



HANDBALL - 1

INTRODUCTION

Handball is a sport from the category known as sport games, and is becoming more and more popular in the world. A relatively rapid learning of this game, based on natural human motion, has allowed it to be popularized quickly. The development of the game is also influenced by its attractiveness based in variable action and direct conflict with an opponent. Such conflict calls for a good physical preparation of a player. The competitors playing handball have a neat stature because all the body's muscles are used in a game. The handball game is not only influenced by physical fitness. As any physical activity it is performed and generated by thinking. The players must follow all the fair play rules and sports regulations issued in order to keep the game sportsman like.

HISTORICAL BACKGROUND

The Danish encyclopaedia "Athena Lexicon" says, that at the turn of the 19th century handball was popularized at the Oldrup Gymnastics School. In 1898, the teacher Holger Nielsen introduced a running game with two goals in which 14 persons, divided into two teams, took part. The game in which a ball was passed with the players' hands was called handball. The first game rules were issued in 1906 at the Oldrup School published by "Wejdlending Handball". The Germans also claim to have developed the game. Klaudina, the author of a book "Das Handball Spiel", published in 1941 in Leipzig, claims that handball derives from a game called "Konigsbergerball", which was then renamed "Torball" - which means goal ball. Czechoslovakia is the third country which claims to have created handball. In a book entitled "Metodej Zajec - Dejiny Hazeny", published in 1948, the author says that Czechoslovakia is the homeland of handball, which originated from hazena ("hazet" means to throw). International handball began in 1928. In that year the first organization the IAHF (International Amateur Handball Federation) Congress held its meeting. The following countries organized the Federation: Germany, Czechoslovakia, Holland, Belgium, Austria, USA, France, Ireland, Denmark and Canada. After the 2nd World War in 1946 the representatives of the 15 countries created a new Federation, called IHF. The dynamic progress of handball in the world had begun. Nowadays it is played in

more than 130 countries. In 1991 the European Handball Federation, EHF was founded and its base is in Vienna. The Federation is responsible for development of handball in Europe.

FUNDAMENTAL SKILLS

PASSING

Passing is the most important fundamental of handball. It allows a player to move the ball quickly and accurately; to advanced the ball and set up scoring opportunities. Handball passing fundamentals are quite similar to those utilize in basketball.

TYPE OF PASSES

BOUNCE: - The ball should be thrown so that it bounces approximately three feet in front of the receiver. The receiver should move forward the ball and try to catch it on the short hop in such a manner that he/she is immediately prepared to throw the ball.

CLOSE-HAND-OFF (FRONT AND BACK) :- In this pass the player merely hands the ball to the teammate in a manner similar to an “ end-around” play in football. Deception is of utmost importance in this pass.

HOOK: - This pass is very useful when a player is closely guarded by two or more players. It can also be used when a player is in the air for a jump shot.

CHEST: - This pass should be one of the most frequently used in short distances. It is one of the most accurate pass and it is relatively simple to learn.

SHOVEL: - The player picks the low ball upon the short hop and remains in a crouched position while quickly tossing the ball to a teammate.

OVERHEAD: - The player making the throw must have both feet touching the surface outside the sideline and throw in to the playing area with one or two hands in any manner.

GROUND (ROLLER):- When all other passing lanes are block it may on occasion be appropriate to roll the ball between a defender legs.

JUMP: - When normal passing lanes are impeded a player can use this pass by jumping into the air and releasing the ball.

SHOULDER: - In the shoulder pass the passer should aim for his teammates chest.

SIDE ARM: - This pass is the same as the shoulder pass except the positioning and action of the throwing arm may be likened to a pitching motion .

SHOOTING

Shots are one of the most important elements of handball. They are vital elements that decide the scores. While shooting the muscles of the lower and upper limbs, pelvic region and trunk are extremely engaged.

1. SHOT IN PLACE

2. LEANING BACK SHOT

3. VERTICAL JUMP SHOT

4. STRIDE /JUMP SHOT

5. SHOT WHILE FALLING

6. SITUATIONAL SHOTS (IN PARTICULAR SITUATIONS)

DRIBBLING

After receiving the ball and before dribbling a player holds the ball with both hands. The ball is being dribbled sideways at hip level. Bouncing on the ground is performed by the combined action of the elbow and wrist joints. The angle of the bounced ball depends on the speed that the player is moving at. The faster the run

the more the angle becomes obtuse. If an opponent comes closer, a player must lower his position as well as the dribbling, protecting the ball from being taken by the opponent .

1. WITH AN OPPONENT

2. WITHOUT OPPONENT

FEINTS

A feint consists of one or several movements which are similar to running, passing or shooting, followed by the performance of the real action. Based on actions performed by players, they are generally divided into:

1. Body Feints

Body feints are performed mainly by using the trunk and legs. While feinting, a player may or may not have the ball, thus they are divided into:

❖ Body feints with a ball:

Body feints with a ball are used to pass by the opponent, attracting another defender, then to pass the ball to a player who as a result of that action is better placed to make a shot free the throwing hand from the opponent.

❖ **Body feints without a ball**

The said feints are used to free the player from the opponent and to get a better position for receiving or passing the ball. The feints are performed by attack players who are facing or have their backs to the .defenders.

2. Ball Feints

An offence player distracts the defender by performing a body feint in combination with either feinting a shot a pass. Regarding these actions we divide ball feints into:

❖ **Feinting a shot**

Feinting a shot is to provoke a defender to react in such a way as to enable the attack player to implement one of the following actions:

- passing by the opponent and performing a shot
- feinting a shot - initial movement by indicating a shot and then performing the shot in another way

Feinting a pass

Feinting a pass is used to deceive an opponent so that one of the actions below can be carried out:

- passing by the opponent and performing a shot
- passing by the opponent and passing the ball to a fellow player

The first action can be used in group tactical attack, the other two actions during fast attack.

3. Performance of Feints

Regarding the performance of both body and ball feints we distinguish between:

- **Single Forward Performance**
- **Double Forward Performance**
- **Single Backward Performance**
- **Double Backward Performance**

OFFENSIVE ACTION

To achieve these goals a player can use various methods of moving on the court. Depending on the particular situation, there are some basic ways of moving:

- running
- starting
- running and changing the rhythm
- running and changing the direction of running
- stopping
- pivot in place and while running
- jumps

DEFENCE ACTION

In modern handball a player must possess a high level of motoric skills, tactical thinking, fast reaction, anticipation of certain situations and counteraction to the opponent's intention.

Individual Defence

Technical Elements

- posture
- drawing step
- jump-in, jump-off
- run-up
- running backwards
- stopping and changing the direction of running
- reaction to feints
- interception of the ball
- blocking the ball
- stealing the ball

THE GOALKEEPER

A goalkeeper greatly influences the game and the final result. Playing as a goalkeeper requires a lot of physical and mental efforts. A goalkeeper must be very fit, bold and self-controlled. His actions are not only limited to defending the goal. The goalkeeper also takes part in a game, when he sparks the fast attacks, co-operates with defence and prevents the opposing team's fast attacks. This variety of tasks call for a versatile preparation of the goalkeeper in:

- technical
- tactical
- physical conditioning.

The Goalkeeper's Play

The basic elements of the goalkeeper's play are:

- posture
- moving
- using hands (upper balls)
- using legs (lower balls)
- using trunk
- putting the ball down
- Posture and Moving

CONCLUSION

Handball is a team game, so it plays an important role in education. Players learn to cooperate with each other. A game must be tough but in accordance with the fair play rules, team work and a sportsmanlike conduct. All these positive aspects and forms of conduct result - as time goes - in socially acceptable behaviour in everyday life. This is the vital, educational aspect of playing handball.
