

# KS3 Handball Assessment Card: Rules, Regulations and Equipment.

## HANDBALL

### SCORING IN HANDBALL

- **SPEED**- TO BE ABLE TO MOVE QUICKLY UP AND DOWN THE PITCH
- **STRENGTH** - TO APPLY GREAT FORCE WHEN ACCELERATING, PASSING AND SHOOTING THE BALL AND TO ALSO HOLD OF PLAYERS
- **AGILITY** - TO RAPIDLY CHANGE YOUR POSITION WITH PRECISE CONTROL TO DODGE YOUR OPPONENTS WHEN DRIBBLING THE BALL.
- **PASSING**- BEING ABLE TO SELECT THE RIGHT TYPE OF PASS.
- **SHOOTING**-BEING ABLE TO HIT THE TARGET WHEN SHOOTING TO SCORE A GOAL.
- **DODGING**- USING DIFFERENT TECHNIQUES TO GET FREE FOR THE BALL.
- **MARKING**- KEEPING CLOSE TO THE PLAYER AND ENSURE THAT YOU HAVE YOUR HAND READY. YOU CAN EITHER DEFEND THE ZONE OR THE PLAYER

### KEY SKILLS

- **SPEED**- TO DASH ACROSS THE COURT, CATCH AND PASS THE HANDBALL AND DEFEND YOUR OPPONENT.
- **STRENGTH**- TO APPLY GREAT FORCE WHEN ACCELERATING, JUMPING, OR THROWING THE HANDBALL.
- **AGILITY** - TO RAPIDLY CHANGE YOUR POSITION WITH PRECISE CONTROL TO DODGE YOUR OPPONENTS.
- **PASSING**- BEING ABLE TO SELECT THE RIGHT TYPE OF PASS.
- **SHOOTING**- JUMP SHOTS.
- **FOOTWORK**- MAKING SURE THAT YOU TAKE ONLY 3 STEPS WITH THE BALL.
- **DODGING**- USING DIFFERENT TECHNIQUES TO GET FREE FOR THE BALL.
- **MARKING**- KEEPING CLOSE TO THE PLAYER AND ENSURE THAT YOU HAVE YOUR HAND READY. YOU CAN EITHER DEFEND THE ZONE OR THE PLAYER.

### RULES AND REGULATIONS

- A COMPETITIVE GAME CONSISTS OF EQUAL 30-MINUTE HALVES WITH A 10-15 MINUTE BREAK.
- A TEAM CANNOT KEEP POSSESSION OF THE BALL WITHOUT ATTEMPTING TO ATTACK.
- THE START IS AWARDED TO THE TEAM THAT WINS THE COIN TOS.
- A MATCH BEGINS WITH BOTH TEAMS IN THEIR OWN HALF.
- A GOAL CAN BE SCORED FROM ANY TYPE OF THROW.
- A PLAYER CAN RUN WITH THE BALL FOR THREE STEPS MAXIMUM.
- A PLAYER CAN HOLD A BALL FOR UP TO THREE SECONDS MAXIMUM.
- A PLAYER CAN CONTINUOUSLY DRIBBLE, PROVIDING THEY BOUNCE THE BALL.
- A PLAYER CAN TAKE THREE STEPS MAXIMUM BEFORE AND AFTER DRIBBLING (NO 'DOUBLE DRIBBLE').
- A THROW-IN IS AWARDED WHEN THE BALL GOES OUT OF BOUNDS AND THE THROWER MUST PLACE ON FOOT ON THE SIDE LINE TO EXECUTE THE THROW.
- PLAYERS ARE NOT ABLE TO ENDANGER AN OPPONENT WITH THE BALL.
- PLAYERS ARE NOT PERMITTED TO PULL, HIT OR PUNCH THE BALL OUT OF THE HANDS OF AN OPPONENT.
- PLAYERS CANNOT MAKE CONTACT WITH THE BALL BELOW THE KNEE.
- PLAYERS CANNOT DIVE ON THE FLOOR TO REGAIN A LOOSE BALL.
- A PLAYER IS ALLOWED TO USE THE TORSO OF THE BODY TO OBSTRUCT AN OPPONENT WITH OR WITHOUT THE BALL.
- A PLAYER CANNOT OUTSTRETCH ARMS OR LEGS TO OBSTRUCT, PUSH, HOLD, TRIP OR HIT.
- AN ATTACKING PLAYER IS NOT ALLOWED TO CHARGE INTO A DEFENSIVE PLAYER.
- ALL OPPOSING PLAYERS MUST STAY 3M AWAY FROM THE THROW-IN.
- ALL MINOR FOULS OR VIOLATIONS ARE PENALISED WITH THE AWARDED OF A FREE-THROW WHICH IS TAKEN AT THE PLACE OF INFRINGEMENT.

- HANDBALL BRINGS TOGETHER A COMBINATION OF FOOTBALL, BASKETBALL AND NETBALL.
- THE GAME IS CONTESTED BY TWO TEAMS OF SEVEN PLAYERS AND INVOLVES ONE TEAM INVADING ANOTHER TEAM'S TERRITORY WITH THE AIM OF THROWING A BALL INTO THEIR OPPONENT'S GOAL.
- THE GAME IS VERY FAST, SKILFUL AND COMPETITIVE AND REQUIRES A RANGE OF PHYSICAL ATTRIBUTES IN DEFENCE AND ATTACK.
- HANDBALL IS VERY EXCITING FOR SPECTATORS AND A TYPICAL GAME CAN GENERATE SCORES OF UP TO 35 GOALS EACH.
- A GOAL IS SCORED WHEN THE WHOLE OF THE BALL PASSES BETWEEN THE GOALPOSTS AND TRAVELS FULLY OVER THE GOAL LINE. HOWEVER, A GOAL IS NOT AWARDED UNTIL THE REFEREE HAS SIGNALLED THIS AND THEY ARE CONFIDENT THAT NO RULES HAVE BEEN BROKEN.
- AT THE END OF THE MATCH, THE TEAM WITH THE MOST GOALS WILL BE AWARDED THE WINNERS. HOWEVER, IN THE EVENT THAT BOTH TEAMS HAVE THE SAME SCORE, A DRAW IS RECORDED.

### POSITIONS IN HANDBALL

- **THE GOALKEEPER** - RESPONSIBLE FOR DEFENDING THE GOAL.
- **LEFT WING** - THIS ATTACKING PLAYER IS USUALLY RIGHT-HANDED AND COVERS THE LEFT-HAND SIDE OF THE COURT. IN DEFENCE, THEY STAND ON THE FAR LEFT SIDE TOUCH LINE AND IN ATTACK THEY PROVIDE COUNTER-ATTACKS DOWN THE LEFT-HAND SIDE OF THE COURT.
- **RIGHT WING** - HAS THE SAME RESPONSIBILITIES AS THE LEFT WING DOWN THE OPPOSITE SIDE.
- **LEFT BACK** - THE LEFT BACK STANDS TO THE LEFT OF THE CENTRE BACK AND TRIES TO PREVENT THE OPPOSITION FROM SHOOTING. IN POSSESSION OF THE BALL THEY SHOULD INITIATE COUNTER-ATTACKS AND OFTEN SHOOT FROM DISTANCE.
- **RIGHT BACK** - HAS THE SAME RESPONSIBILITIES AS THE LEFT BACK DOWN THE OPPOSITE SIDE.
- **CENTRE BACK** - THE CENTRE BACK STANDS IN THE MIDDLE OF THE COURT AND PROVIDES BOTH DEFENDING AND ATTACKING OPTIONS.
- **PIVOT** - THE PIVOT IS AN ATTACKING PLAYER WHO TRAVELS ALONG THE OPPONENT'S SIX-METRE LINE. THEY MUST WORK WELL WITH THEIR TEAM'S CENTRE BACK TO INITIATE ATTACKING STRATEGIES AND ARE REQUIRED TO SHOOT IN A RANGE OF POSITIONS. IN DEFENCE, THEY PLAY IN FRONT OF THEIR TEAM AND TRY TO CLOSE DOWN THE OPPOSITION'S ATTACKS.



LB	Left back	LW	Left wing
CB	Centre back	RW	Right wing
RB	Right back		

### PITCH MARKINGS

#### ATTACKING PLAY

Attacking players aim to score by throwing the ball into the opposing goal. In possession of the ball:

1. a player may take a maximum of 3 consecutive steps and may bounce the ball as much as desired. If the player catches the ball, they can not bounce it again and must take a maximum 3 further steps, pass or shoot.
2. ... is not permitted to enter the goal area. Players may jump towards it (or do so whilst) providing the ball is released prior to landing inside the 6-metre line.



#### DEFENSIVE PLAY

1. defending players attempt to stop the opposing team shooting at their goal. They are permitted to make body contact, but they should not...
  - 1. ... hold or restrain attacking players
  - 2. ... must not hit another player
  - 3. ... strike or pull back the opponent's throwing arm
2. ... spell as clear chance of scoring by illegal means. This always leads to a seven metre (penalty) throw.



	Skill 1: Passing	Skill 2: Receiving	Skill 3: Footwork/Dribbling	Skill 4: Attacking/Defending	Skill 5: Shooting	Game Situation
<b>Olympian</b> (Skillful)	Completes a variety of passes such as chest, overhead and bounce passes with accuracy and control on the move using strong and weaker hand.	Be able to receive most passes with one hand in skills practices but sometimes drops the ball in a game situation.	Excellent consistent footwork skills showing very good balance and agility. Dribbling is consistently controlled and close to the body.	Shows a variety of dodges such as "feint" and "backwards". Shows outstanding level of skill, tactical awareness and anticipation, making very few unforced errors, even under competitive pressure. Consistently moves to intercept the ball or make passing difficult for the offensive players.	Be able to shoot well with power from a variety of positions, particularly accurate and successful with the jump shot whilst moving.	Referee using basic rules. Shows knowledge of strategies for a corner and throw in. Put into operation the principles of attack and defense, recognising patterns of play and say how they need to be adapted to increase the chance of success.
<b>Gold</b> (Able)	Passes accurately most of the time using 1 hand to a slow-moving target showing some consistency and control.	Be able to consistently catch the ball whilst moving with 2 hands and has started to catch stationary passes with one with some consistency retaining possession.	Can perform correct footwork but when at speed often oversteps. Can dribble with some success but easily loses control when running.	Attempt to use a dodge to get free and sometimes is successful using this technique. Usually moves to intercept the ball or make passing difficult for the offensive players.	Be able to shoot close to the goal and consistently hit the target. Attempts to use the jump shot whilst moving.	Understand about basic attacking and defending against an opponent. Use good skills to retain possession while under pressure. Passes and moves constantly. Marks player tightly making it very difficult for opponents. Individual skills are to a high standard. Plays the game by the rules and is able to officiate with confidence.
<b>Silver</b> (Developing)	Pass accurately most of the time to a stationary partner using a variety of passes. Attempts to pass 1-handed.	Be able to consistently catch the ball well with two hand is beginning to attempt to use one hand to receive passes.	Attempt to use 3-step rule but often over or under steps. Has little control of ball when dribbling and is more likely to try and pass than dribble with the ball.	Understand the need to move quickly to get rid of the marker but cannot always get away from an opponent. Sometimes moves to intercept the ball or make passing difficult for the offensive players.	Attempts to shoot and hit the target but sometimes the shots will score from a shorter distance.	Understand about the aim of the game. Passes and moves well and will support player with ball. Signals non-verbally some of the time, timing the move into space so as to try to confuse marker.
<b>Bronze</b> (Emerging)	Completes a bounce, chest and overhead pass but often passed don't reach the intended target. Most passes are completed using two hands.	Be able to catch a variety of passes using both hands but will sometimes drop the ball and lose possession.	Shows very little coordination with movement on or off the ball. Struggles to keep control when moving. Tries to pass without attempting to dribble.	Limited understanding of attacking play and will struggle to gain possession. Player will also be less involved in game as lower confidence on the ball. Attempts to move to intercept the ball or make passing difficult for the offensive players.	Will make little attempts to take a shot on and will only take the shot if there are no other options of passing or shooting.	Limited understanding of the rules. Shows limited tactical awareness or positioning. Is able to get into space more often than not to receive a pass. Starting to support player with ball more now. Able to signal for ball but will often be behind a marker when doing so.

*Use the above criteria to self and peer assess during PE lessons. Identify what steps you can take to achieve the next level.*