handbold, and the German Torball.



All three were based on soccer, but essentially replaced the foot with the hand, so that the ball could be advanced by batting or throwing, rather than by kicking.

Hazena was being played by Slovaks as early as 1892; its rules were first set down in 1906, by a college professor. Handbold (the Danish word for handball) was developed in 1898 by a teacher, Holger Nielsen, as an alternative to soccer. In 1906, Nielsen revised the rules considerably and began organizing competitions outside the school at which he taught. Similarly, Torball was created in 1915 by a German gymnastics teacher, Max Heiden.

Professor Carl Schelenz of the Berlin Physical Education School in 1919 combined elements of handbold and Torball and adapted the soccer playing field for a new sport which he called handball (actually translating the Danish into German). Schelenz also borrowed from basketball, which was just becoming popular in Germany, to allow dribbling as a means of advancing the ball.



By 1925, the game had become fairly popular in other European countries. The International Amateur Handball Federation (IAHF) was established in 1928; handball was a demonstration sport at the Olympics that year and again in 1932.

Team handball, designed to be played outdoors by teams of eleven players, was a full-fledged Olympic sport at the 1936 Munich Games. The United States finished sixth and last in the competition.

Meanwhile, a different, indoor version of handball was being developed in the Scandinavian countries. Based largely on Danish Handbold, this version had only seven on a side and was played in a considerably smaller area. The IAHF held the first seven-a-side world championships in 1938.

After World War II, the seven-player game gradually took over from the eleven-player version in Europe and also spread to other continents. World championship play, which had been ended by the war, began again in 1954 and handball was restored to the Olympic program in 1972. Competition for women's teams began in 1976.

When handball was introduced to the United States, around 1930, the name was already being used for the court game that was very popular in YMCAs across the country, so the new import was called "field handball," eventually shortened to "fieldball," and it was at first played primarily by girls and women. The seven-player version, however, became known as team handball in the United States.

Although it has never achieved great popularity, it was adopted by the U. S. Army as a camp sport in many areas of the country. Many Boys' and Girls' Clubs also

took it up, followed by Explorer Scouts and even some high schools and colleges. The U. S. Team Handball Federation was founded in 1959 to standardize rules and sanction competition.

HOW HANDBALL IS PLAYED

Handball is a ball game of two teams against each other. Each team consists of six field players and one goalkeeper. The winner is the team that makes more goals in sixty minutes, divided into two half-times of thirty minutes. Each team has up to five players to change the playing team in the field.



Players advance the ball down the court by dribbling and throwing the ball. They are allowed to dribble for an unlimited amount of time, run with the ball for up to three steps before and after dribbles, and hold the ball without moving for three seconds. Players are not allowed to pull, hit, or punch the ball out of the opponent's hands, endanger an opponent with the ball, or make contact with the ball below the knees. Free throws are awarded to the opponent in the event of minor fouls or violations. A seven-meter penalty shot is awarded to the opponent when major violations are committed. Matches consist of two thirty-minute periods with a ten-minute half-time interval. There are no overtime periods in team handball.

The playing field is twenty meters wide and forty meters long and it is divided into two halves. Each team owns one of the two goals and there is an area in front of the goal up to six meters away called the 'circle,' wherein only the goalkeeper is allowed. Only the goalkeeper, while in his circle, is allowed to touch the ball with his whole body, all other players are only allowed to throw the ball with their hands.

A player owning the ball can hold it for three seconds or go for three steps, then he must tip the ball to the ground, throw the ball to another player or into the goal.

The goal is three meters wide and two meters high and is located in the middle of the circle at the end of the playing field. No field player is allowed to reach the

goal, but they are allowed to jump into the circle, if they are leaving it at once after the jump.

A match is lead by two referees, each of whom can penalize players with a warning (yellow card, not more than three per team or one per player), a two minute time-penalty (not more than two per player), a disqualification (red card, another player can go on the field after two minutes) or an exclusion (the team is one player short until the end of the match).



If a player makes a fault, each of the referees is allowed to give a free-throw to the other team, or decide for a penalty. Penalties are executed at a mark seven meters away from the goal. In a free-throw each player of the other team has to stay three meters away from the point where it is executed from, in a penalty there is only one shooter against the goalkeeper, but the shooter is not allowed to make a step before the ball has left his hand.

SKILLS & TECHNIQUES

BASIC CATCHING TECHNIQUE

- The thumbs and fingers should form the shape of a triangle.
- Both hands form a “bowl/basket,” enabling to catch the ball more effectively.
- Arms should be bent at the elbow and fully extended in order to catch the ball.
- When catching the ball, players should move hands toward the ball.
- Always catch the ball with two hands.
- The “target” should be at shoulder height and on the dominant arm side.
- The knees are flexed and the feet are shoulder width apart.
- The head is up and forward and the eyes are focused in on the ball.

OVERHEAD PASS

Throwing arm is at a 90 degree angle at the elbow with ball slightly above head height. The whole hand should be behind the ball when it is being thrown. Begin by taking one step forward with the left foot (right handed throwers). Upon completion

of the pass follow through to the target. Drive with the right foot for power. Always retreat after the pass to the original position.

THE JUMP SHOT

Right-handed throwers should push off from the left foot. Left-handed throwers should push off from the right foot. Throw from the highest point of the jump. When in the air, the body should be stretched and throwing shoulder drawn back.

GOALKEEPING

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

EQUIPMENT & CLOTHING

Ball—The ball used in men's team handball competitions is about 23 inches in circumference. The ball used in women's team handball competitions is 22 inches in circumference. Team handballs are covered in leather.

Uniforms—All players on a team must wear identical uniforms, with the exception of the goalkeeper whose uniform must have colors that distinguish him/her from the court players.



HANDBALL NOTES

Team handball is a high-scoring, fast moving and exciting sport. There's dribbling, passing, leaping, hard throwing, off-the-ball moving and body slamming. Yet the United States compared to other countries aren't very good at it. In fact, most Americans have never heard of the sport. We haven't played in the Olympics since 1996 and then it was only because we hosted. There are only about 20-40 club teams in the United States of widely varying organization.

The cradle of the sports popularity is in Europe, with Scandinavia, the Balkan countries, Russia, Germany, France, and Spain being topping the list. In several of these countries it is the second most popular team sport after soccer. The International Handball Federation (IHF) states that there are a total of 31 million players, trainers, officials and referees worldwide.

Team handball has been generating news around the globe lately. During the Beijing Olympics more than twenty games were televised and drew almost as many viewers as volleyball. About five hundred athletes have tried out for the men and women's national teams recently, including four former Division I men's basketball players. More than 400 players representing 27 teams played in a team handball tournament lately in the Chicago area.

Handball has a worldwide structure similar to soccer's FIFA. Handball's governing body is the IHF and they are responsible for organizing the Olympic Handball tournament and World Championship competitions. Membership consists of 147 nations. In the US the governing body for handball is USA Team Handball.

Since the Beijing Olympics, the number of American handball clubs has grown to 85 from 22 and a handful of colleges in California are adding clubs. USA Team Handball has signed a partnership with Germany's Bundesliga. The German Handball Bundesliga has one of the best professional leagues, as does the Spanish Liga Asobal. Presently all teams in the US are amateur and most players contribute money to their club for gym rental and equipment. In addition, players are normally responsible for covering their own travel costs to attend tournaments.

You will not find many high schools that offer team handball, nor is the sport sponsored by the NCCA at the collegiate level. Private clubs and leagues provide the best chance for participation.

Go to these websites for more information about Team Handball:

www.teamusa.org

www.olympic.org/handball

STUDENT RESPONSE PACKET

TEAM HANDBALL

NAME

DATE

WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of team handball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

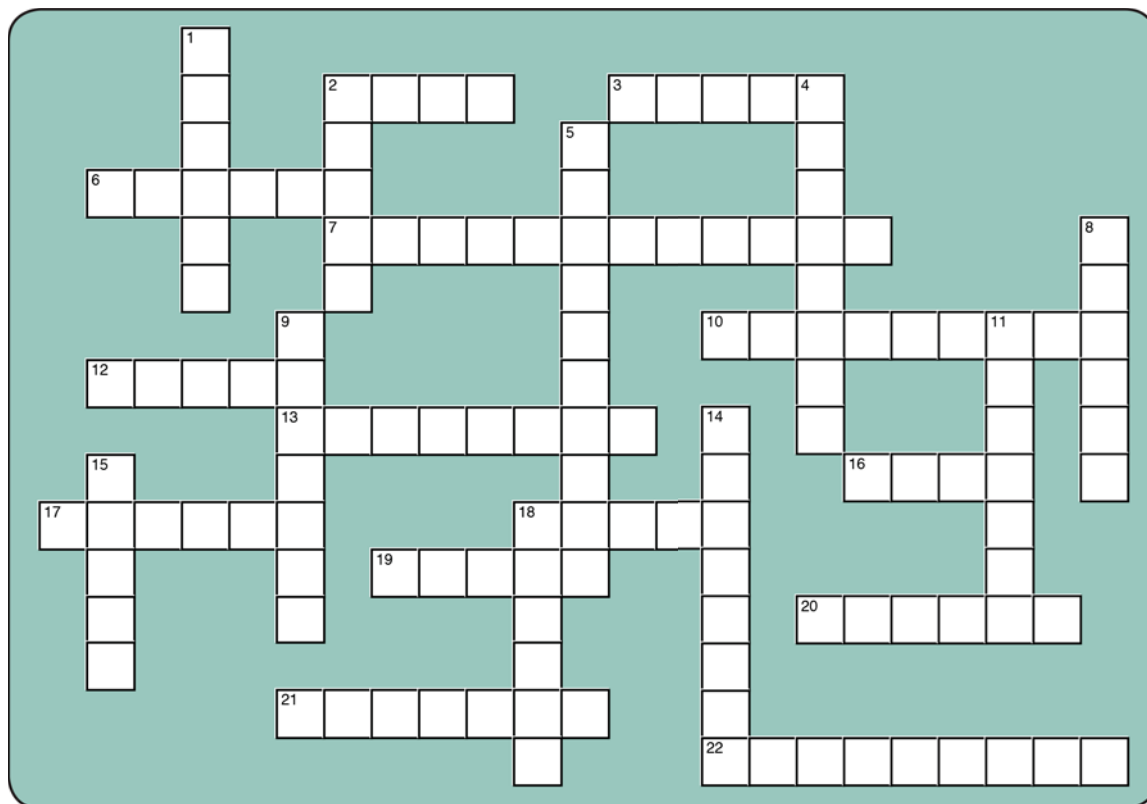
1. Describe how handball players move the ball.
2. What three sports formed the basis of team handball?
3. When was team handball introduced to the Olympics? Where? How did the United States do in this competition?

8. What organization in the US adopted Team Handball?
9. List three things a player cannot do to try to get the ball out of an opponent's hands.
10. Describe the difference between a red card and a yellow card.

CROSSWORD

TEAM HANDBALL

Name: _____ Date: _____



Across

2. Goalkeepers should keep their hands _____ high
3. Players cannot contact the ball below the _____
6. He created Torball in 1915
7. A player is _____ if he/she gets a red card
10. An early term used to describe the game of handball
12. Number of steps players can take with the ball before and after dribbles
13. There are two of them in a handball match
16. Hands are to team handball as _____ are to soccer
17. A Czech sport
18. The number of players on each Team Handball team
19. One gets a free throw for one of these violations
20. Goalkeeper uniforms must have different ones
21. The ball used is covered with this
22. One of the ways players can advance the ball

Down

1. The 1936 Olympics were held here
2. One should always throw the ball with two of them
4. He was the first to combine Handbold and Torball
5. The only one who can touch the ball with his/her whole body
8. Warning card color
9. Team handball was influenced by Torball in this country.
11. The "A" in IAHF
14. The Danish word for "handball"
15. A penalty shot is awarded after one of these violations
18. Torball, Hazena and Handball were based upon this sport

WORD SEARCH**TEAM HANDBALL**

Name: _____ Date: _____



Find these words in the above puzzle. Circle the words.

Seven	Olympic	Fouls
Goalkeeper	Indoor	Violations
Soccer	Scandinavian	Matches
Hazena	Handbold	Overtime
Torball	Championship	Overhead
IAHF	Army	Uniforms
	Scouts	

COMMON CORE QUESTIONS / ACTIVITIES (AT TEACHER'S DIRECTION)

1. Using critical thinking skills, explain why you think team handball in the U.S. lags other countries in terms of participation.

2. Take the position that you think team handball should be offered as a team sport for men and women by the NCAA at the college level? Explain your position.

3. Draw a picture of the throwing arm that is positioned at a 90-degree angle as mentioned in the text.

4. How many meters less is the width of the playing field than the length of the field?