

# YEAR 8 HANDBALL KNOWLEDGE ORGANISER

1.

Rules of the Game.

1. Ball can be held for maximum of 3 seconds when stood still

2. Outfield players cannot enter either 'D'

3. A maximum of three steps can be made before and after a bounce of the ball

4. Contact with the ball cannot be made with the lower leg/foot unless you are a goalkeeper

6. When a foul is committed this is a free throw with the opponents to stand at least 3 metres away from the ball

5. Any contact made must be towards the front of an opponent – none can be made from behind

2.

Passing & Receiving – How do we throw and catch the ball effectively in handball whilst on the move?

You may not always be receiving the ball from a static position.

Try to receive the ball slightly in front of you so that receiving the ball does not halt momentum

- Place hand out in front to act as a target for your teammate
- Relax fingers to act as a shock absorber when the ball makes contact with the hand
- Bend elbows slightly to aid with this
- Bring other hand on top of the ball to ensure ball is secure in grip



3.

Moving with the ball – How can we move more effectively with the ball after three steps?

After taking three steps we can then bounce the ball before taking three more steps – **3 steps – bounce – 3 steps**

Things to note:

- Should only be used when there is space in front
- Do not bounce the ball at feet or right in front of opponent

4.

What fitness components are important in handball?

## Components of Fitness

**Balance** – to be able to stay upright over the base of support whilst jumping up to block

**Speed** - to move the legs quickly to move past an opponent

**Coordination** – ability to move arms to pass whilst using eyes to look for the target

**Power** – to ensure that shooting is performed explosively to make it harder for the goalkeeper to save

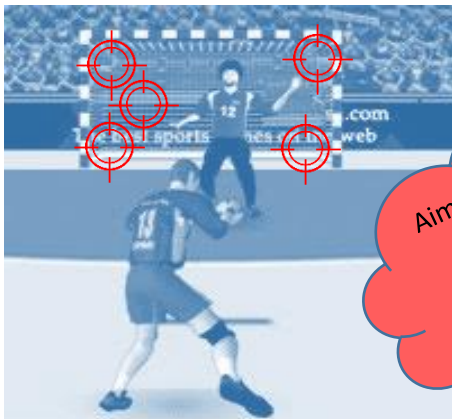
**Reaction Time** – to respond quickly to an opponent trying to move past with the ball or to shoot

## 5. Shooting – How can we effectively shoot in handball by getting closer to the goal?



Shots can be made by jumping prior to the line of the 'D' as long as the ball is thrown before landing inside of the 'D'

- Receive ball on the move
- Raise the ball above shoulder alike to when performing the shoulder pass
- Use the three steps to move into the shot to produce more power
- Transfer body weight from back to front
- Jump forwards to get close to the goal and release before landing inside the 'D'



Aim to corner areas / where the goalkeeper is not covering

## 6. Blocking – how can we defend effectively in handball?

Meet the opponent as close as you can in a balanced position

Get as close as possible to the shooting arm of the opponent

Jump up with body arms raised and close together so the ball cannot go through the middle

Slight bend in the elbows



Aim to block the ball with hands or forearms so no injury occurs

## 7. What muscles are used in handball?

