

# HANDBALL – IN 5 MINUTES

## Equipment required

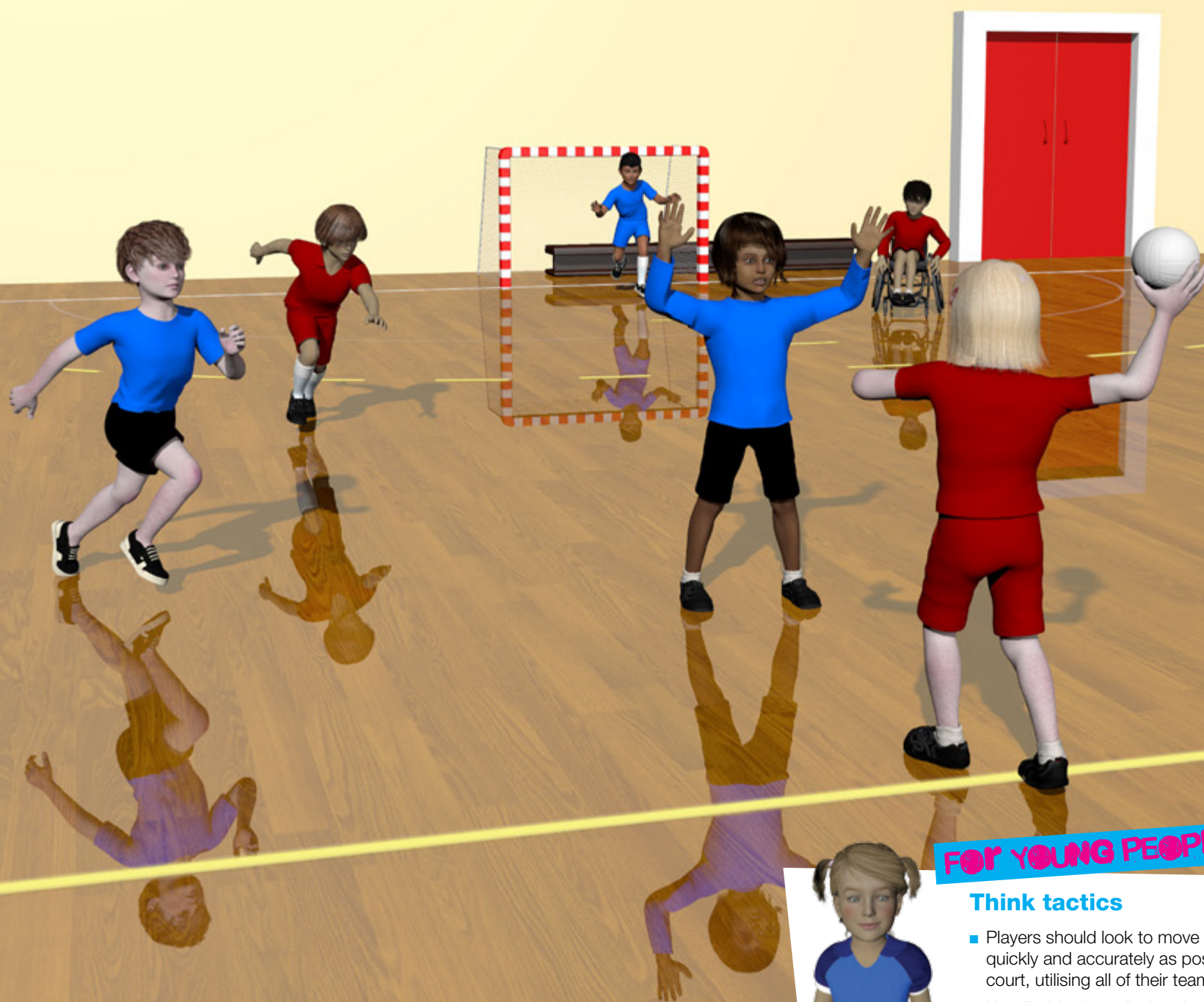
- One size 0 handball (or similar).
- Two goals of adequate size. These may be 5-a-side football, hockey or goals taped on a wall.
- Two sets of coloured bibs.
- Netball court markings can be used.

## Quick rules

- If an attacking player enters the opposition 'D', the goalkeeper wins possession of the ball.
- If a defender enters his/her own area, the team in attack win a penalty.
- No body contact is allowed; any contact results in a free throw against the offending player.
- Players can only stand stationary with the ball for three seconds.
- Players can only move while carrying the ball for three steps.
- If a player knocks the ball out of play at the side of the court, the opposition begin play again with a free throw.
- If the ball goes behind the goal, off either team, the goalkeeper gains possession of the ball.

## Health and safety

- Players of the same team should all wear the same colour tops or bibs to avoid clashes among players.
- Players on court should not wear anything that might cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Use a softer ball to avoid any players sustaining head injuries or hand injuries when playing the game.
- Ensure appropriate run-off exists around the court; this avoids players' momentum causing them to run into walls or doors.
- Ensure the court is dry at all times, mopping up any liquids as soon as they are identified.



## FOR YOUNG PEOPLE

### Think tactics

- Players should look to move the ball as quickly and accurately as possible up the court, utilising all of their team-mates.
- Handball is about finding the balance between accuracy, speed and power.

### Spirit of the Games: Excellence through Competition



I will involve myself fully in the game and give 100%. I will play with enthusiasm and passion and try not to let my team down.



ENGLAND  
HANDBALL





## HANDBALL – IN 5 MINUTES

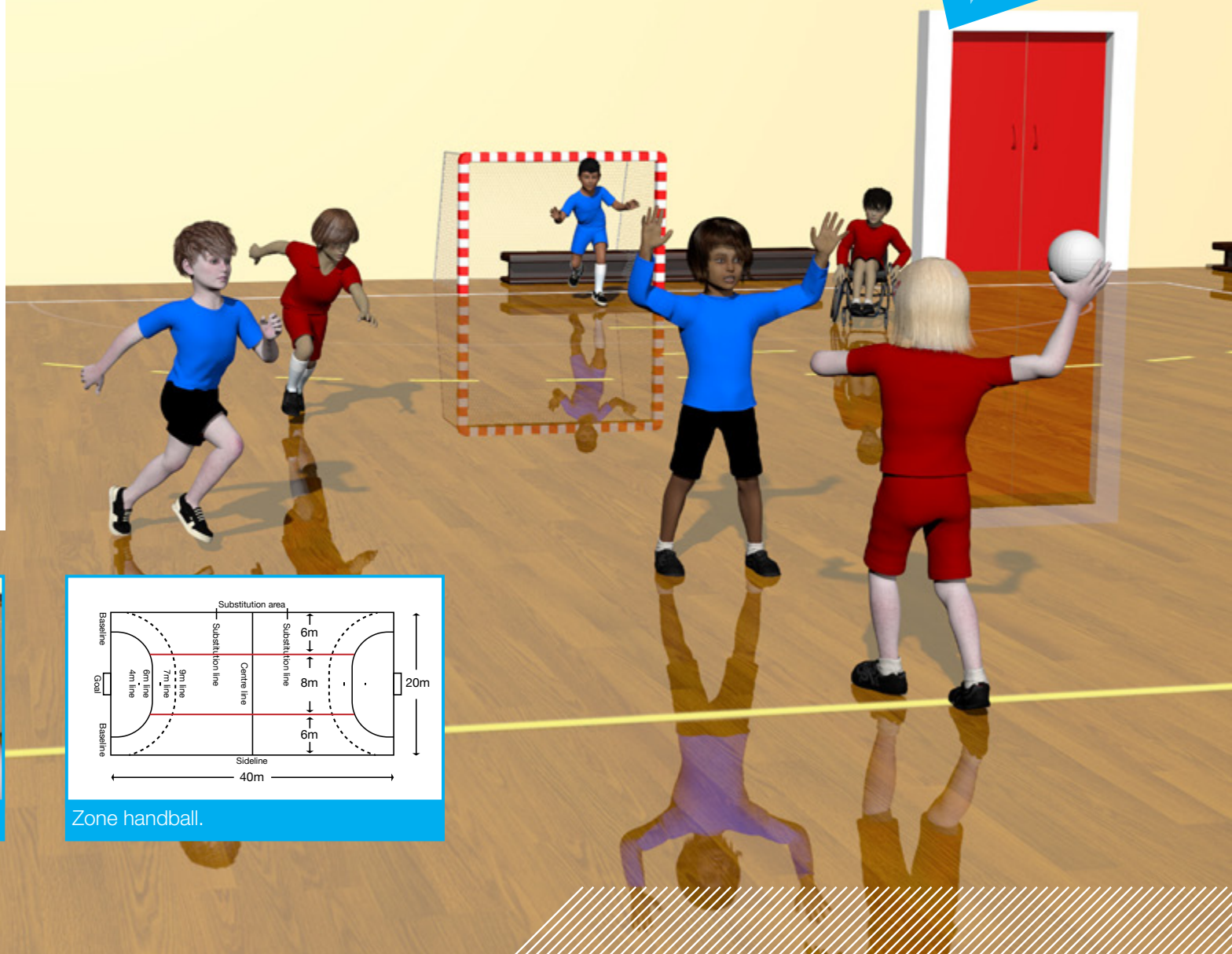


### Quick introduction

Handball is the fastest team game with a ball in the world. This fun, fast and easy introduction to handball is based on attack and defence and can be played almost anywhere with simple equipment.

### Getting started

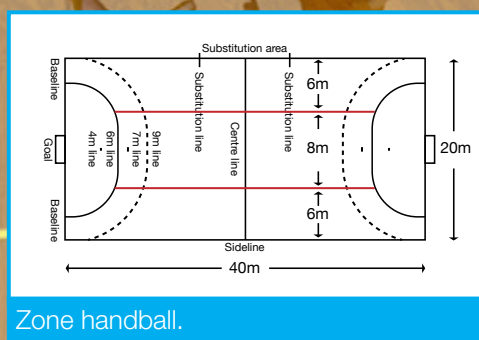
- Two teams of five, six or seven players including one goalkeeper compete in a modified game of handball.
- A court of any size is required, with a goal at each end (a hockey, futsal or 5-a-side football goal is fine, or mark/tape a goal on the wall).
- Around each goal should be a 'D', typically a netball D can be used.
- The two teams compete against each other, passing the ball amongst themselves, with the aim of shooting at the opponents' goal to score.



Gripping the ball.



Catching the ball.



Zone handball.

## HANDBALL – IN 5 MINUTES



### Hints and tips

- Focus on team organisation, roles and responsibilities.
- Find space when attacking and return to your own D when defending.
- Encourage players to reflect after practice.
- Instil values of teamwork and sportsmanship while maintaining a competitive element.

### Leadership and volunteering opportunities

- A game of mini handball requires one on-court official, a score keeper, a timekeeper and a volunteer to make sure the court stays clear of spillages and any other health and safety issues.
- England Handball offer an award in handball leadership, which covers full training in all of the above and comes fully certified by the National Governing Body. ([www.englandhandball.com](http://www.englandhandball.com))

### Officiating

- Anybody can officiate a game of mini handball by simply studying the basic rules and applying them.
- Officials should look to implement and apply the rules and maintain the safety of the players at all times.
- No body contact is allowed.

- Players can only stand stationary with the ball for three seconds.
- Players can only move while carrying the ball for three steps.
- Only the goalkeeper should play in the D. A defender entering the D results in a penalty while an attacker entering the D the goalkeeper wins the ball.
- Training, support materials and guidance is available from the England Handball Association ([www.englandhandball.com](http://www.englandhandball.com)).

### Think Inclusively (STEP)

#### Space

- Use spots to create zones on the pitch (see zone diagram). Players of similar ability should play against each other in each zone.

#### Task

- Encourage players to pass the ball to everyone on court irrespective of ability.
- Allow wheelchair players (manual or powerchair) to move up to 5m before passing the ball.
- Allow SEN/disabled players to stand stationary with the ball for six seconds.

#### Equipment

- Use a brightly coloured ball for players with visual impairments.
- Play the game using smaller or lighter balls.

### People

- If appropriate allow SEN/disabled players to play in the D without penalty.

