



## Overview



- Handball is a high-speed, team-based sport that involves passing, dribbling, and throwing a ball to score goals in the opponent's net. Each team has seven players (six outfield players and one goalkeeper), and the objective is to score more goals than the opposing team within two 30-minute halves.
- The game is played on a 40x20-meter court with a goal area where only the goalkeeper is allowed.
- Handball helps develop agility, speed, coordination, and teamwork, making it an effective sport for physical and tactical development.
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## Rules

- Game Duration: A match consists of two 30-minute halves with a 10-minute halftime break.
- Starting Play: Each half begins with a throw-off from the center, and the team that concedes a goal also takes a throw-off
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- Ball Control: Players are allowed to take up to three steps before they must pass, shoot, or dribble
- Scoring: A goal is scored when the entire ball crosses the goal line inside the goalposts and under the crossbar.
- Goal Area Restrictions: Only the goalkeeper is allowed in the 6-meter goal area. Players can shoot while jumping into this area but must release the ball before landing.

## Further Support

- International Handball Federation (IHF): Governs handball globally, organizing competitions such as the Handball World Championships. [IHF Website](#)
- European Handball Federation (EHF): Oversees handball competitions in Europe, including the EHF Champions League. [EHF Website](#)
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## Did you know?

Origins: Handball has roots dating back to ancient Greece, with the modern form developing in Europe in the early 20th century.

Olympic Sport: Handball has been an Olympic event since 1972 for men and 1976 for women.

Global Popularity: Handball is especially popular in Europe and Asia, with countries like Denmark, France, Germany, and Sweden having strong handball cultures.

## Skills

**Passing:** Handball involves short, fast passes to move the ball quickly and break through defenses.

**Dribbling:** Players are allowed three steps with the ball before they must pass, shoot, or dribble, and they can dribble again after passing or shooting.

**Shooting:** Various shooting techniques, such as jump shots, standing shots, and spin shots, are used to outsmart goalkeepers.

**Defence:** Defensive skills include blocking shots, marking players, and intercepting passes.

**Positioning:** Key to offense and defense; includes staying within play zones and covering opponents strategically.

**Goalkeeping:** Goalkeepers use reflexes and positioning to stop shots and distribute the ball to teammates after a save.

## Vocabulary

Pass

Dribble

Shoot

Defence

Attack

Free Throw

Throw off

Wing

Pivot

Screen

Break

Turnover