


# Year 9 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



Local Handball Clubs: Birmingham Bisons Handball Club

## 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

## Contact:

This is a powerful tool in defence, to prevent the ball being passed to the opposition. Contact must occur when players are facing each other. The most effective way is to grab onto the arms of the player and pull them down to the side of the body. Holding their arms in position at the side of the body

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. Why is contact beneficial?
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. Is contact allowed in handball?	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. Which is the most effective way of using contact?