



# Team Handball

**Materials:** Roller skates, handballs (gator balls), 2 goals, team jerseys

## Game Play:

1. Two teams are spread throughout the gym and are working towards throwing the ball into the opponents goal using passing to advance the ball forward
  2. Goals can be hockey goals, marked areas on the wall, cones or basketball hoops
  3. Getting the ball into the designated goal area is worth 1 point
  4. Players are allowed to skate with the ball.
  5. Players may hold the ball for 3 seconds before passing.
  6. Only one goalie allowed
  7. A Player may not pass the ball to his/her self by throwing it into the air (air dribble is illegal).
  8. Players are not allowed to dive for a ball that is on the ground.
  9. Goalies may leave the goal area to play the ball but must then abide by all the court rules.
- Violations of above rules: Opponents receive a Free Throw On The Goal

## Basic Strategy:

- Offense:
  - Attempt to out-maneuver your opponents with quick passing & deception
  - Take shots skating in from outside the goal area circle
  - Use set "plays" that employ quick passes and skating to beat the defense & goalie
- Defense:
  - Set up as a base on the perimeter of the goal area
  - Always make the offense shoot over defensive players
  - Never let an offensive player shoot uncontested at your goalie
  - Teams play both "Man-to-Man" and Zone defenses

## Skills Learned

- Students will learn to pass and move without the ball
- Students will demonstrate stopping and changing directions
- Students can explain the basic ideas of team handball
- Students will demonstrate safety during all portions of the game