TEACHING HANDBALL AT KEY STAGE 4
England Handball are committed to educating and training members of the teaching profession to increase the quality and quantity of delivery throughout schools nationwide. This latest resource, for teachers delivering to participants at key stage 4, sits alongside the training and education pathway for teachers. Information on these courses can be found at the end of this resource pack. England Handball have endeavoured to map the contents of this resource with national curriculum guidelines. This alignment is designed to support the teaching of handball on the curriculum and preparing pupils for assessment.
This is one of the basic, technical elements. A pass must be accurate, fast and tactically useful. There are a number of types of pass, including the shoulder pass, bounce pass and side pass. All of these are shown below and are useful at different times in the game.

**THE SHOULDER PASS**

1. Weight is always on the front foot.
2. The ball is gripped using fingers and thumbs and never balanced in the palm.
3. The arm is raised, with the throwing elbow above shoulder level.
4. In levering the arm back to generate power don’t forget to keep the height.
5. Throw, don’t push, the ball into the path of another player.
BALL CIRCULATION

• Players organise around the ‘D’ and player 1 begins by making a pass to player 2
• The ball circulates as shown
• Discover different pass types while using the 3 steps to attack the space
• Progress the practice by adding defenders in; they may be passive or active depending on the needs of the players performing the passes

TOP TIPS

• Pass with the right and left hand
• A good pass is one which finds a team mate
• The ball must be passed in front of a player, taking into account the player’s speed
• The pass should be performed while moving
• Both short and long passes are useful

PARTICIPANTS SHOULD NOW BE ABLE TO:

• Select the right pass for the right situation
• Use a variety of passes with deception
• Demonstrate good technique and control
Accurate catching is very important and ensures a fast, smooth and efficient game. Catching the ball with two hands is the best method. The “softness” of catching the ball is a key feature of catching. The fingers must be relaxed and properly placed on the ball providing shock absorption during impact. To aid this, elbows should be bent.

The ball can be received typically, in three positions:

- **FRONTAL POSITION**
- **SIDEWAYS CATCH**
- **BACKWARDS CATCH**
KEEP ON CATCHING!

- Teams play a 3v3 possession game in a small area, with supporting players around the edge.
- With two balls, the team in possession make as many successful catches as possible; counting them.
- Should the ball be dropped from a catch then possession of all the balls turns over and that player swaps with a player on the edge.

TOP TIPS:

- Be prepared to receive the ball from various positions, including the side and behind.
- Use bent elbows and soft fingers, to cushion the ball.
- Receive the ball on the move, attacking the space.

PARTICIPANTS SHOULD NOW BE ABLE TO:

- Select the right catching technique for different situations.
- Demonstrate a good level of skill under pressure.
- Maintain the flow of the game with a high rate of success receiving the ball and then passing it on.
In an invasion game such as handball, where outscoring the opponent is the aim, shooting is a key skill. Shooting is performed similarly to passing, but with a stronger trunk and upper limb action. There are many ways to shoot depending on where you are on the court and against what opposition. Here are a handful of techniques to try.

**STANDING SHOT**
- Receive the ball on the move when driving at the defence
- Raise the throwing arm backwards and high (above the shoulder)
- Transfer weight from back to front (nose over toes)
- Release the ball at the highest point and aim the shot appropriately

**JUMP SHOT**
- The third and/or final step should be explosive and allow the player to take off
- The hips should go back with the throwing arm
- The ball should be released before landing
- The player can land inside the 6m line

**DIVE SHOT**
- Mainly performed by the pivot or wingers
- Up to the moment of losing balance the ball is held in two hands
- On falling, one hand comes away from the ball to cushion the landing
- The ball is released from the other hand
SHOOTING ALLEY

• Players should work in pairs as shown with one ball per pair
• One pair at a time, the player in blue plays a short pass to the player in red who shoots, unopposed
• Progress the practice and utilise the blue player as a defender (passive and then active)
• Rotate pairs, so all players have the opportunity to shoot from all angles

TOP TIPS

• Analyse the indicators - is there a possibility to score a goal?
• Consider where in the goal to aim the shot
• Consider the power needed to beat the goalkeeper, but not at the expense of accuracy

PARTICIPANTS SHOULD NOW BE ABLE TO:

• Use a variety of shooting techniques to achieve the same outcome (scoring a goal)
• Achieve a good level of success
• Demonstrate an ability to combine and link the skills of ball handling, and shooting efficiently and effectively.
Movement skills can be broken down into key components, which should all get individual attention in practice. The focus for this unit is dribbling with the ball and feints. Both of these include footwork skills such as change of direction, stopping and side-stepping.

**Dribbling**

- After receiving the ball and before dribbling, a player holds the ball with both hands.
- The ball should be dribbled in one hand at hip level.
- The angle of the bounce depends on the speed that the player is moving at; the faster the run the more the angle becomes obtuse.
- If an opponent comes close, the ball should be shielded using the body and the centre of gravity lowered.

**Top Tip**

Dribbling is best practiced in the context of a game, however these individual practices will help develop the skill in isolation.
Feinting is a technical element which enables an attacking player to free themselves from a defender. Simplistically, feints come in two guises.

**BODY FEINTS**

Body feints are performed mainly by using the trunk and legs and involve a shift of balance and weight. This can take place with or without the ball. Body feints are used to free the player from the opponent and to get a better position for receiving or passing the ball.

**BALL FEINTS**

A ball feint could be in the guise of pretending to take a pass or shot, to outwit an opponent and gain an advantage.

**MOVEMENT SKILLS CIRCUIT**

- Players must dribble up to, and then feint past each cone as shown
- Up one side, players should dribble and feint a pass
- Down the second side players should perform a body feint with a ball

**PROGRESSION:**

Set up a goal at the end of the first set of cones for players to shoot into before they join the back of the next line.
Handball is a dynamic sport with body contact in many situations. Participants should learn what is allowed and not allowed in these situations and which techniques are appropriate to use.

When a defender moves it is important to:
• Have slightly bent legs
• Use small and fast steps
• Have both feet on the ground – avoid jumping
• Move with legs parallel – do not cross over
• Lift and wave arms
• Look up – don`t look at your feet

TACKLING
1. With a right handed attacker, you should meet the opponent with your left arm on the opponent`s shooting arm and your right arm on the hip of the opponent
2. Meet the opponent with bent arms
3. If the opponent is shooting with the right hand, place your left foot in front
4. Move accordingly with the opponent

The difference between tackling and blocking is that by a tackle you attempt to prevent the opponent from shooting. When blocking, the opponent is able to shoot and you try to place one or both hands in front of the ball.
Defending in handball is strategically preventing the opposition gaining a clear sight on goal and denying goal scoring opportunities. Individual defending techniques include blocking and tackling, while this should be progressed into defending in units and as a team.

Blocking with the arms is used to stop an attacker’s shot at goal or to support the goalkeeper by covering a part of the goal.

**TOP TIPS**

- Meet the opponent well balanced
- Be closest to the shooting arm of the attacker
- Use both arms raised
- The arms should be so close together that the ball cannot pass through
- A slight bend in the elbows
- Keep hands and fingers extended, pointing up
- Aim to block the ball with your palm or underarm
The goalkeeper will be one of the most crucial players in any handball team. They are the first player in attack, and last in defence. The importance of developing the goalkeeper and associated techniques should not be underplayed.

TECHNIQUES

Handball goalkeepers need to be prepared to deal with a range of situations, regularly, using the techniques below:

**Goalkeeper ready position**
- A slight bend in the knee
- Weight on the toes and not heels
- Arms wide giving a large range of movement
- Core/trunk should be upright

**High Shots**
- Both goalkeepers begin by passing the ball wide, for a player to run on to; starting the attack
- On passing the ball, the goalkeeper should then quickly take up the ready position, in preparation for the shot
- The player taking the shot should then join the back of the opposing queue
- Repeat the practice at a good intensity, for a short amount of time, before giving goalkeepers the opportunity to rest and reflect

**Low Shots**
Handball is an invasion game played with 6 court players and 1 goalkeeper on each team. Tactics are a vital component and each position has a very specific role.

**GOAL KEEPER (GK)**
The first player in attack and the last player in defence; the goalkeeper plays a key role in everything a team does. The role of the goalkeeper extends way beyond simply shot stopping.

**RIGHT/LEFT HALF (RH/LH)**
Normally bigger than the wingers, the half backs are shooters. They are strong and physical in defence - creating a wall for the opposition to shoot over. The bigger and stronger the wall, the better chance your team have of conceding fewer goals. In attack, the half backs are dangerous with their height, power and ability to shoot from distance. RIGHT/LEFT WINGER (RW/LW)
Very fast, agile and fit, this position requires a player who can run up and down the court all day long. They are the first players in attack and the first to return to defence.

**CENTRE BACK (CB)**
The brain of the team; the creator. The centre player starts moves and gives the halves and wingers the very best opportunities to score.

**LINE PLAYER (LP)**
The line player’s main role is to sit within the defence and disrupt the opposition by putting blocks/screens on in order to give his players an easier route through the defence.
The following rules are designed for beginners. As their skills improve, rules will develop. Attendance at further courses may be necessary.

<table>
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<th>Rule 1</th>
<th>Goal area and keeper. Only the keeper is allowed in the area. Keeper can save with any part of the body.</th>
<th>Rule Not Followed</th>
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<td>Defender in area – Deliberate</td>
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<td>Attacker in area</td>
<td>Keeper’s ball</td>
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<tr>
<td>Pass back to goalkeeper</td>
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<th>Rule 6</th>
<th>Dissent to referee</th>
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<th>Sin bin – Time to be decided</th>
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**Free Throw**

A free throw is taken from the spot where the incident has occurred. Defending players must be 3 metres from the ball when passed.

You can score directly from a free throw.

**Penalty Throw**

A penalty is taken from the 7 metre line on an official court or an appropriate distance from the goal on an improvised court. The shooter’s foot must not touch the penalty line and at least one foot must remain on the floor at all times. The keeper can stand anywhere behind the 4 metre line. The keeper is allowed to move before the throw is taken.

These rules are a guide and are for coaches to apply in context. Competition/League rules may vary.