

1.3 The history of handball...

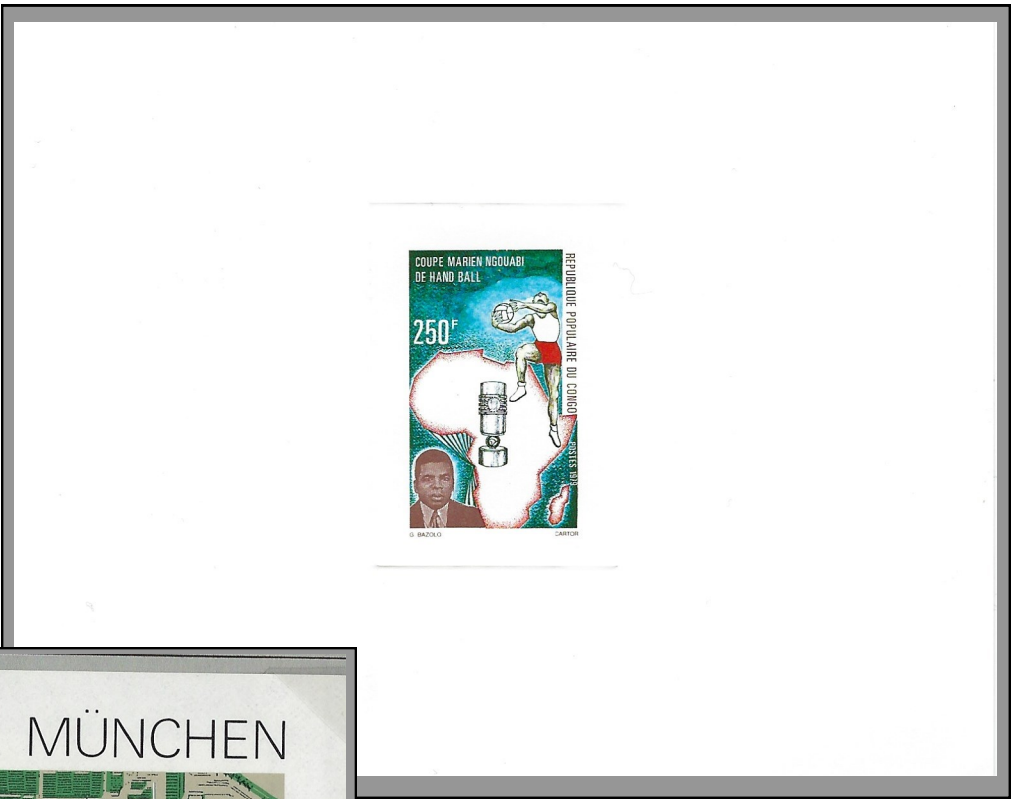
...is still evolving and spreading in the world

A global sport, a Olympic sport

Introduced in Europe. Handball was in the 50's and 60's an established sport on the European continent. The word of handball was spread world wide by the IHF, which wanted to establish the sport on all continents, and thereby introduce the sport again to the Olympic program.



In Africa mainly *former French colonies* started to play Handball, also *Egypt* introduced handball in a an early stage to its country



In the end of the 1960's Handball did occur on all continents and therefore the Olympic committee considered handball as a candidate for the games.



At the 63rd session of the Olympic committee handball was once again introduced as an Olympic sport for the games in Munich in 1972.



The Olympic handball tournament of Munich 1972 was held all around Germany. The final game was held at the *Olympiastadion* in Munich.

In 1972 only Men's handball was introduced, Women's handball had to wait 4 years later to the games in Montreal 1976.

Finally in 1976 *Women's handball* also was introduced to the *Olympic program*.



Error , broken "R" in pair with normal ex.

From 1976 both men's and women's handball have participated at the Olympic games.

2.1 The sport of handball is formed by technicalities such as...

...desired physical and psychological attributes of handball players

Perfect physics, the desired body

To become a great handball player you can practice a lot but there will always be physiological and genetic attributes that will further your development as handball player.



As a rookie its good to perform *different sports* to get balanced physics.

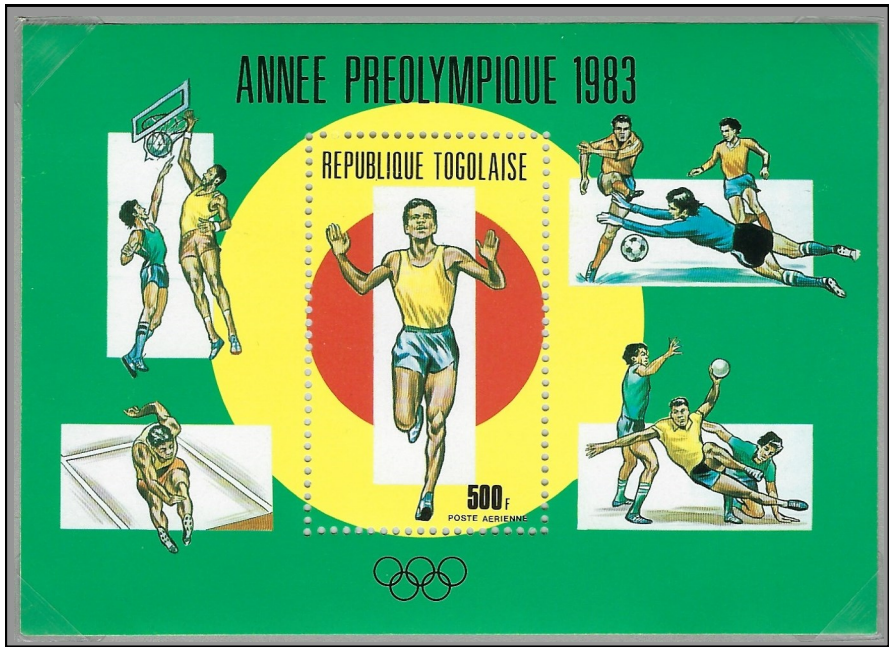
Being *taller than your opponents* make it easy for you to outmaneuver them.



In handball you need quite a lot of *strength*.



Being *strong* facilitates when you try to *defend*. Attack or just *throwing* the ball.



The game of handball is fast, you need to have a *good eyesight* to keep it up, and glasses is not practical.



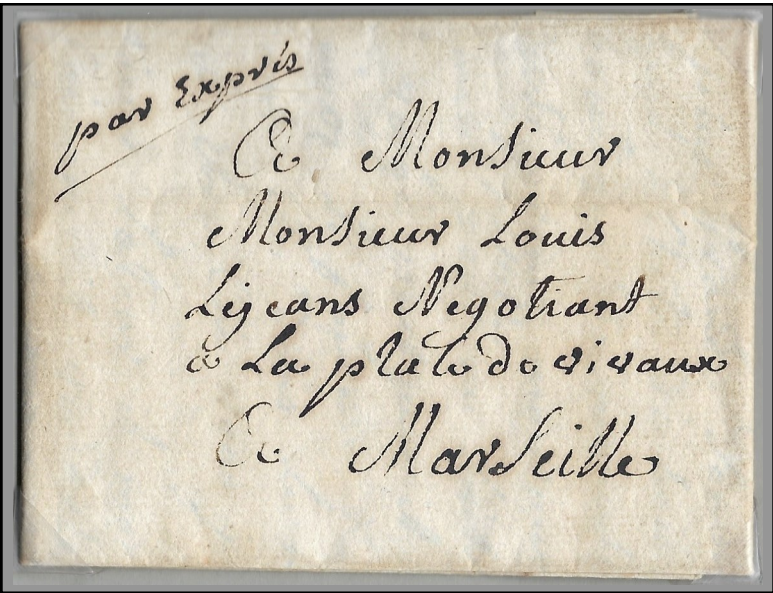
Folded letter from Pil Lançon to Marseille 26/9 1776, note "Par exprés" for a fast delivery by a running mailman.



Large hands will give any handball player an advantage. The ball is quite large and you get more *control* of it with larger hands.



A handball player need to be a *fast runner* to speed up the game and i.e. succeed a *counterattack*.



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...desired physical and psychological attributes of handball players

The spirit of handball

Values and attitudes argued by a team coach is often affecting the players in how they interacts both on and outside the playing court. It is desired that the coach should create a *nice and friendly atmosphere*.

The coach train, travel and educate his team and therefore spend a lot of time with them, there is not unusual for coaches becoming role models for *younger players*.

"O echipă de argint cu valoare de aur"



Handbalistele Naționalei României - Vicecampioane mondiale
Sankt-Petersburg 2005

Destinatar _____


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Handball...
der Sport
für Generationen



ENTRAÎNEUR



LA POSTE FRANCE 0,53€

The roll of the coach can be related to a *conductor* over an orchestra. The players got individual knowledge that in some way need to be organized by the coach for a good result.

Olympiade
der
Kameradschaft
Weltfrontkämpferkongress
24.10.-1.11.57 in Berlin



Herrn
Géza Belti- Pil

Berlin - Ste
Plantagenstr

RIES & ERLER
MUSIKVERLAG
Berlin - Grunewald
Charlottenbrunner Str. 42

Hand
verbindet Ball



Handball is a sport that *unite...*

REPUBLIKA HRVATSKA



PRVACI SVIJETA
U RUKOMETU
PORTUGAL 2003.

The *performance* of a team is a result of how the coach have drilled his team in the game.

To be the winning team is a good feeling, it is the result of cooperation, friendship and personal skills. The success may be *enjoyed by all team mates*.

...people of different ages, sexes and nations and create *friends for life*.

Keep in touch

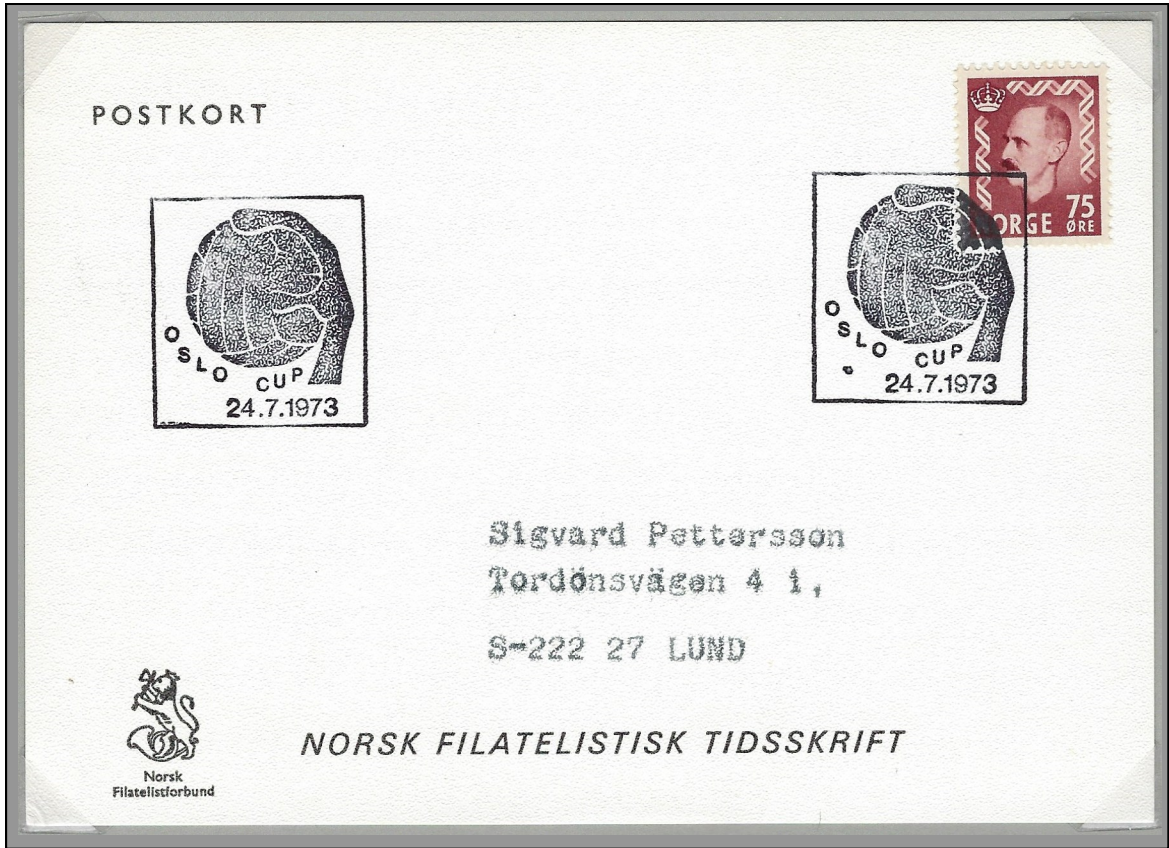
**OLD
FRIENDS ARE
ABLE!**



2.2 The sport of handball is formed by technicalities such as...

...a ball playable by hands

The ball is spherical, and may only be played by hand. If ever hit by foot it will los its spherical shape and not bounce correctly against the floor.



As the ball is intended to be operated by a single hand, its official sizes vary depending on age and gender, above IHF ball size 2.

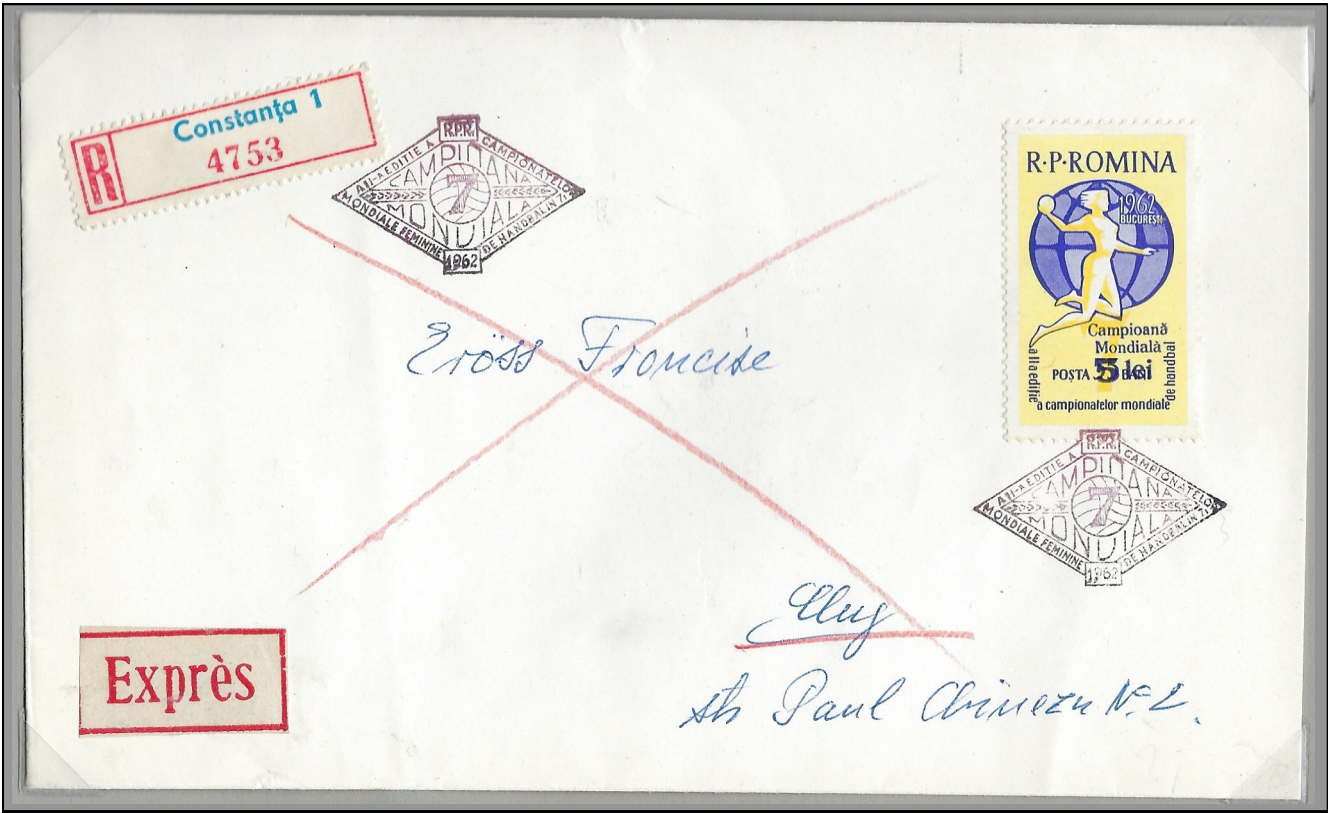
The regulations of a handball



Traditionally the ball was made of rectangular shapes stitched together looking like a modern volleyball.



The first balls was made of leather, today balls are also made of synthetic material.



Ball size 2 is used by women, male over 12 years and female over 16 years. Circumference 54-56 cm and weight 325-375 grams.



Ball size 3 is used by men and male players over 16 years. Circumference 58-60 cm and weight 425-475 grams.



Ball size 1 is used by children over 8 years. Circumference 50-52 cm and weight 290-330 grams.

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...a ball playable by hands

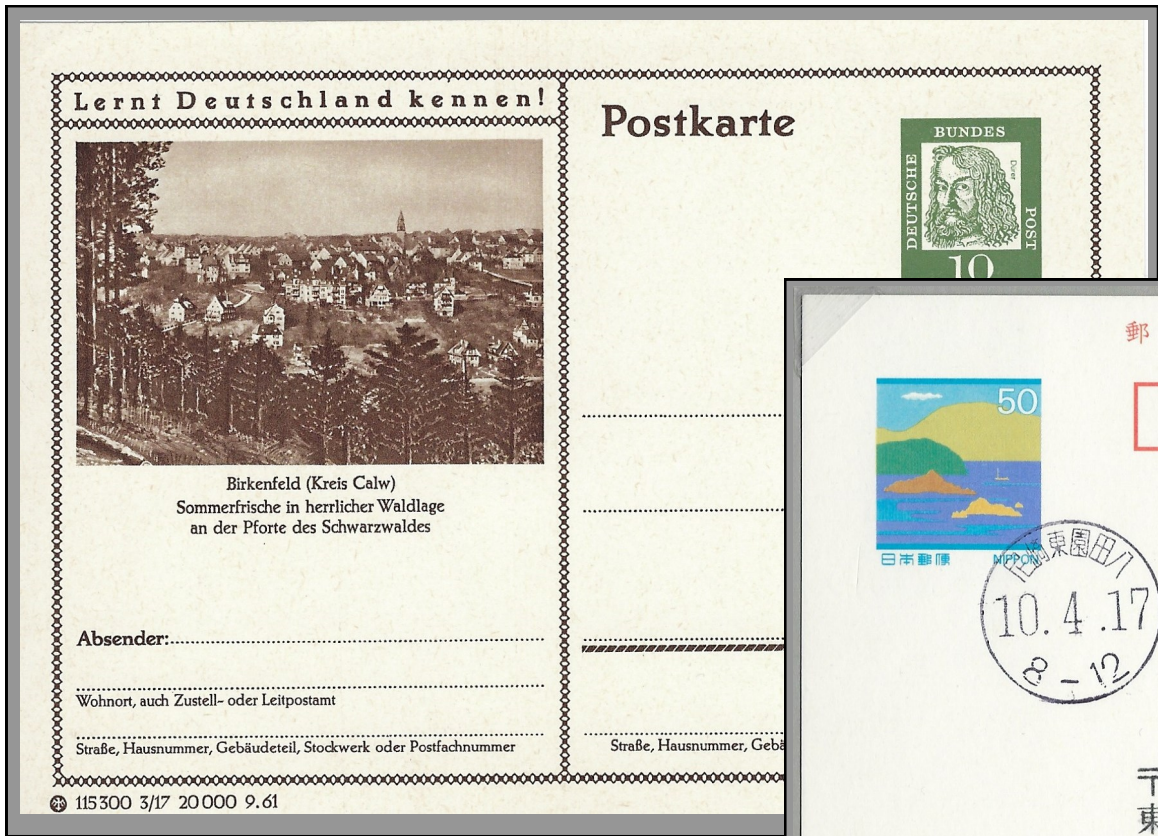
The handball is a quite large ball to handle by one or two hands. *As junior players* handball players may start use resin on their hands to get a good grip on the ball and not make it *slippery*.



Players dip their hands in *resin* and then *smears the ball*. Often, after all of the players have daubed the ball, it is too sticky to *let go of the hand*.



Resin for better grip



Every time a sticky ball bounce it will pick up dust and dirt from the floor. A blackish layer is formed on the ball which is need to be cleaned off.

Handball resin is produced of pine trees and is easily removed by washing your hands in hot water.



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2.3 The sport of handball is formed by technicalities such as...

...prescriptive clothing and footwear

Handball clothing

It is regulated that the two teams shall have *different colors* on their clothing while playing handball.



The field players wear *shorts and t-shirt*. The goalkeeper can chose to wear this or to wear long pants and long sleeved t-shirt.

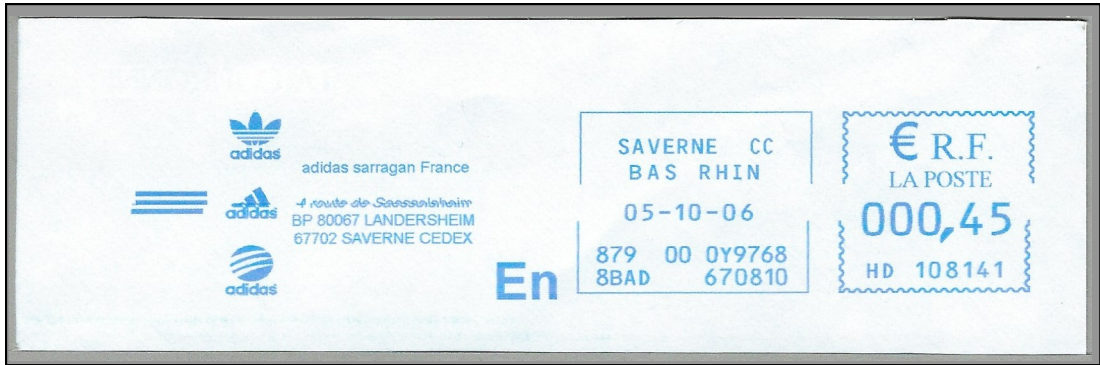
The goalkeeper need to have *different color* on his clothing from his teammates.



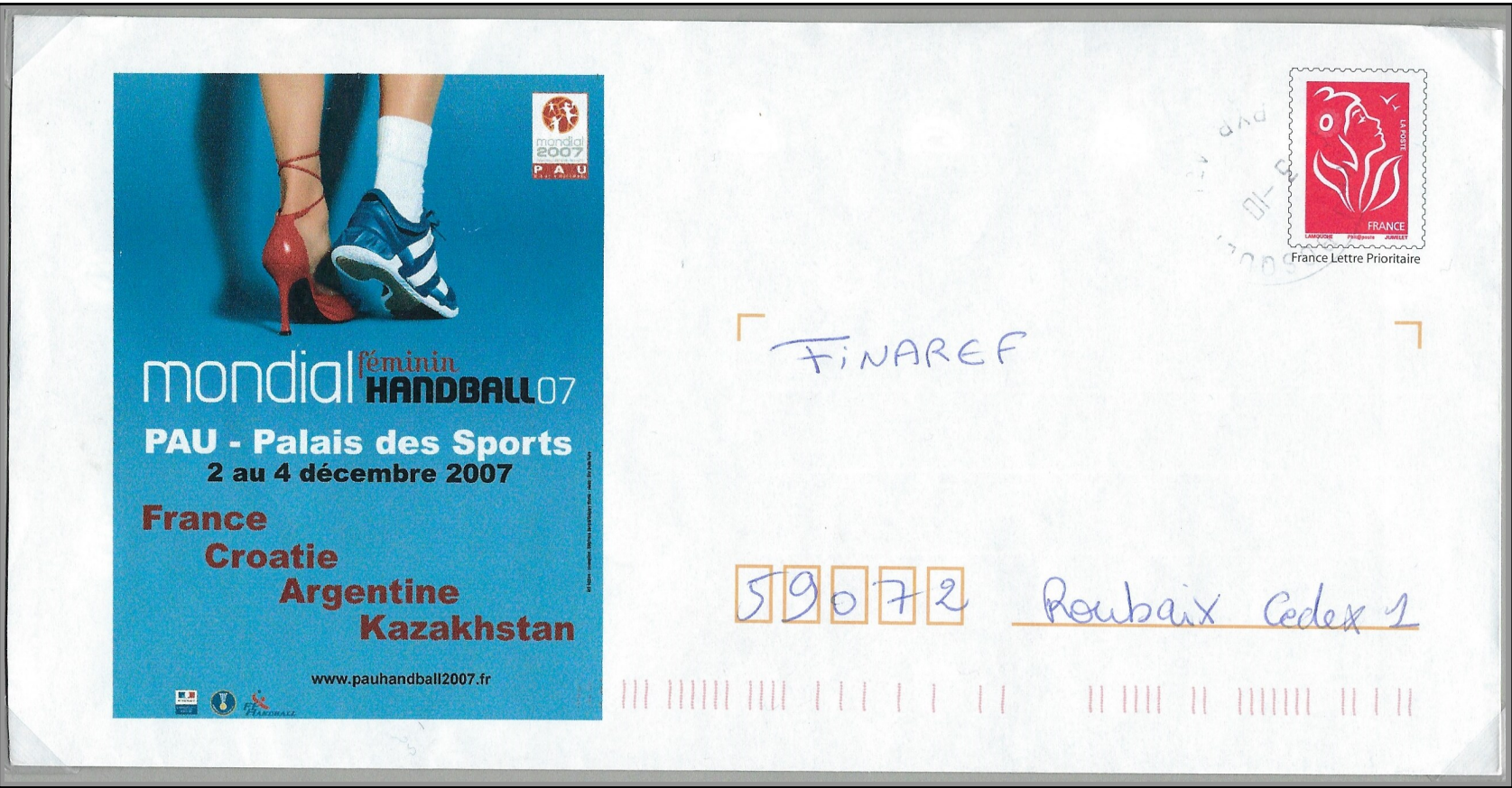
Special *sweatbands and headbands* for soaking sweat is allowed for handball players to use.



Good *quality socks* is important to avoid blisters on heel and toes.



The sport brand *Adidas* have developed a special shoe for handball players. Dribbling, passing, leaping and firing shots, these shoes are built for the fast pace of handball.



The Adidas "*Stabil*" is characterized by its *3 stripes* running over the shoe. the most common color is *blue*.

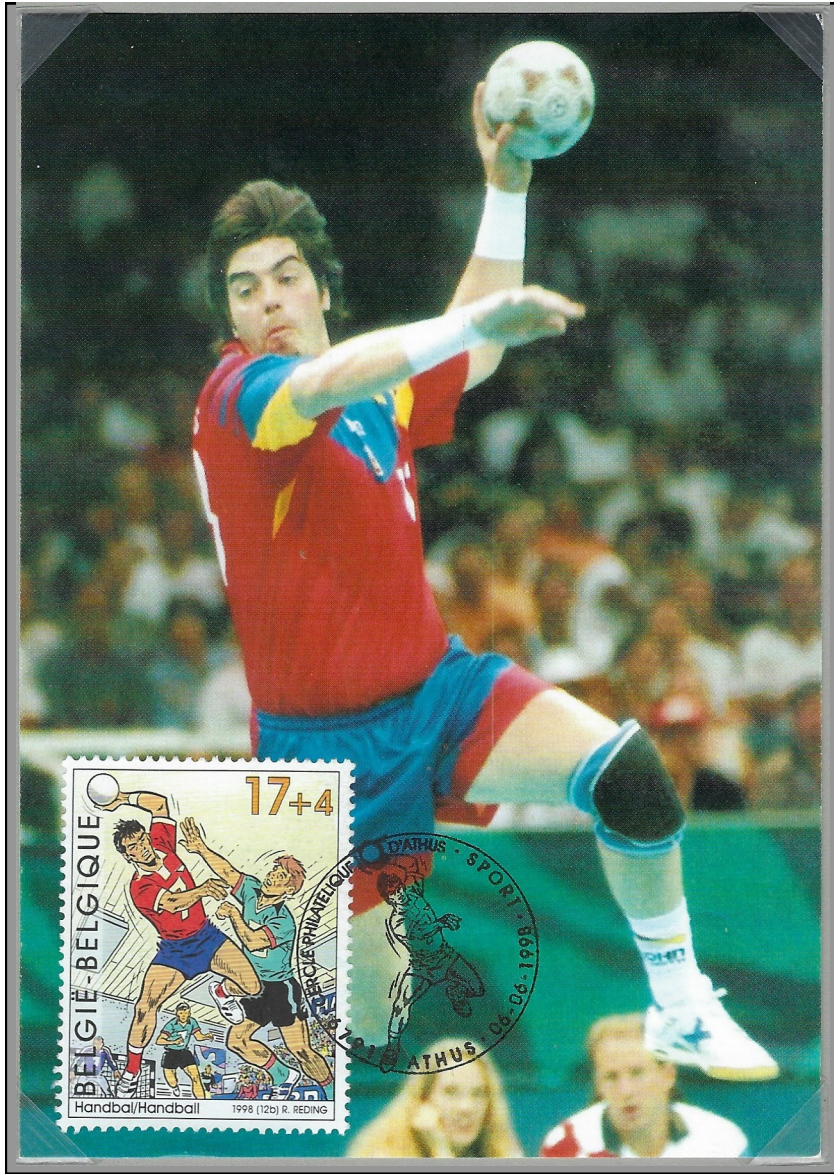
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...prescriptive clothing and footwear

The most common for handball players is to *injury their hands* or fingers by sprain or wrench while catching and handling the ball. Without *well-functioning hands* the handball player becomes *invalid*.



Misprint in block with 3 normal prints.



Protection equipment



Letter opened and examined and sealed by a wrap of tape.



Knee pads is also good to use after a injury have occurred to reduce pain from falling on your knees.

Joint stabilizers can bee used for worn knee and elbow joints.

Fingers are wrapped in tape which should be used to immobilize the sprain and provide support.



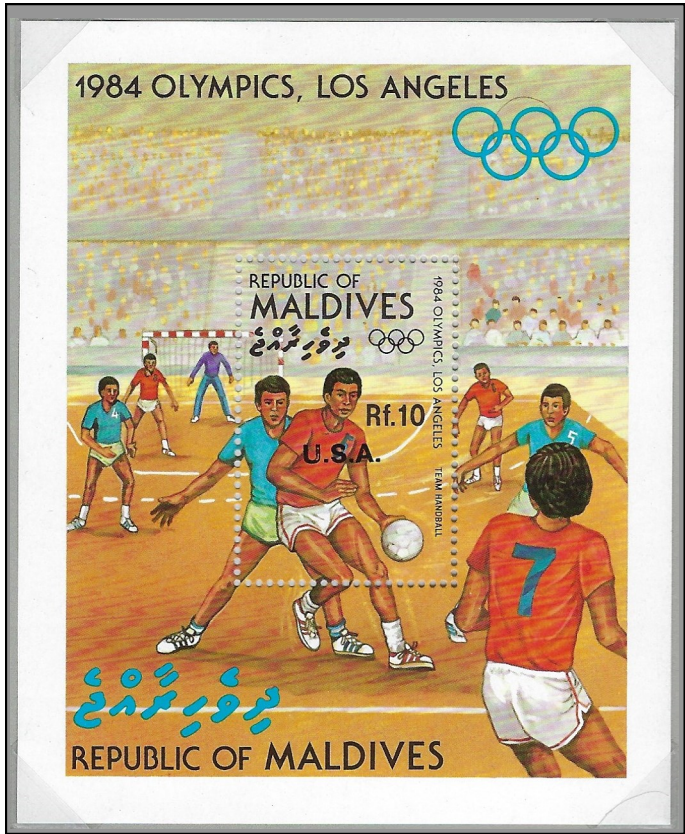
To save your knees from injuries you can use kneepads. As a *young player* it is often used to prevent injuries that would occur *later in life*.



2.4 The sport of handball is formed by technicalities such as...

...the playing court and indoor arenas

The indoor handball court developed in the late 40's in Sweden and Denmark. In contrast to outdoor handball playing field it *wasn't affected by the weather* and therefore became more and more popular and competed out the outdoor playing field.



The goal area is restricted for the goalkeeper. Should a player cross the zone in an attempt to gain an advantage (e.g., better position) their team cedes the ball.

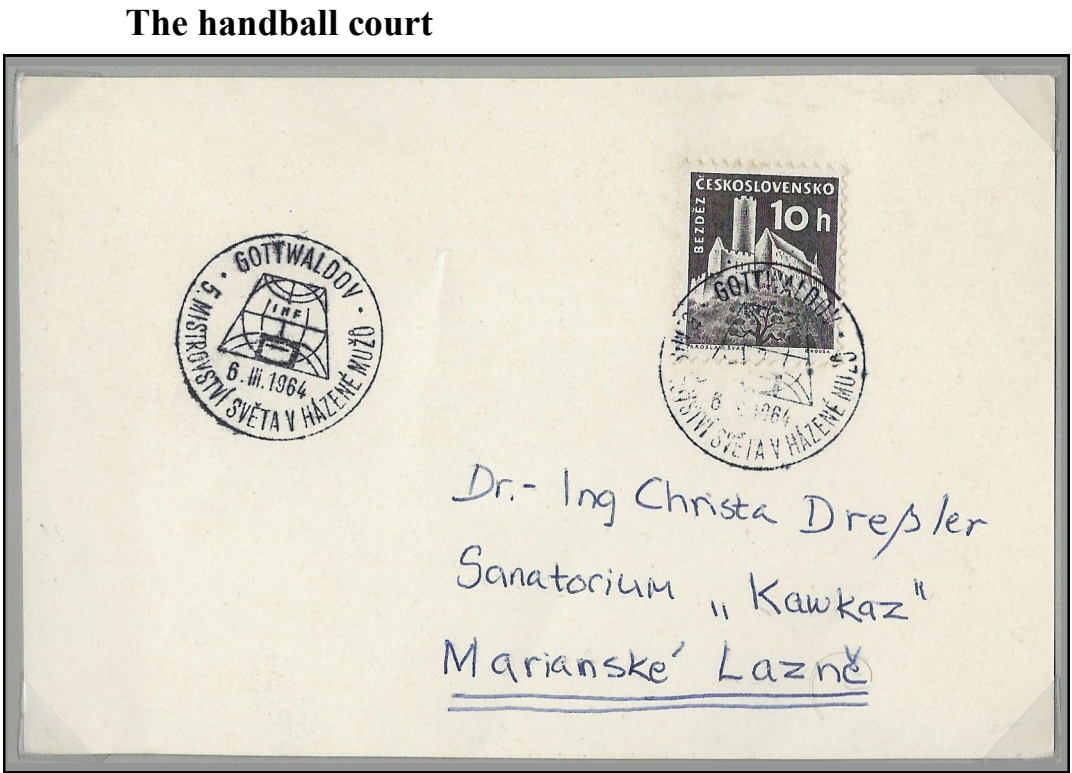
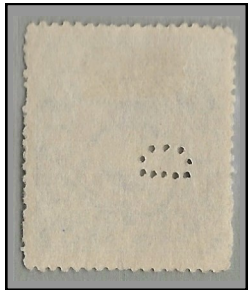
Court players may catch and touch the ball in the air within it as long as the player starts his jump outside the zone and releases the ball before he lands.



In the goal area a cross is marking the goalkeepers restraining line. He can not leave this if trying to save a penalty.



On the centerline a circle marks the throw of area where the game begins after every goal.



The handball court

In a early stage of the development the court had smaller measurements then to day.



Current playing court is larger than its past 40 20 meter and divided in to two by the center line.



The handball field complexion is inspired by the football field, mainly because of handball history. Handball was first played on football fields.

Outside of one long edge of the playing field to both sides of the middle line are the substitution areas for each team.



Stamp made of silver sealed in official packaging to prevent oxidation.

The playing field have two semi-circular goal areas marked by the 6-meter line.

A dashed line 3 meters outside the goal area marks the free-throw line.

