

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

HANDBALL – TRADITIONAL

SCHOOL
GAMES

Quick introduction

Handball is a quick, dynamic and fun Olympic sport and one of the most popular team sports in the world. More women play handball than any other sport in Europe. The aim of the game is to score by throwing the ball into the goal.

Getting started

- Teams are 7-a-side and contact is allowed.
- Players shouldn't take more than three steps while moving with the ball, doing so gives the other team a free throw.
- Players shouldn't be stationary for more than three seconds while in possession of the ball, doing so gives the other team a free throw.
- Only the goalkeeper is allowed in the 'D'.
- Should an attacker step in the D, play resumes from the goalkeeper.
- Should a defender step into the D the team in attack win a penalty from the 7m line.
- Once a goal is scored, play restarts at the centre line.

Think tactics

Handball is a game of attack against defence with quick turnovers and plenty of athleticism. On winning the ball, teams should look to attack quickly; on losing the ball, teams should return to defence immediately.

Keep it safe

- Any spillages should be identified and the floor surface dried.
- Ensure that there is appropriate run-off at the end and sides of the court in case a player's momentum takes them off court.



Gripping the ball.



Shooting.

HANDBALL – TRADITIONAL

Organising the game

- Handball is played indoors on a 40m by 20m court with a centre line.
- Goals at either end are 3m wide and 2m high.
- Use a handball that is small enough to be gripped in one hand by all participants, e.g. size 1 (to year 8) or size 2 (from year 9).
- Two teams of seven players compete. This includes one goalkeeper and six court players.
- Teams are allowed up to seven substitute players and substitutions are made without stopping play.
- The game should consist of two halves of up to 30 minutes each way.

Officiating

- The game of handball requires many officials who perform varying roles. Why not have a go at them all?
- Two referees should officiate a game. One court referee in one half and another line referee in the other half, watching for infringements around the D. As play turns over, the referees change roles.
- Table officials are required to keep time and also score.
- England Handball offer a leadership award with an officiating element. Go to www.englishhandball.com for more information.

Keeping it fun

- Ensure everybody is involved, either as a player a coach/leader or an official.
- Add a competitive element and create a festival-like atmosphere with presentations and awards.
- Play the game as national teams, with team members designing flags and kits to play in. Consider which nations are 'handball nations'.

Make it easier

- Make use of the substitutes to frequently rest players during the game.

Think inclusively

- If SEN/disabled players are unable to play this version, consider playing Zone handball.
- If including SEN/disabled players consider increasing the time they can remain stationary with the ball and the distance they can travel with the ball.

Spirit of the Games: Excellence through Competition

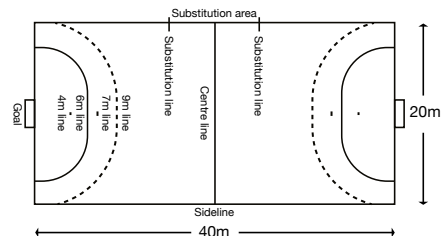


I won't be daunted by playing the full version of the game. I will always believe in myself and my abilities.

James, St. Anselms College

“It's a quick, exciting game.”

Court markings



Sam, St. Peter and Paul Catholic College

“It's a very physical sport.”

Big ideas

If you're taking part in School Games competition, why not use the hashtag #HandballSchools to share your results!



WWW.YOURSCHOOLGAMES.COM

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

HANDBALL – MINI HANDBALL



Quick introduction

Mini handball is a simplified, accessible version of one of the most popular team sports in the world. Mini handball can be used to develop and refine techniques before progressing to the full version of the game. The aim of the game is to score by throwing the ball into the goal.

Getting started

- Two teams of five, six or seven players should compete.
- On receiving the ball, you can't take more than three paces on the move nor can you be in possession of the ball while stood still for more than three seconds.
- Should an attacker step in the 'D', the goalkeeper gains possession.
- Should a defender step in the D, a penalty is awarded to the attacking team.
- Once a goal is scored, play restarts at the centre line.
- No body contact is allowed.

Think tactics

Aim to pass and receive the ball on the move to maintain the speed and excitement that makes handball such a great game.

Keep it safe

- Wherever the game takes place, ensure there is sufficient run-off around the edge of the court, should players' momentum carry them off the court.
- Ensure that whether indoor or out, the playing surface is kept dry at all times; mopping up spillages as soon as they are identified.
- If necessary, play with a soft ball to avoid any injuries and to be as inclusive as possible.



HANDBALL – MINI HANDBALL

Organising the game

- Mini handball can be played indoors or out on a court of varying sizes.
- At each end of the court should be a goal, this can be a futsal, hockey or 5-a-side football goal.
- Use a handball that is small enough to be gripped in one hand by all participants, e.g. size 1 or size 2.
- Teams can be up to 7v7 but alter this depending on court size. Each team should include one goalkeeper.
- Games should last as long as you see fit, dependent on the group.

Officiating

- The game of mini handball requires officials, leaders and volunteers to co-ordinate activity.
- Officials should understand and apply the rules
- England Handball offer a leadership award with an officiating element. Go to www.englishandball.com for more information.

Keeping it fun

- Use smaller sized teams and rotate them on and off regularly.
- The teams who aren't competing should lead and officiate the game.

Make it easier

- Use a brighter coloured ball to increase visibility.
- Increase the size of the goals where possible, taping a goal onto the sports hall wall.

Think inclusively

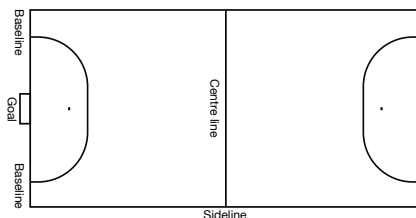
- If SEN/disabled players are unable to play this version, consider playing Zone handball.
- If including SEN/disabled players consider increasing the time they can remain stationary with the ball and the distance they can travel with the ball.

Spirit of the Games: Excellence through Competition



I will play my best for the team, not letting my team-mates down. Whether this is on court playing or as part of a team of officials.

Court markings



Paddy, Ss. Peter and Paul School Catholic College

“Gameplay in handball is fast and competitive!”

Big ideas

Why not introduce a rule so that everyone has to have passed the ball before the team can score?

Kieran, Kirkby High School

“It's a challenging game with lots of goals!”



WWW.YOURSCHOOLGAMES.COM

SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

HANDBALL – ZONE HANDBALL

SCHOOL
GAMES

Getting started

- Two teams of seven players including a goalkeeper.
- Contact is not allowed.
- Each team should include a minimum of two SEN/disabled players. SEN/disabled players are defined as those SEN/disabled players who cannot easily access traditional handball.
- SEN/disabled players of similar ability should play against each other, e.g. players with physical impairment should play against each other.
- Two non SEN/disabled players (able bodied) play in each of the outside zones.
- Two SEN/disabled players play in the middle zone.
- Players shouldn't take more than three steps or two pushes of the wheelchair while moving with the ball, doing so gives the other team a free throw.
- Players shouldn't be stationary for more than three seconds while in possession of the ball, doing so gives the other team a free throw.
- Only the goalkeeper is allowed in the 'D'.
- Should an attacker enter the D, play resumes from the goalkeeper.
- Should a defender enter the D the team in attack win a penalty from the 7m line.
- Once a goal is scored, the conceding team restarts play from the centre line.

Quick introduction

Zone handball is an exciting inclusive version of handball. It enables SEN/disabled and non-SEN/disabled players to compete together in the same team. This is achieved by dividing the traditional handball court into three equal zones.

Keep it safe

- Ensure that there is appropriate run-off at all sides of the court, in case a player's momentum takes them outside of the court markings.
- Wheelchair users should only use wheelchairs with anti-tip wheels at the back.

Think tactics

Try to retain possession of the ball as a team and only shoot when you are sure you can test the goalkeeper or score a goal.



A wheelchair user moving with the ball on their lap.

HANDBALL – ZONE HANDBALL

Organising the game

- Zone handball is played indoors on a hard surface, 40m by 20m court with a centre line or an equivalent sports hall where possible. However, a court can be adapted from a futsal or netball court.
- Mark the zoned areas using colour contrasting tape, spots or cones.
- Goals at either end should be 3m wide and 2m high however hockey or 5-a-side football goals would be suitable.
- Players must stay within their zone during play.
- The ball must pass through all zones and be touched by all the members of a team before a goal can be scored.
- The game should be played with a size 1 or size 2 handball.
- Teams are allowed up to nine substitute players and substitutions are made without stopping play.
- Players should be substituted with players of similar ability.
- The game should comprise two 15 minute halves.

Officiating

- Zone handball requires a minimum of four officials. Two referees should be on court, one in each half. Table officials are also required to keep the time, score and note of substitutions.

- England Handball offers a leadership award in which all of this is covered. Go to www.englishhandball.com for more information.

Keeping it fun

- Play the game as national teams, with team members designing flags and kits to play in. Consider which nations are 'handball nations'.

Make it easier

- Adjust the size of the playing area in relation to player ability. For example, making area larger gives players more time.

Think inclusively

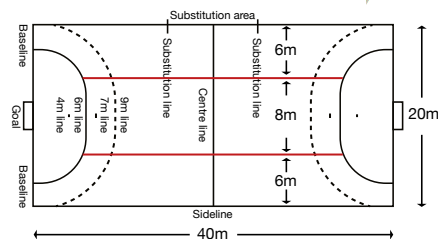
- If beneficial, consider increasing the time SEN/disabled players can remain stationary with the ball and the distance they can travel with the ball.
- If beneficial consider using a different type ball instead of a handball, e.g. a sponge ball or volleyball.
- If appropriate allow players to bounce the ball every three steps or pushes of the wheelchair or every three seconds to maintain possession.
- If appropriate reduce the length of the game.

Spirit of the Games: Excellence through Competition



I will ensure that the teams are evenly matched to maximise the outcomes for everybody involved in the game.

Court markings



Big ideas

Handball is a sport that is easier to learn and play – why not invent your own handball game? For instance, replace the goal keeper with a touch down on the line.

Jack, Kirkby High School

“Playing in the School Games gives us confidence as players”



WWW.YOURSCHOOLGAMES.COM

