

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (6)

Topic Name: Handball

Lecture No.: 41

Lecture Title

Introduction to Handball

Summary

In hand ball player must either shoot, pass, or dribble the ball. Taking more than three steps at any time is considered travelling, and results in a turnover. A player may dribble as many times as they want (though, since passing is faster, it is the preferred method of attack), as long as during each dribble the hand contacts only the top of the ball. Therefore, carrying is completely prohibited, and results in a turnover.