

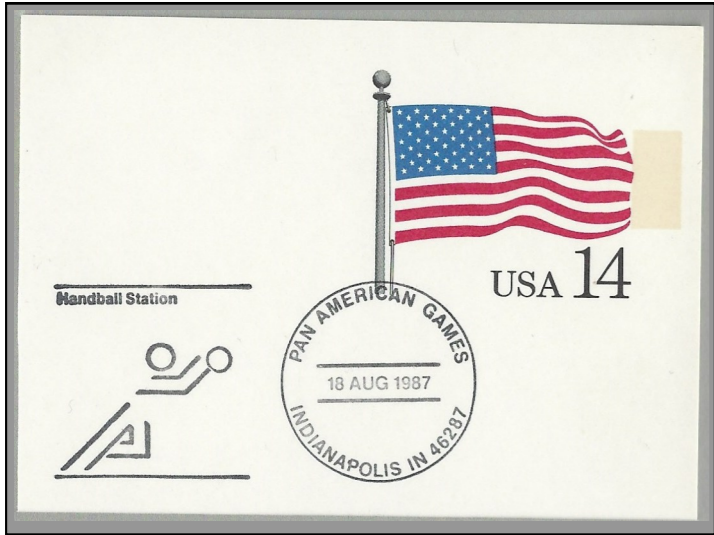
3.1 Handling the ball, is how handball is played by...

...learning how to possess the ball

Handling the ball



The first to learn about handling the ball is to bounce it. It can be trick at the start, *bouncing away* at different directions and not as you want it to bounce.



Passes are often practiced by *two players facing each other and throwing* the ball back and forth.



A correct way to bounce the ball is to do it by *one hand*.



Its important to learn that it is a foul to bounce the ball by *both hands*, like in basketball.



At the start the ball don't fit in the hand as good as you want, either your *fingers are to stiff* or *don't reach around* the ball

After practicing the ball will *fit better* in your hand.



The basics is catching the ball by *both hands*. More advanced is to catch it by *one hand*.



Growing up to junior players



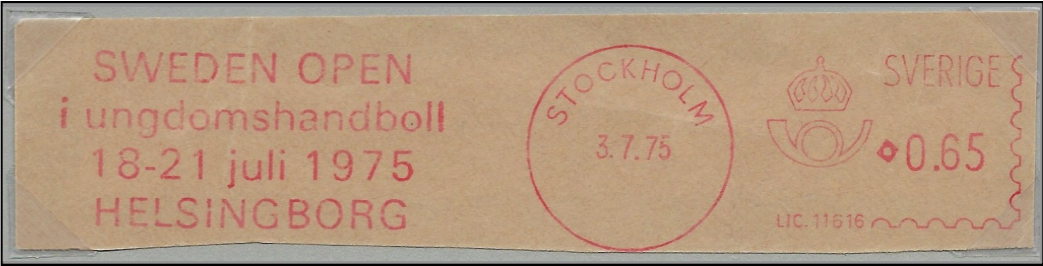
After young players have learned how fun handball can be it's time to start competing, meet other teams of the same age and skills



Handball players are considered youth up to 16 years old. Turning 16 enters the junior player new challenges.



A lot of tournaments are arranged world wide for kids playing handball.



After years of playing and learning your team-mates turning 18 years you are considered adult and you will play in a senior team.

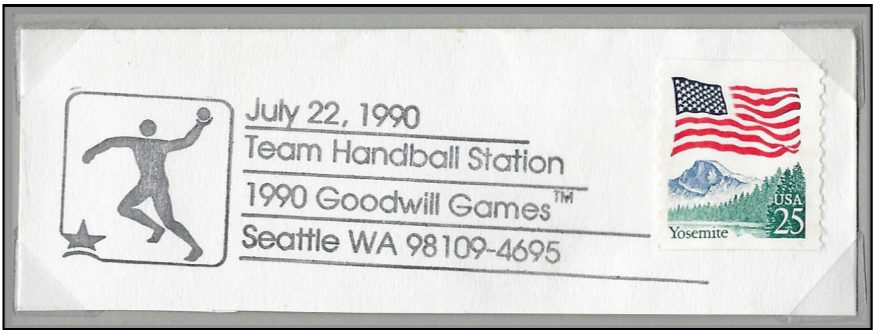
3.2 Handling the ball, is how handball is played by...

...throwing the ball

Hold the ball high with the over arm at shoulder height and the elbow at 90 degrees angle...



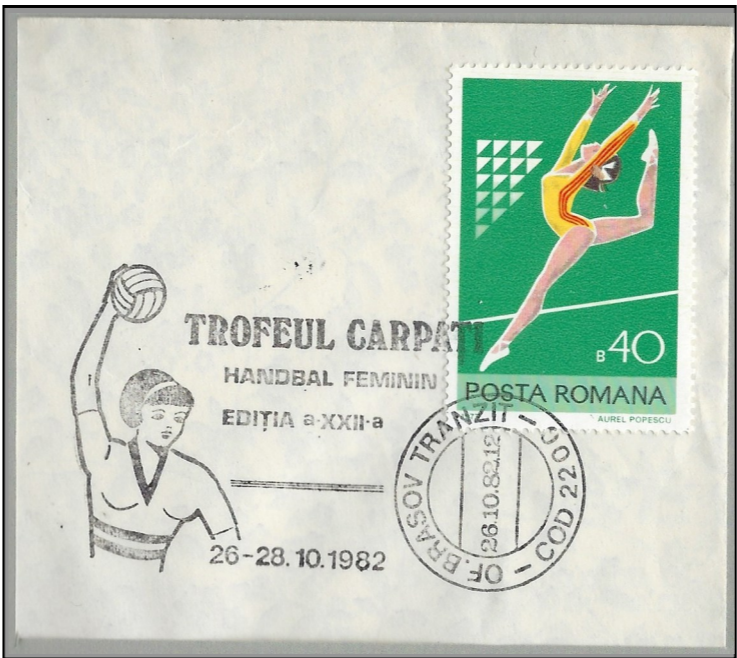
Basic overhand throw



...draw the *throwing arm backwards*...



...have *left foot in front* if you are passing/shooting with the *right arm*. Right foot forward if you are passing/shooting with the *left arm*...



...move the *passing/shooting arm forward* and finish the movement with a stretched arm...



...a final movement in the *wrist/fingers* gives the ball extra speed and the chosen direction.



First time players will exclusively dispatch the ball while *both passing and shooting in an arch line*, resulting in lost of speed and power for the ball. By *dispatch the ball in a straight line* it will get more power and speed, a good dispatch can lead to winning meters or seconds against the opponents.



*throwing while jumping* will bring more power to the ball.

In Sweden this cancellations are called *straight line postmarks*, used between 1819 and 1830, registered free letter from Örebro.

3.2 Handling the ball, is how handball is played by...

...throwing the ball

Jump throw

The overhand throw is the basic throw that is involved in the jump throw.



In the jump throw you either want to get as high as possible by a vertical jump...

Or you want to do a horizontal jump to get as far as possible i.e. to jump in to the goal area and get close to the goalkeeper.

By using the whole body in the throw more energy will be created.



Misprint, broken "O" in "MONTREAL" in 4-sheet with 3 normal ones. Position in whole sheet lane 5 column 1,



...the harder you will throw the ball. And the faster the ball will get leaving your hand.



The harder you push your arm...

3.2 Handling the ball, is how handball is played by...

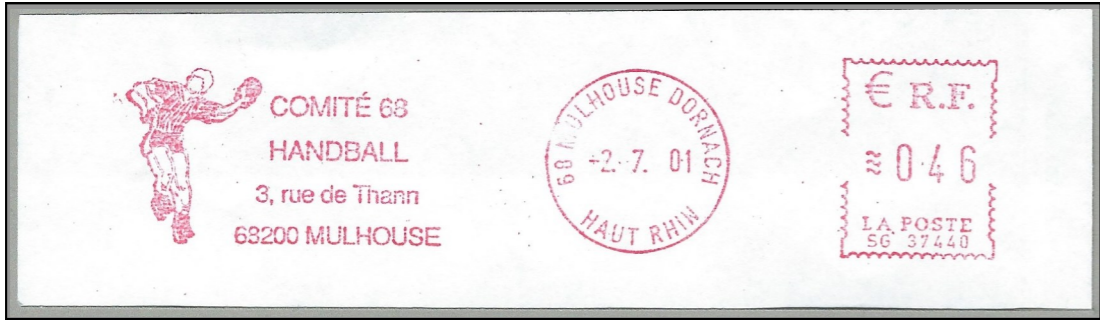
...throwing the ball



It's an advantage to have the ability to shot with booth right and *left hand*. The defense are almost always attentive on right hand in the throw, therefore have left-handed players more space.



Players can build their whole carriers by playing with left arm i.e. *the Swedish pivot player Per Carlén*.



The underarm throw is an throw carried out by the arm moving under shoulder level.



Variation of thorows



*Stride jump throw*, this is mainly used by the offence players during a group tactical attack. The performance of this shot is preceded by a cross-legged jump or a jump towards the goal.



The throw is preformed by rising the arm up to the shoulders and lower it against the waist and there let the ball go.

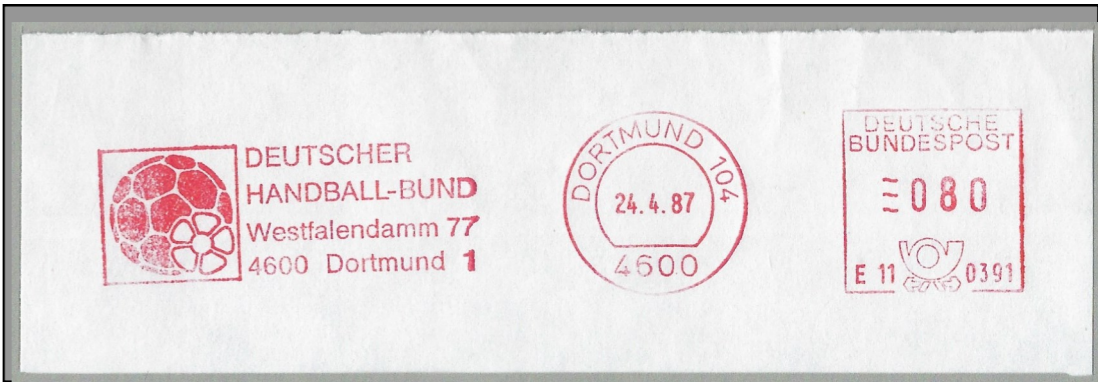


The spin throw is a type of shot with the ball changing direction when bounces back from the floor.



The goalkeeper cover up the most of the middle part of the goal. To aim for the left or *right long sides*...

... or *the upper corners* often result in goal. For the referee to accredit the goal the *whole ball* need to be inside of the goal.



4.1 The Different phases of a game of handball

...moving up the court

Match day

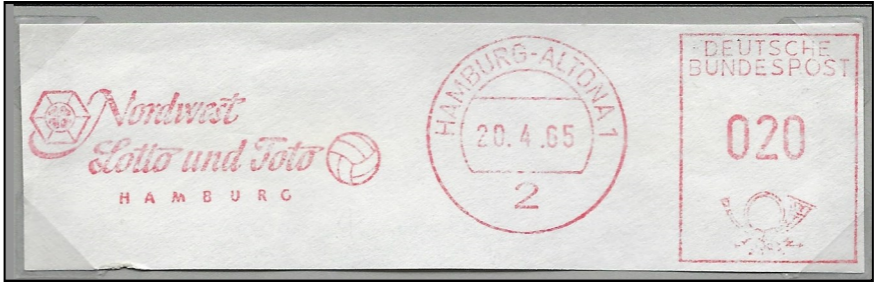
A handball match on national level is often arranged by a regional federation or sometimes the national handball federation.



Before a game of handball you need to stretch your *stiff fingers*.



In fact you *stretch all of your body*. After stretching and warming up the body will be *more agile*. A stiff body is more likely to be injured.



Now days a handball match is a event with media coverage, journalists and photographers.



A handball fan culture have developed. Spectators buying scarf's, t-shirts and merchandises are big business.



THW Kiel has the most eccentric fan culture, with 10.000 spectators each game.

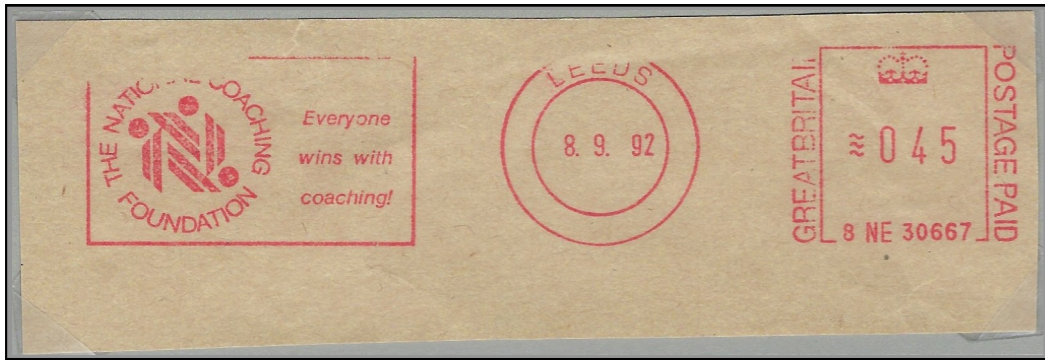


Entering the arena the two teams greet each other. The team captains greet the referee. The referee decide which team should start playing.

4.2 The Different phases of a game of handball

...getting within range

The team coach usually come up with a game system which the backcourt player manage by starting different movements in the game.



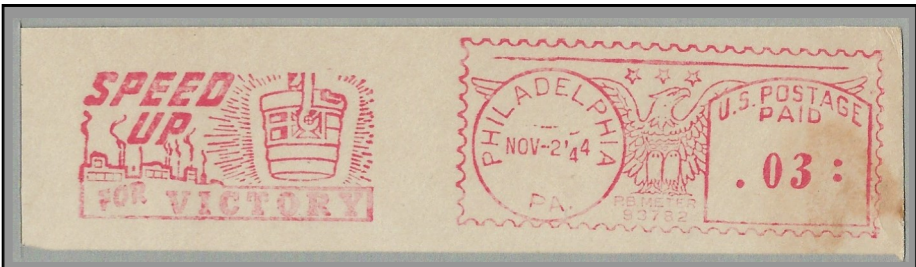
Center back court



By moving forward to the defense in a high speed do the attackers increase the tempo of the game, which make it easier to get through the defence.

Copy of reverse

The New Zealand 1893 1st issue advertisement stamp. In 1893 the New Zealand post approved to print advertisement on stamps to earn money. About 20 companies printed their advertisement from February 1893 up to October 1893. The advertisement where printed on the stamp before putting on the gum.



The back court player is the game maker. He can choose to pass the ball, he can start the game by going left or going right...



...he can also choose to shoot the ball by him self.

Before throwing the ball he need to now where to address the ball.



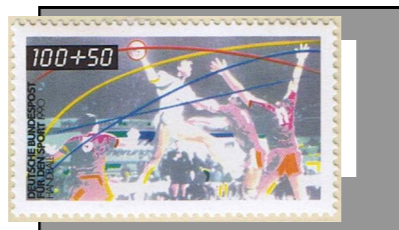
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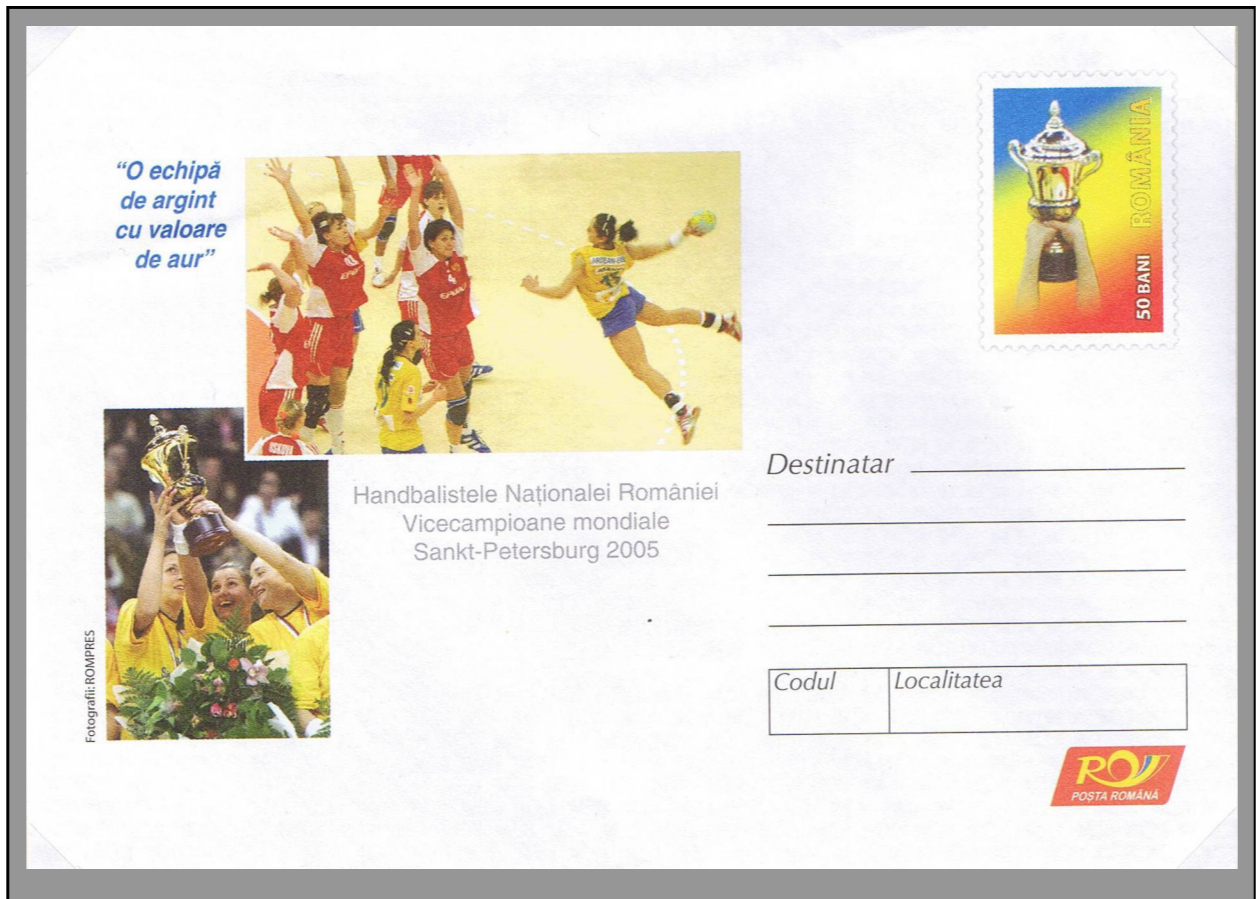
4.2 The Different phases of a game of handball

...getting within range

Left and right back court players



The attackers should work as fast as possible *forward* and then pass the ball. It will result in involving all players in almost working like projectiles against the defense.



The most common way for the backcourt players to score is to make a *jump-shoot*.



the attackers use standardized attack patterns usually involving crossing and passing between the back court players.



The left and right backcourt players get the ball from the *center backcourt*...



...and play the ball to the *right and left wingman* players or back to the center.



Every situation demands *different solutions* in how to outwit the defenders.

