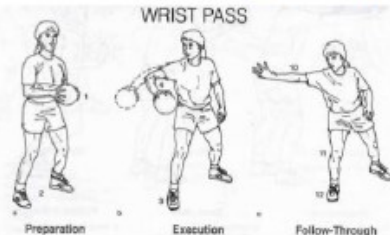
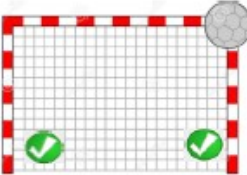


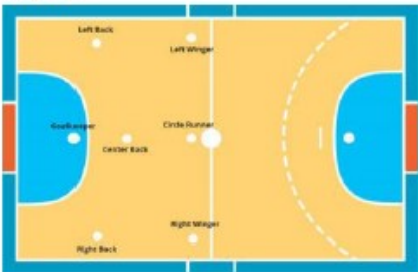






# Welwyn St Mary's Primary School Believe and Achieve



## Handball

Key Vocabulary	Skills	Famous Player & Competitions
<p><b>Passing</b> – not set style of passing but must be one handed i.e. shoulder, bounce, side (wrist)</p>  <p><b>Dribbling</b> – used infrequently – only using one hand with a continuous bounce ideally if no defenders in front of you.</p> <p><b>Outwit</b> – use of passes and movement to get the ball past an opponent.</p> <p><b>Positions</b> - set places for each player – all players defend and all players attack.</p> <p><b>Centre Pass</b> – must be passed to one of your own players.</p> <p><b>Re-starts</b> – Goal keeper starts with the ball if attackers through it out or the last touch is off the goal keeper.</p>	<p><b>Attacking and Shooting</b> Teams attack as a full 6. Normally one ball carrier and the others fan out round the opposition's D. Try to spread them out as much as possible! Try to move the ball around quickly to outwit defenders to get into better positions to shoot from. Shooting - One handed, ideally with a jump at the edge of the D to shoot from closer. Bottom corners ideally!</p>  <p><b>Shooting</b></p> 	<p><b>Famous Player &amp; Competitions</b></p>  <p>Danish player Mikkel Hansen – 3 time world player of the year. Olympic, World &amp; European champion</p> <p>For countries the highest competitions are the World Championships and the Olympic Games. Clubs the EHF Champions Cup is the top competition.</p> <p><b>Court</b></p>  <p>Split into 2 halves with a centre spot and two areas where only the GK can be. (Other players may enter the GK area but their feet must not touch the floor in possession of the ball.)</p>
<p><b>TEAM HANDBALL SKILLS</b></p> 	<p><b>Defensive Positioning</b> All players to immediately drop back to goal-side and spread around the outside of the GK area.</p> 	<p><b>Basic Rules</b></p> <ul style="list-style-type: none"> <li>• 7 players per side (1GK, 6 outfield)</li> <li>• Can't shoot inside the D (GK area)</li> <li>• Take up to 3 steps with the ball then you must dribble (bounce or pass the ball)</li> <li>• You can hold the ball for 3 seconds</li> <li>• You must make an attempt to attack and try and score</li> <li>• Cannot pass back to GK in their area.</li> <li>• No contact</li> </ul>