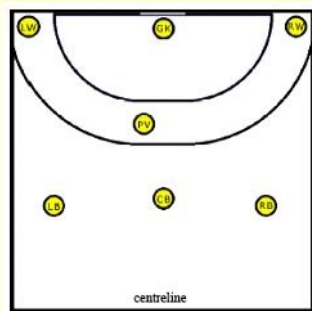


Handball Knowledge Organiser

Handball Positions:

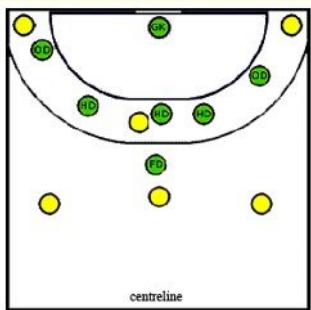
Attacking positions:

- LW - left wing
- LB - left back
- CB - centre back or playmaker
- RB - right back
- RW - right wing
- PV - pivot
- GK - goal keeper



Defending positions:

- OD - outside defender
- HD - half defender
- FD - forward defender
- GK - goal keeper



Methods of moving the ball:

- Dribbling
- Passing
- Shooting
- Crossing

Movement of the ball is important in all sports to ensure that the teams maximises scoring opportunities.



Creating Space:

- **Using width-** exploiting the space on the wing by drawing defenders out to the side and creating space in the middle
- **Communicate-** with your team on their and your next movement
- **Passing and Moving-** the speed and accuracy of passes and movements enables the attack to be effective and provide scoring opportunities
- **Formations-** having more attackers or more defenders can make the play less predictable for the opposition
- **Off the ball movement-** movement when not in possession of the ball to allow for others to dribble into the space or move into the space for the next pass

Types of Pass:

Chest	Hands make a W shape, elbows tucked in, step in and push. Used for a pass over a short distance.
Shoulder	Arm at 90 degrees, step in on opposite foot, ball placed in fingertips. Uses additional height to make it less easy for a defender to intercept
Bounce	Same technique as a chest pass but the ball is aimed downwards to land two thirds of the way towards the player. It is a forceful and fast pass used when space is limited by defenders

Basic Rules:

- There are 7 players on a team
- Matches are 30 minutes long, in two halves
- A point is scored by shooting at the goal using a throw
- Only the goal keeper can kick the ball
- No players are allowed into the crease (circle) except the goal keeper
- The ball can be dribbled but not more than once
- Contact is allowed but only to gain possession and only from the front

Attacking space:

Identifying space- where is the space on the pitch? This will be influenced by the number of defenders around and the formation your team is playing.

Speed- how will you outwit your opponent? Using a change of speed helps to confuse the defender which is especially useful in the attacking third.

Fluidity- the cleaner the movement, the more effective the attacking play will be.

Local Handball Clubs: Birmingham Bisons Handball Club

1. Name one method of moving the ball	11. When would you use a shoulder pass?	21. Why is movement important in handball?
2. Name one attacking handball position	12. Why is communication important in handball?	22. How do we attack space?
3. Is a pivot an attacking or defensive position?	13. Name one defensive handball position	23. How could you use formations to be more effective in defence?
4. How can you create space? Name one way	14. When would you use a bounce pass?	24. Why is passing and moving needed?
5. Which player is allowed in the semi-circle?	15. Why is moving the ball important?	25. A player jumps into the circle then shoots. Is this allowed?
6. Describe one type of pass	16. What is the other name for a centre back?	26. What factors are included when identifying space?
7. Why is using width important?	17. What is a cross?	27. What does movement off the ball allow players to do?
8. Name a local handball club	18. Name a type of shot	28. How does crossing help the attack?
9. What is fluidity?	19. Why is speed important?	29. A player on your team is in a better shooting position, what could you do?
10. What does changing speed do to the defender?	20. Where is space created when using width?	30. 29 plus what if there are defenders?