



SUMMARY

Handball is a game where a very quick defenders attempt to prevent the attackers from the goals for the future. When defenders successfully stops the player attack and stop the game and restart it from attack by a team from the penalty spot in the nine meter line . player will jump and run and throw and catch. The aim of this game is to score a goals for the team and score more goals then the opposition, players can also score a goal through the use of their hands, and that means throwing the ball in the goal the opposing team does not allow to kick it into a goal and scored the whole ball must cross the goal line between the goalposts and under the cross bar