



# UNIT 4

## Fundamental Skills of Handball

In this unit, we will learn about the game of handball. This is a fast-paced invasive team sport played with a ball. Players pass, dribble and shoot the ball to score points. Defence involves intercepting passes and blocking the shots.

Here's what we will do:

1. **Learn and Play:** We will learn how to play Handball through interactive games and exercises.
2. **Better Coordination, Strength and Endurance:** Handball will help us in improving our coordination, strength, and endurance.
3. **Team Spirit:** We will focus on working together, involving everyone, and supporting each other during the game.

Let us get ready to play handball, work as a team and have fun!

# Passing



Warm-up	Skill	Cool-down	Circle Time
Lower Limbs Rotations, High Knee and Butt Kick	Passing Handball	Overhead Arm Stretch, Torso Twist, Crossed-leg Toe Touch	Point of Release

## Passing Handball

### STANCE

- Keep your feet shoulder-width apart, forming a steady basis. The non-throwing arm is often extended to maintain the balance and protect the ball from the defenders.

### GRIP

- The player holds the ball in one hand, slightly above the head, with fingers spread around the ball for maintaining the control.

### TARGET

- The player will deliver the pass to a teammate aiming for their torso.

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### EXECUTION

- The throwing arm is brought back behind the head with elbow bent at an angle of 90 degrees. That means the ball is placed slightly behind and above the player's head.
- In an effortless action, the player stretches his throwing arm upward and forward before releasing the ball at the highest point. The wrist snaps forward upon release, adding accuracy to the pass.

### FOLLOW-THROUGH

- After releasing the ball, the throwing arm moves in forward and downward position with the hand pointing in the direction of the desired target. This follow-through helps to keep the pass accurate and powerful.

## LEAD-UP ACTIVITY

**Monkey in the Middle:** Form a Circle. One 'monkey' (player) will be inside the circle. The other players aim to pass the handball to each other while the monkey in the middle will try to intercept or touch the ball. If the monkey disrupts a pass, the player who made the unsuccessful pass becomes the new monkey.

**Variation:** Monkeys can be two or three in number.



### Circle Time – *Point of Release*

Observe and explain in your own words the point of release of the ball while throwing. Discuss the difference between the throws when released from the medial line of the body and the one which is not through from the medial line of the body.

# Catching



Warm-up	Skill	Cool-down	Circle Time
Leaping and Skipping Jumps, Hip and Pelvic Muscle Stretch	Catching Handball	Chest Stretch, Shoulder Circles, Cross Body Shoulder Stretch	Eye-hand Coordination

## Catching Handball



### STANCE

- Maintain balance by standing with your feet shoulder-width apart and your knees slightly bent.
- To react effortlessly to the ball, lean slightly forward while maintaining your weight on your feet.

### EXECUTION

- Spread your fingers widely apart to maximise the surface area available for catching the ball as you position your hands in front of your torso.
- Maintain a slight bend in your elbows while keeping your eyes fixed on the ball and follow its path.



- Catch the ball with your wrist loose, fingers firm and pad of the palm as shown in the figure.

#### **FOLLOW-THROUGH**

- Step closer to the ball to reduce the distance. Bend your elbows and bring your hands slightly back with the ball towards your body to minimise the force of the ball, preventing the ball from bouncing back.



## LEAD-UP ACTIVITY

**Say and Catch:** Form a circle. One player will start the game by throwing the ball towards the other player and calling out their name loudly. Then that player will have to catch the ball. The player who drops the ball will be declared out. The one who remains in the game till the end will be the winner of the game.



### Circle Time – Eye-hand Coordination

Discuss the eye-hand coordination required for learning the catching skill.

### Did You Know?

Handball demands agility, strength and tactical acumen.

# 10-pass



Warm-up	Activity	Cool-down	Circle Time
Arm Rotations and Movements	10-pass	Floor Touch, Calf Stretch, Crouch Leg Stretch	Importance of Correct Form

## 10-pass

Divide the players into two teams. The number of players per team depends on the overall number of players available. Define a play area that will be appropriate for the number of players. It might be a half-court or a smaller area of the handball court to increase the difficulty level. The team with the ball begins the game and must aim to complete ten consecutive passes. The players are encouraged to move continuously, looking for open spaces and establishing passing lanes. The opposing team plays for the defence, attempting to intercept the ball. If the ball is intercepted or dropped, possession of the ball shifts to the defence team. The new defence squad then attempts to complete their own 10-pass series.



## LEAD-UP ACTIVITY

**Pass and Chase:** Two groups will line up on opposite sides and run parallel to each other in the same direction. Make sure that the groups are at least 5 metres apart from each other. One player will hold the ball, while the others will be empty-handed. The player with the ball will try to pass it to the other group player while the other players are running. The player from the receiving group who catches the ball joins back the throwing team's queue. Also the player who threw the ball joins the receiving team's queue. The game continues with both groups running and passing the ball back and forth.



### Circle Time – Importance of Correct Form

Discuss the correct form of passing and catching the ball. Also, elaborate the different types of foul and their rules.

# Dribbling



Warm-up	Skill	Cool-down	Circle Time
Leaping and Skipping Jumps, Hip and Pelvic Muscle Stretch	Dribbling	Arm Swinging, Shoulder Shrug, Hamstring Stretch, Calf Stretch	Creative Lead-ups

## Dribbling



### HAND POSITION

- For improved control, hold the handball with fingertips rather than the palm.
- Gently spread fingers across the ball's surface.
- Wrist and forearm should be in line. Maintain the position of the hand on the top of the ball.

### POSITION OF THE BODY

- With knees slightly bent, take stance and lower the body. To have a clear vision of the court, keep your head up and back straight.

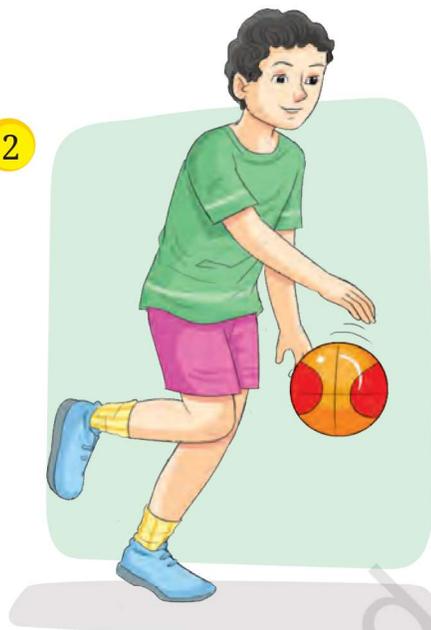
### DRIBBLING HEIGHT

- To make it more difficult for defenders to grab the ball, dribble it downwards, keeping it as low as possible to the ground.

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- Depending on the circumstances, adjust the dribble's height, but in general, maintain it below the waist level.

#### USE BOTH HANDS

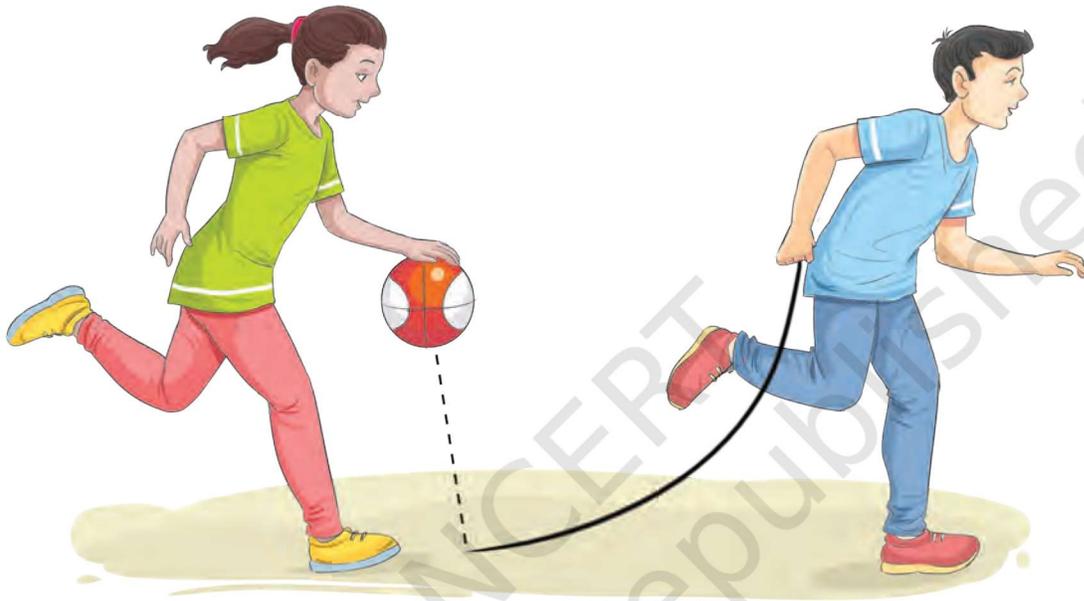
- Develop the ability to dribble with both the hands. Practice non-dominant hand dribbling technique to enhance the overall ball-handling abilities.

### LENGTH OF STRIDE

- Try to keep your balance and control while dribbling. To cover larger distance, take longer strides without losing control of the ball.

### HEAD POSITION

- Keep head up and look for the open spaces.



### LEAD-UP ACTIVITY

Make pairs. One player will run around the court, holding a rope loosely between the thumb and the forefingers. The other players will dribble their ball, trying to dribble on the rope and pull it free. If they succeed, they get a point. After the rope has been pulled free, switch the roles. The player with maximum points will be declared as the winner.

### Circle Time – Creative Lead-ups

Design a new game which is as creative as the lead-up activity.

# Obstacle Dribbling



Warm-up	Activity	Cool-down	Circle Time
Sliding and Galloping, Knee Hug and Quadriceps Stretch	Obstacle Dribbling	Forward Lunges and Backward Lunges, Lower Limbs Rotations	Footwork and Body Gestures

## Obstacle Dribbling

Arrange a set of cones or markers to create a challenging obstacle course. To imitate real-game conditions, arrange them in a variety of patterns such as zigzags, loops and sudden turns. Players are supposed to overcome all the obstacles while dribbling smoothly with clear movements with least or zero fumbles in minimum possible time.



### LEAD-UP ACTIVITY

**Sadhu and Shaitan:** It involves four children dribbling within a marked area (*sadhu*) while two children (*shaitan*) will try to stop them. Four cones are set up in the four corners, roughly 4 metres away from one another. The players are numbered from 1 to 4. Players 1 and 3 will have one ball each and will start the game at the same time. On the sound of the whistle, Player 1 will dribble the ball twice and throw it towards the Player 2, and then run and take the place of Player 2. Similarly, Player 3 will dribble twice and throw the ball towards the Player 4. This will create a relay and two players will try to stop this relay by blocking the ball. Whoever succeeds in obstructing the ball will exchange the role with the player and relay continues.

### Circle Time – *Footwork and Body Gestures*

How do you anticipate the possible challenges by studying the footwork and body gestures of your opponent team member?

# Shoot the Ball



Warm-up	Skill	Cool-down	Circle Time
Leaping and Skipping Jumps, Hip and Pelvic Muscle Stretch	Shoot the Ball	Bow pose, Crocodile pose, Wheel pose	Doing Things Differently

## Shoot the Ball



### GRIP

- Hold the ball firmly with your fingers spread for optimal control and spin in the throw.

### STANCE

- To maintain balance, place your feet shoulder-width apart.
- Position your body sideways towards the goal with your non-throwing shoulder towards the target.
- Bend your knees and transfer your body weight forward on both your toes. After that prepare yourself for a high jump.

### EXECUTION

- Extend the elbow of the throwing arm in the air and raise the forearm high, and then extend the shoulder at a roughly 90° angle to the arm behind the head.
- Indicate the target with the non-throwing arm.
- As you throw towards the target, start by bringing the elbow to the front along with a swift action of the forearm, wrist, shoulder and the torso.
- At the peak of the jump, release the ball forcefully downward in the direction of the goal, right in front of your forehead.

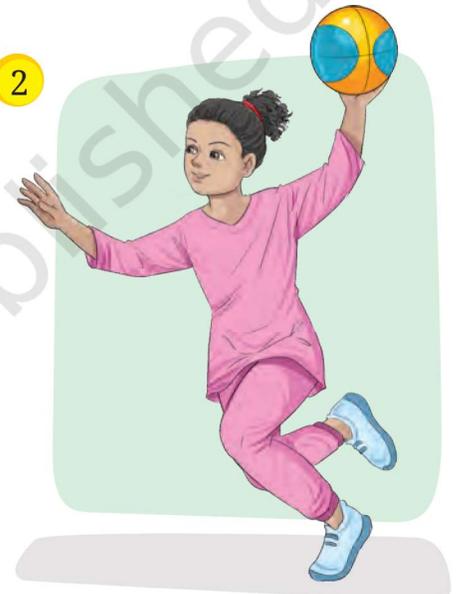
### FOLLOW-THROUGH

- After releasing the ball, continue the motion with your arm.
- The follow-through improves accuracy and directs the ball towards the fixed goal.

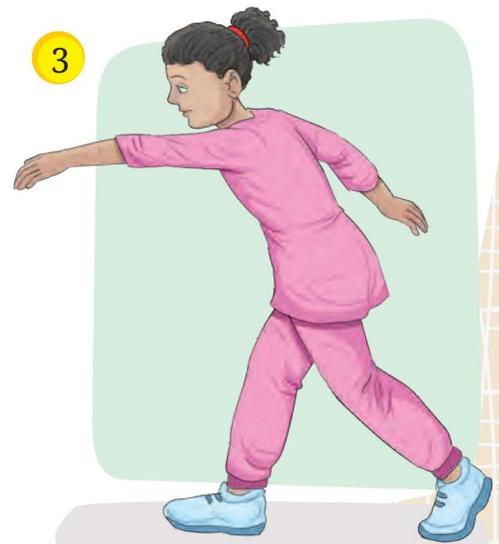
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## LEAD-UP ACTIVITY

**Blindfolded Shooter:** Make two teams comprising of two players each. One will be the 'shooter' and other will be the 'instructor'. The shooter will be blindfolded and cannot see the goal. The instructor will stand behind the shooter and will give verbal instructions to help the shooter locate and aim at their goals. The shooter will then attempt to throw the handball towards the goal based on the instruction given by the instructor. After five goals, the pair will switch the roles.

### **Circle Time** – *Doing Things Differently*

What have the instructor and the shooter done differently to improve their performance?

### **Did You Know?**

Players are not allowed to touch the ball with their feet.

# Dodge Ball



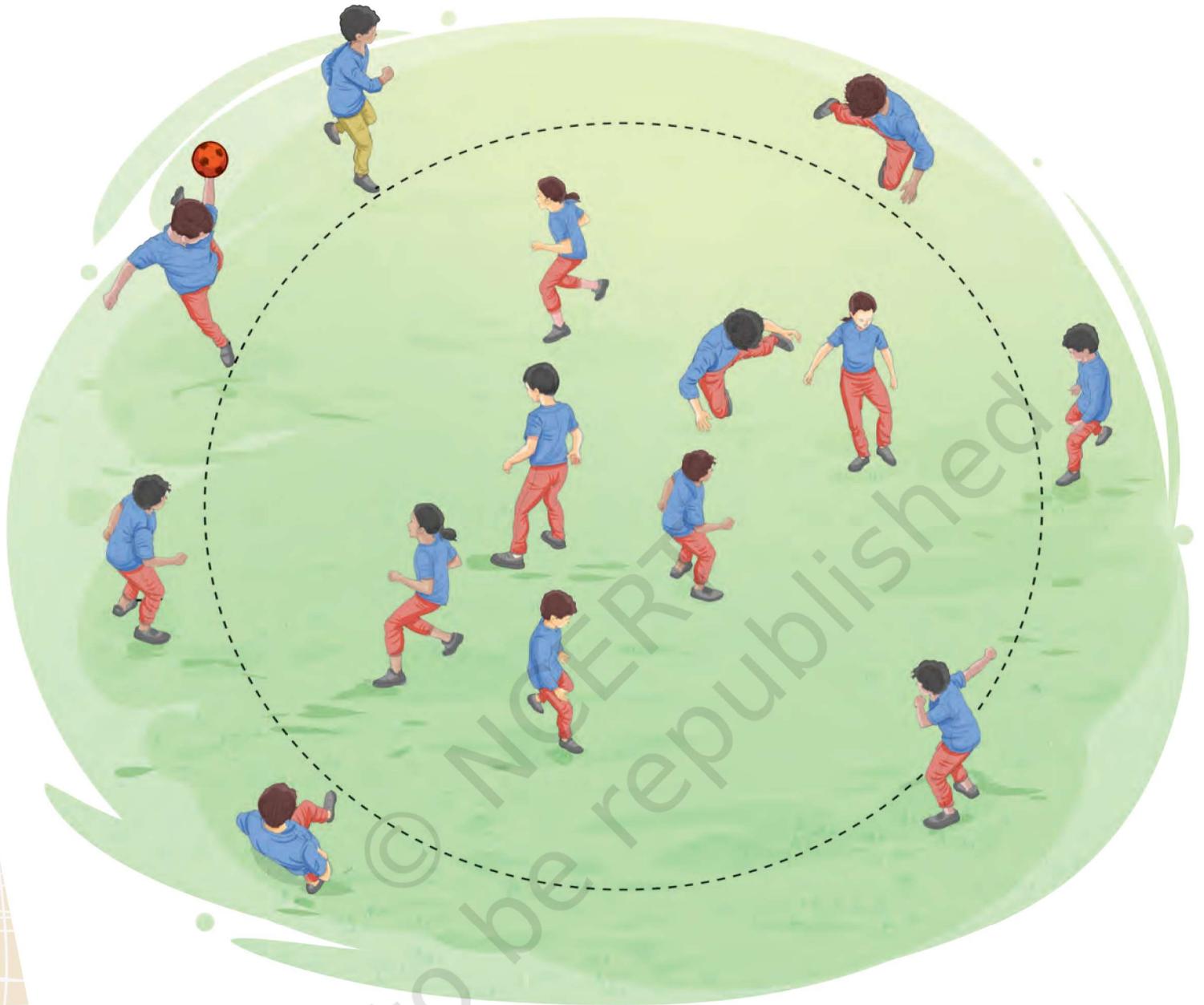
Warm-up	Activity	Cool-down	Circle Time
Jumping Jacks and Frog Jump, Chest and Back Stretch, Quadriceps Stretch	Dodge Ball	Chest Stretch, Shoulder Circles, Cross Body Shoulder Stretch	Footwork and Anticipation

## Dodge Ball

Make two teams. The members of one team will form a circle by keeping one arm space between each other. The other team will enter the circle. The goal for the team that has formed the circle is to tag members of the other team who are standing inside the circle with the softball, aiming only below the waist with overhead throws. The players inside the circle can move and dodge within the circle, but those outside cannot.

## LEAD-UP ACTIVITY

**Get the Handkerchief:** Make two teams i.e., Team A and Team B. Then tie a handkerchief on the hand of one of the players from Team A. Now players from Team B will try to take off the handkerchief from the hand of the player. Whereas, Team A will try to defend their player. The team whose player who successfully takes off the handkerchief will be declared the winner.



 **Circle Time** – *Footwork and Anticipation*

Discuss what type of footwork defenders used for dodging the throwers and how the throwers anticipated the movements of the defenders.

# Dribble and Shoot



Warm-up	Skill	Cool-down	Circle Time
Leaping and Skipping Jumps, Hip and Pelvic Muscle Stretch	Dribble and Shoot	Arm Swinging, Shoulder Shrug, Hamstring Stretch, Calf Stretch	Taking Defeat Gracefully

## Dribble and Shoot

Begin dribbling the ball along the chosen path towards the goal. As you approach the goal, select the best technique to goal. After attempting the shot at the goal, return to the starting place so that the next group of players can begin their dribbling routine.



## LEAD-UP ACTIVITY

**Shark Tank:** Make two teams. Designate one of the two teams as ‘sharks’ and the other team as ‘the minnows’. The minnows will line up at one end of the court with the ball. Then they will attempt to dribble across to the other side of the court and score a goal without getting their ball stolen by the sharks. If a minnow’s ball is taken or knocked out of bounds, they will become a shark. The game continues until all the minnows have been converted into the sharks.



### Circle Time – *Taking Defeat Gracefully*

Prepare a short write-up about how you feel after a defeat.

### Did You Know?

Players are not permitted to pull, hit or punch the ball out of the hands of an opponent.

# Pass and Shoot



Warm-up	Skill	Cool-down	Circle Time
Sliding and Galloping, Knee Hug and Quadriceps Stretch	Pass and Shoot	Torso Twist, Calf Stretch, Quadriceps Stretch	Reviewing the Activity

## Pass and Shoot

Make a semicircle of radius 9 metres from the goalpost. Five players will take the position on this semicircle. The goalkeeper starts the game by throwing the ball towards one of the players. That player now has to decide whether it will be advantageous to goal or should the ball be passed to another player who has a better angle and therefore has a better chance of scoring a goal. If the player attempts a goal and fails then that player will become the goalkeeper and the game continues.

## LEAD-UP ACTIVITY

Play this game in half handball court with five players in each team— ‘taggers’ and ‘runners’.

The taggers which have possession of the ball cannot move. But can either take the goal or pass it to another tagger who is in an advantageous position. One of the taggers will start the game while the others will run to get better positions for receiving the ball and tagging the opponents. The one who gets tagged goes out of the court. This game will end when all the opponents have been tagged and they are out of the court.



### Circle Time – *Reviewing the Activity*

Make a list of the formations and positions for tagging the opponents.

### Did You Know?

The importance of 3 in handball:

- The Player can run with the ball for maximum three steps.
- The Player can hold the ball for upto 3 seconds

# Shootout Tournament

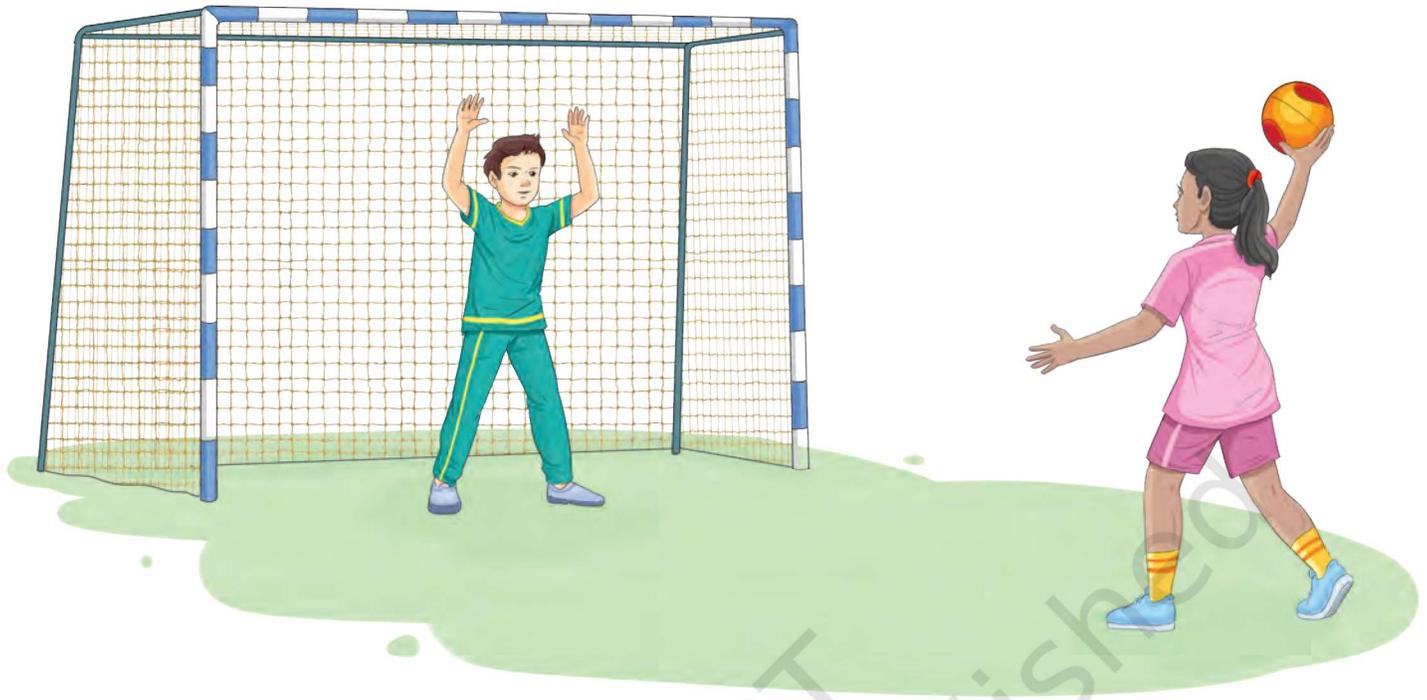


Warm-up	Activity	Cool-down	Circle Time
Fast running on the Spot, Head to Toe Stretch	Shootout Tournament	Overhead Arm Stretch, Torso Twist, Crossed Leg Toe Touch	Anticipation

## Shootout Tournament



Make two teams. Players will take turns to shoot goals inside the goalpost by dodging the goalkeeper. Every successful goal will earn one point for the team. Rotate players or teams through several rounds to determine the final champion.



### LEAD-UP ACTIVITY

**Hit the Target:** Players take turns to throw the ball at the corners of the goalpost. Each player gets three to five throws per round. Points will be awarded each time a player goals. The player with the most points at the end of all rounds wins the game.

### Circle Time – Anticipation

Elaborate how do you anticipate the movement of a goalkeeper by looking at their footwork and gesture.

# Goalkeeper's Defensive Skills



Warm-up	Skill	Cool-down	Circle Time
Jumping, Squat, Ankle Stretch	Goalkeeper's Defensive Skills	Sit and reach ( <i>Pashchimottanasana</i> ), Camel pose, Pigeon pose	Anticipating the Shoot

## Goalkeeper's Defensive Skills

### STANCE

- Stand straight with feet shoulder-width apart. Bend your knees slightly and take a position at the centre of the goalpost.
- As you prepare to move fast, maintain your weight on your feet.
- Hold your arms up so that you can deflect or catch the ball.
- Spread your fingers wider to capture the ball.

### EXECUTION

- Observe the shooter's body language and arm movement to anticipate the direction of the goal.
- Maintain focus on the ball and be ready to react.



- Move laterally or side to side while maintaining alignment with the ball, take short and rapid steps.
- Maintain your center of gravity and be prepared to dive or leap in any direction to catch the ball if required.

#### **FOLLOW-THROUGH**

- After blocking the ball, absorb the force and prevent the ball from rebounding.
- Catch the ball fast and secure it or divert it away from the goal area.

### **LEAD-UP ACTIVITY**

**Battle of Balloons:** Set up two poles each of 2 metres height at a distance of 3 metres. Now, tie balloons at the top and bottom of both the poles. Name the four points of the pole as Right Top (RT), Right Bottom (RB), Left Top (LT), Left Bottom (LB). Line up students 6 metres away from the poles. On the sound of the whistle, each student will run towards the pole and take the position right in the centre of the poles. The teacher then calls RT, RB, LT and LB randomly and the player has to do quick movements to touch the balloons either with their hands or legs. Each player will get ten chances. After finishing the drill, the player will return to the starting line.



#### **Circle Time – Anticipating the Shoot**

Share your experience stating how you anticipated the direction and speed of the ball from the movements of the shooter.

# Blocking



Warm-up	Skill	Cool-down	Circle Time
Side Walk, Back Walk, Jogging Drills	Blocking	Lower Limbs Rotations, Reverse and Forward Lunges, Butterfly pose	How to block?

## Blocking

### STANCE

- **Goal Side Positioning:** Always position yourself in between the goal and your opponent.
- **Body Position:** To make it easier to move quickly, stand with your feet shoulder-width apart, your knees bent and your weight on your feet.
- **Maintain your balance and be prepared to move in any direction by taking short and rapid steps.**



## EXECUTION

- Prepare to intercept the ball by anticipating your opponent's passes.
- Raise both your arms to divert the ball and block the shooter's line of sight.
- To maximise your blocking reach, time your jumps and movement according to the shooter's ball release.
- To prevent a foul, use your body to block the opponent's route.
- Remain alert and move quickly to get into the passing lane.



## LEAD-UP ACTIVITY

**Rapid Fire:** The defender stands in the goal area with multiple shooters lined up outside. Shooters take turns to goal rapidly from different angles. The defender attempts to block each goal, focusing on staying alert and being reactive. Continue for a set time (1–2 minutes) before replacing the defender.



### **Circle Time** – *How to Block?*

Discuss how did you anticipate the trajectory of the ball from the movements of the opponent and decide your hand positions for blocking the ball.

### **Did You Know?**

Officials have 17 hand signals to communicate the decisions.

# Assimilation



Warm-up	Activity	Cool-down	Circle Time
Jumping Jacks and Frog Jump, Chest and Back Stretch, Quadriceps Stretch	Assimilation	Forward Lunges and Backward Lunges, Lower Limb Rotations	Reviewing the Activity

## Assimilation

Divide players to form various balanced teams and prepare the court area for the game. Players play small-sided games and try to execute all the skills they have learned in previous classes with rotating teams. The winning team remains on the court to face further challenges. The teams will receive points by scoring goals and defending effectively. The team who scores the most points at the end of the session gets the title, “King of the Court”.



## LEAD-UP ACTIVITY

**Obstacle Course, Dribble and Goal:** Each player will take turns for completing the obstacle course while moving the ball around the waist with their hands. You have to complete the course as quickly as possible while maintaining control of the ball. After completing the obstacle course, you will dribble the ball while running and then attempt to score a goal. It will be continued until everyone gets a chance to score a goal.

### **Circle Time** – *Reviewing the Activity*

- Write a note about the patterns of play in the opponents' teams.
- Discuss what helps you to take the defeat gracefully.