

Westhoughton High School PE KNOWLEDGE ORGANISER – ACTIVITY: HANDBALL – YEAR 9

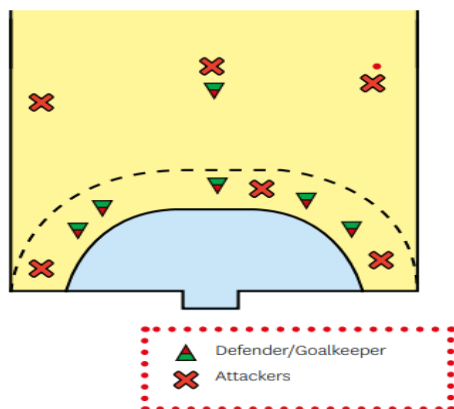
Skills and Techniques:

- Dribbling used to keep possession of the ball and travel around the court.
- The ball should always be kept close to the body (under control) Dribbling with one hand.
- Shooting-Used to score points for the team(See Scoring system for how to score)
- Passing-Used to get up the court quickly. Another way for the team to maintain possession. Can be used to find a better scoring or dribbling opportunity.



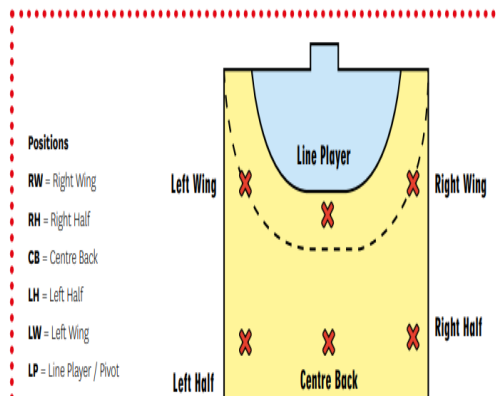
Rules:

- Each team can have a maximum of 7 players on the court at any one time.
- The ball can only be moved by either dribbling (bouncing the ball) or passing the ball.
- Violations in Handball include travelling (taking more than three step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands)



Positions:

- Keeper- net only making sure no handballs go in.
- Right/Left Half- wide and fast players getting the ball up the court quick but first back to defend.
- Line player/Pivot-controller of the game in the middle passing and moving the ball.
- Centre back-Holds the defence strong, command the defensive shapes needed.
- Right/Left Half- attacking players, widest points of the pitch to create space, fast movement and quickness needed.



Scoring System:

- A goal is worth one point regardless of where it is scored and is registered when the ball completely breaks the vertical plane of the goal line. After a scored goal, the game is restarted with a free throw from the goalie

Tactics:

- Defend the D when your team hasn't got the ball. (Target Zone Defence)
- Man to man marking when defending.
- Short and quick passing when attacking.
- Try to always play the ball to the forward. (target player)
- Shoot on sight.

Key Words:

- Bounce Pass
- Shoulder Pass
- One arm throw
- Intercept
- Marking
- Defensive wall
- Goal
- Circle
- Net
- Dribbling
- Double Dribble
- Attacking Play
- Defensive Play
- Jump Shot
- Throw in
- Corner