

Subject Knowledge Organiser

Handball – Laws, Player Positions & Pitch Dimensions

Players roles in Handball

Goal Keeper – The goalkeeper defends the goal with ever part of the body. They are the only player who can touch the ball with their feet. The goalkeeper can leave the 6 yard/ metre? box if they do not have contact with the ball.

Left/Right Wingers – These are the fastest players on the court and patrol the sides of the court. They counter the opposition wingers in attack in order to create openings for their team mates. They can also shoot from tighter angles.

Left/Right Backs – These are the largest players on the court. When attacking they are responsible for driving at the defence and long range shooting. However, when defending they are used to block opposition shots.

Pivot – The pivot is the creative force in attack. They are expected to stand among the defenders on the 6m line to create space for their team mates or themselves to shoot. When defending, they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances.

Centre Back – The centre back is a creative handball player also known as the 'playmaker'. They are responsible for setting up the play tactics. When defending they either play right or left inside defender. Their roles are to ensure there are no spaces in the centre of the defence and that the opposition centre and pivot cannot create chances

Rules of Handball

Attackers

Can: Take three steps with the ball then must pass or shoot

Can't: Dribble with the ball

Must: Shoot within 30 seconds. Only use their hands to play the ball.

Defenders

Can: regain possession of the ball by intercepting a pass or blocking a shot

Can't: Snatch the ball from an attacker's hands.

Goalkeepers

Can: Block the ball with any part of their body in the goal area. Leave the goal area and join the attack.

Can't: Leave the goal area in possession of the ball

Fouls

Any foul will lead to a free pass for the opposition team.

The offending team must retreat three meters at a free pass.

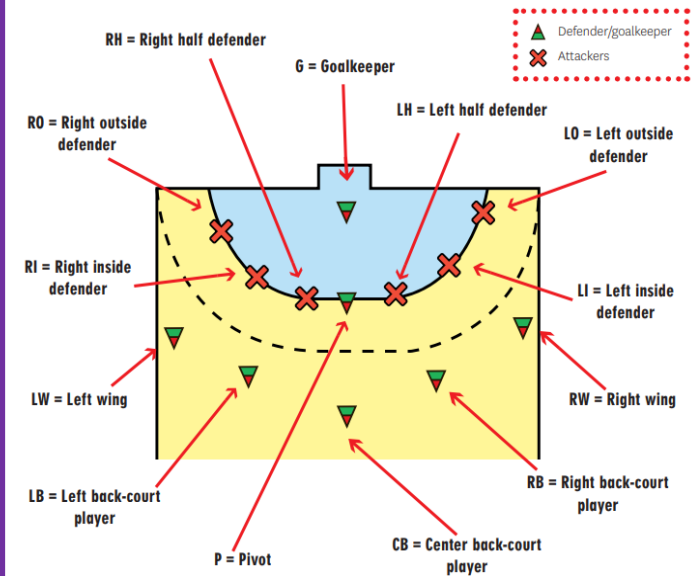
Penalty

A penalty is a free throw from one meter outside the goal area. All players apart from the goalkeeper must be behind the penalty taker.

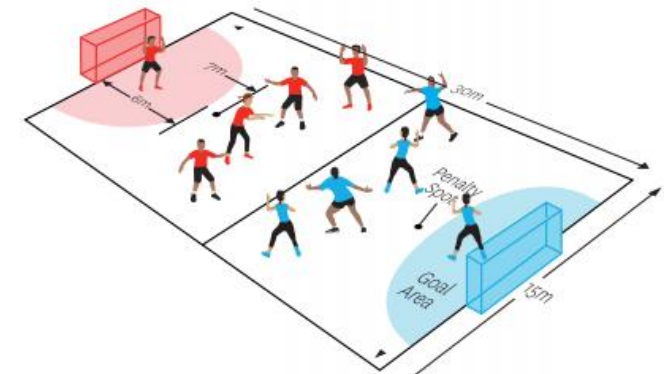
It is awarded if:

- A defender enters the goal area
- A foul prevents a goal scoring opportunity

Player Positions on court



Pitch Layout



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Handball – Dribbling, shooting, catching, throwing

Dribbling

1. Touch the ball with your fingertips, not your palm
2. Bend your knees and get in a low stance
3. Push down firmly onto the ball and release
4. Use your wrist to control the bounce of the ball and power within the bounce
5. Keep your head up and look for team mates, space and opposition players
6. Move on the balls of your feet Use your agility, dribbling skills and speed to get past defenders.

Throwing

1. Weight always on front foot
2. The ball is gripped in your fingers and thumb, never your palm
3. The arm is raised, with the throwing elbow above the shoulder
4. Throw forward your arm and release the ball
5. Remember to aim at your partner's W

Always Remember: Defenders are not allowed to step into the goal area as this will result in a penalty shot to the opposition team.

Shooting

1. Receive the ball on the move 2.
2. Attack open space using your three steps
3. Raise the throwing arm backwards, the ball should be above your head and elbow above your shoulder
4. Transfer your weight onto your front foot
5. Aim at your target, and follow through your throwing arm and release the ball.

Jump Shot

1. Follow the first three steps from the technique above
2. When attacking the open space, jump past the 6M line through the space into the
3. Before landing throw forward the throwing arm and release ball

Catching

1. Create a W with your hands
2. Fingers spread wide and elbows bent
3. Weight on the front foot and knees slightly bent

Key words: passing, dribbling, high catch, low catch, passing on the move, shooting, jump shot, goal area, penalty line, half way line, catching, throwing, three steps.