

# This is Handball

## - a crash course in how modern handball is played

### Aim of the exhibit

This exhibit aim to educate you about the sport of Handball, its history and how it is played. Modern Handball is a term used both on the sport itself and how it is exercised in its tactics and game play in present time, developed after the introduction of the International Handball Federation in the 1950's.

### 1. The history of handball ... 8 pag.

1.1 ...began long time ago by forerunners to modern handball

1.2 ...took a new direction in Northern Europe in the turn of the 19th and 20th centuries

1.3 ...is still evolving and spreading in the world

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2.5 ...its regulatory

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3.2 ...throwing the ball

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4.1 ...moving up the court

4.2 ...getting within range

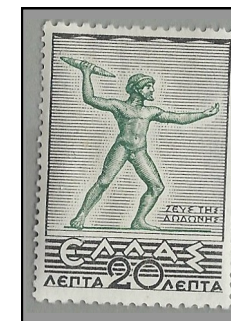
4.3 ...team attack against organized defence /40 pages

#### References of special interest

- W. Lyberg 1953. Boken om Handboll
- B. Ahlbom 1948, Sportens lille jätte
- E. Jansson mfl 1990 Handbollens historia och utveckling
- G. Bethke 1995, Handball in der Philatelie
- A. Bergström 2007, Handbollens fysiska träning



The specialized movement of the extremities especially the throwing arm became one of the most important weapons in ancient time by throwing *javelins* and *stones*.



Visible on *cave drawings* is hunting scenes where the humans is *running* and *jumping* after its kill. Throwing - Jumping - Running is fundamental movements for handball play.

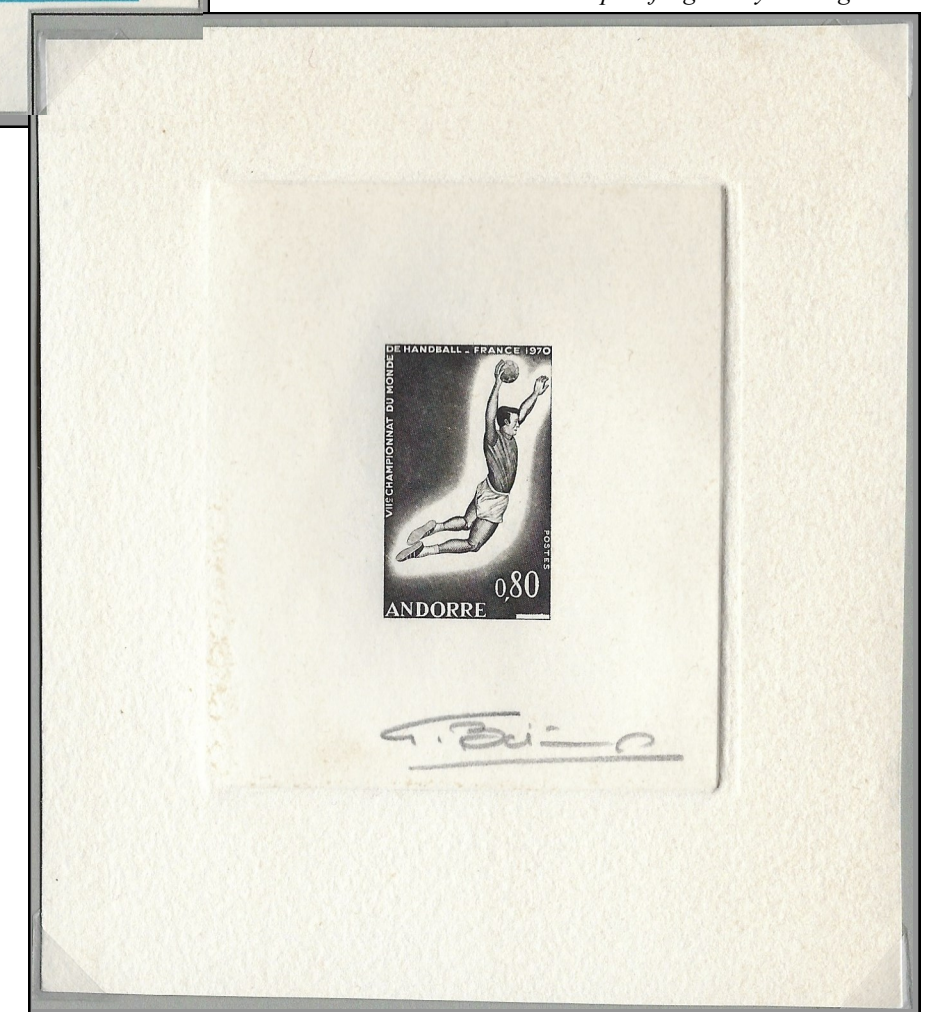


### The Basic Movements of Handball

If we want to research the progress of handball we have to go back thousands of years because the fundamental movements of Handball developed simultaneously with the evolution of human being.



Die proof signed by the engraver.



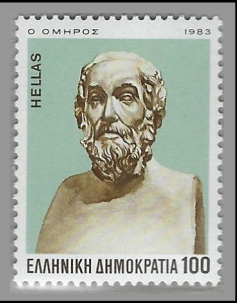


1.1 The history of handball...

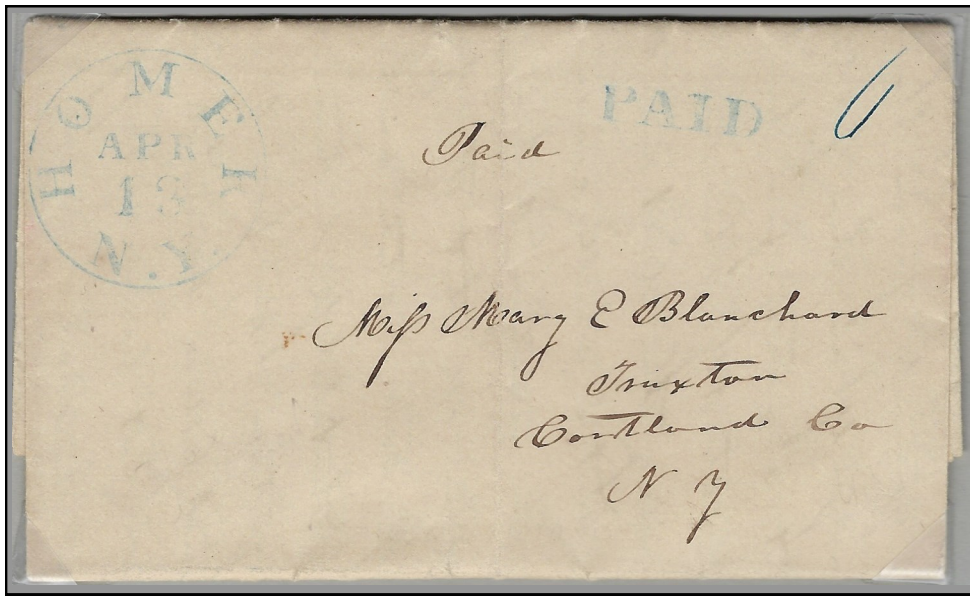
...begins long time ago by forerunners to modern handball

In ancient time appeared a *crude form of ball* which was instrument for play and fun. As a result throwing was no longer just a activity of survival.

Homer mentioned the hand-played ball game called *Urania* in his epic masterpiece, The Odyssey, where the players had to catch and pass a ball .



Urania



Pre-philatelic letter from the American town of Homer (named after the writer), Written in 1841 . “paid” noted for domestic postal rate 6 cents.



In the Middle Ages, sport started to become a part of life for man. The nobles built special exercise halls called Ballhouses, where apart from playing tennis (Jeu du paume) we also find a primitive form of Handball.

Handballstyeled games goes back to antiquity

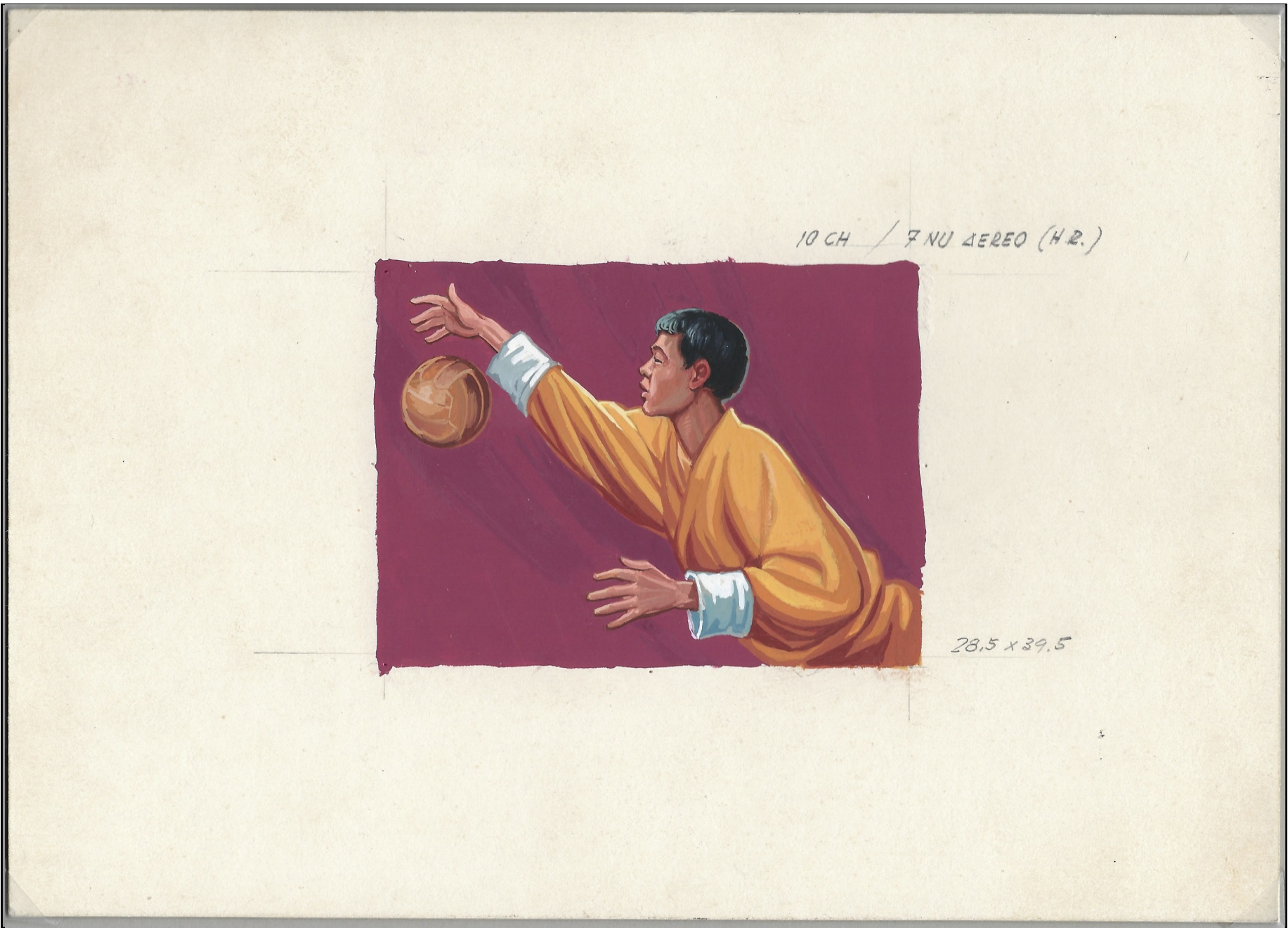


Outside Europe games played by hand with similarities to modern handball have existed in all times, both for fun and competition.



Also visible on a few ancient Roman *pitchers* were drawings of hand-played ball game called *Harpaston/Episkuics* where the aim of the game was to throw the ball over a fixed line.

Original artwork in oil paint with adopted design.





1.2 The history of handball...

...took a new direction in Northern Europe in the turn of the 19th and 20th centuries

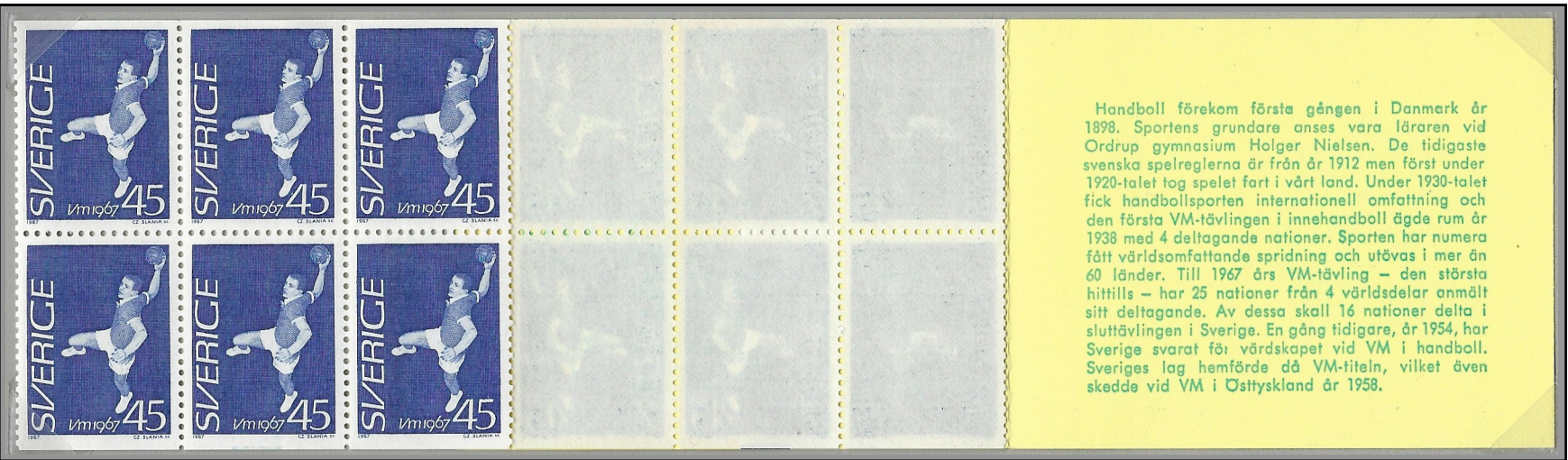
The origin of the modern sport that we today call handball is diffuse. But a generally accepted birth place of the sport is Copenhagen, Denmark.



A popular activity for the Ordrup grammar school pupils during class break was to *play football*.



Modern handball was born at Ordrup grammar school



Stempelbild

07.1.52

Lawa-Glas

040

Günter Lawaczek K.G. Bonn / Düren

DEUTSCHE BUNDESPOST

Francotyp: Cc 2504 Kennzahl:

Firma: Günter Lawaczek

Post: (22c) B o n n 1

Motor Nr. Volt PS

Uebersetzung: Motor Masch. Riemen

Geliefert: 8.1.1952

Wertkartenbetrag: DM 100,--

Postschlüssel: Permutationsnummer: K 2629

Klischee: 1 auswechselb. fest

Spezialeinrichtungen:

Merkmale:

217.476

Stolzenberg. 3000. 4. 51

The principal at the grammar school forbade the pupils to kick ball on the schoolyard. The teacher *Holger Nielsen* invented a new game for the football playing pupils. A new concept was presented where the ball was played by hand.

The first rules of the game was presented by Mr. Nielsen in 1906, now schools could compete each other in the game.

ROMÂNIA 150L

TABĂRA NAȚIONALĂ DE FILATELIE A ELEVILOR BUCȘOAIA: 25 iulie - 3 august 1996

BUCȘOAIA, JUDEȚUL SUCEAVA Tabăra școlară

Destinatar \_\_\_\_\_

Strada \_\_\_\_\_ Nr. \_\_\_\_\_

Blocul \_\_\_\_\_ Scara \_\_\_\_\_ Etajul \_\_\_\_\_ Apart. \_\_\_\_\_

Sector \_\_\_\_\_ Județul \_\_\_\_\_

Codul \_\_\_\_\_ Localitatea \_\_\_\_\_

Meter draft card for company, with the company's logotype produced before purchase of the machine for the buyer with technical data of the meter.



Broken window

Mr. Nielsen had invented a sport to prevent *windows to be broken*. By prohibit the pupils to play the ball *by foot* and instead play it by hand, they had more control on the ball. A lot of money was saved for the school by not needing to invest in *new windows*.



School boys playing handball outside

The sport became more popular and spread all around Copenhagen and to other parts of the country. Eventually it spread to Germany and development of the sport took off,



1.2 The history of handball...

...took a new direction in Northern Europe in the turn of the 19th and 20th centuries

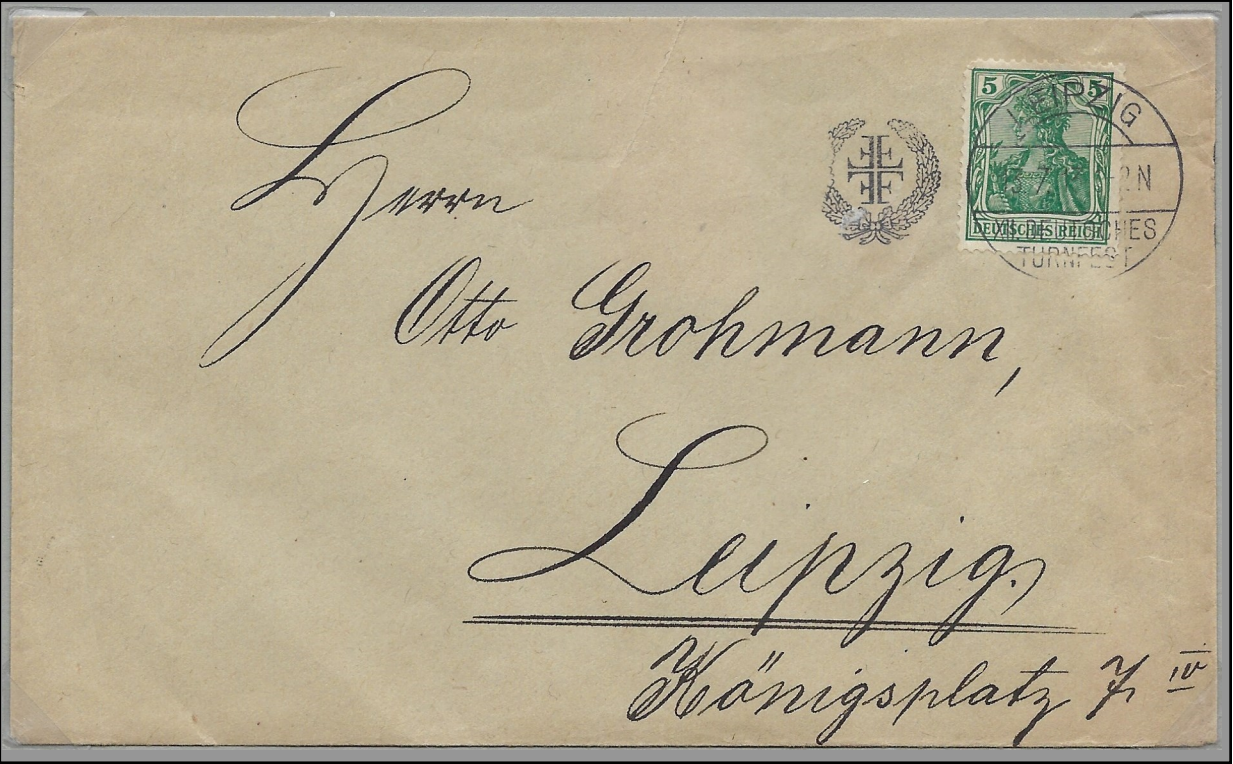
The sport of handball, then called Torball developed mainly in Germany and Denmark during the beginning of the 20th century.



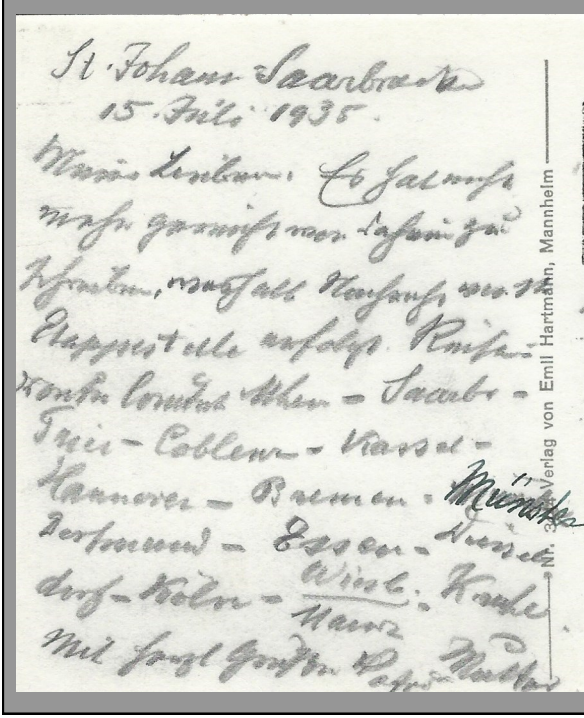
Different names on the sport accord around Europe. Hazena, Torball, Ballonmano and so on. The Swedish name Handball became inspiration for the international name of the sport; Handball.



The earliest years of Handball developing in Germany and Denmark

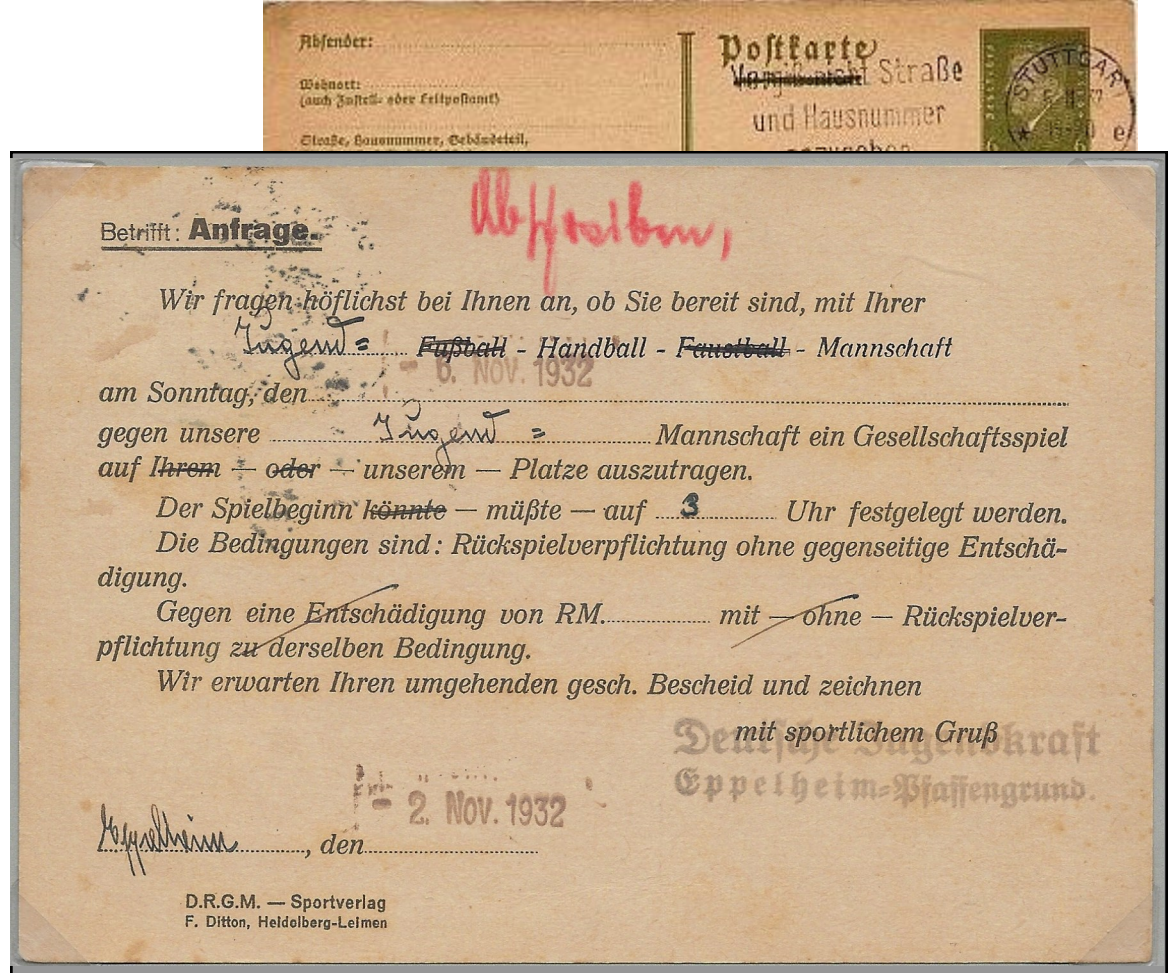
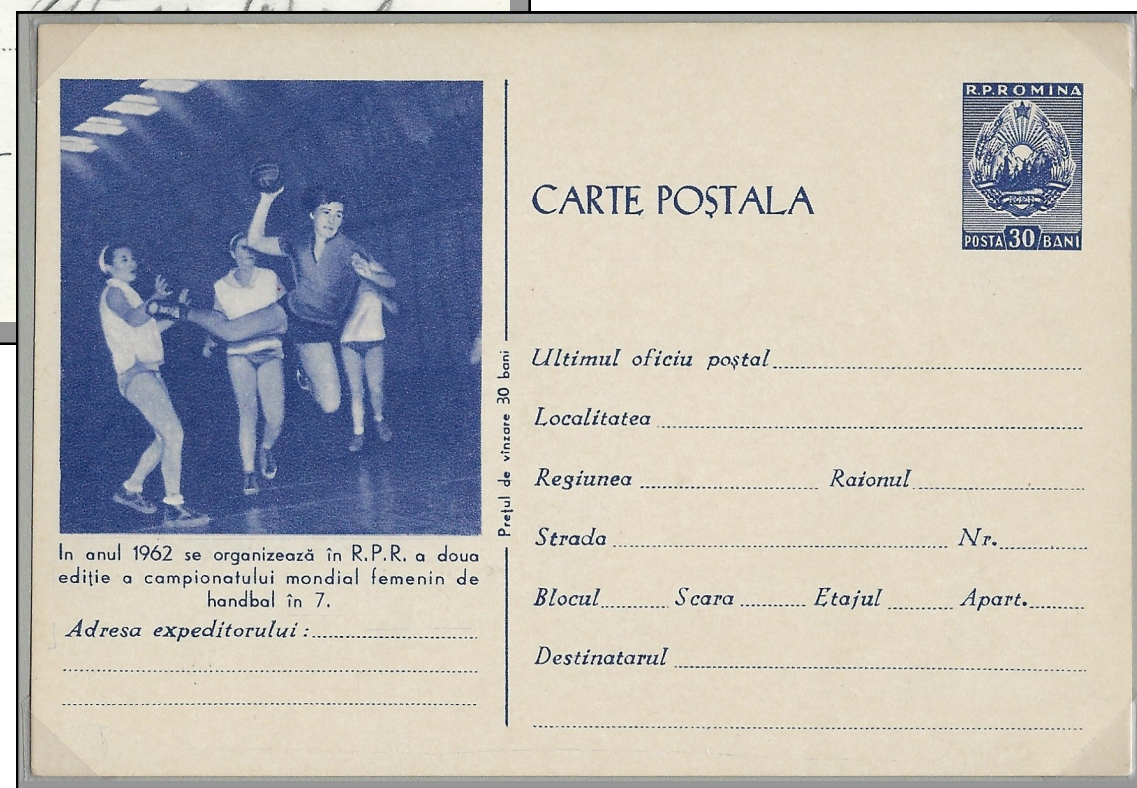


The national organization of Gymnastics in Germany (Deutsche turnerschaft) also organized sports for workers, sports such as Football and Handball. Organized Turnfesten was held every year to designate a German champion in outdoor handball.



Deutsche Reicsbundes Leibesubungen took over as national organizer of sports and handball in In 1930's Germany.

In the navy gymnastic halls was used for playing handball indoors. A parallel development of playing handball indoor was initiated. Which resulted in the sport we know as handball today.





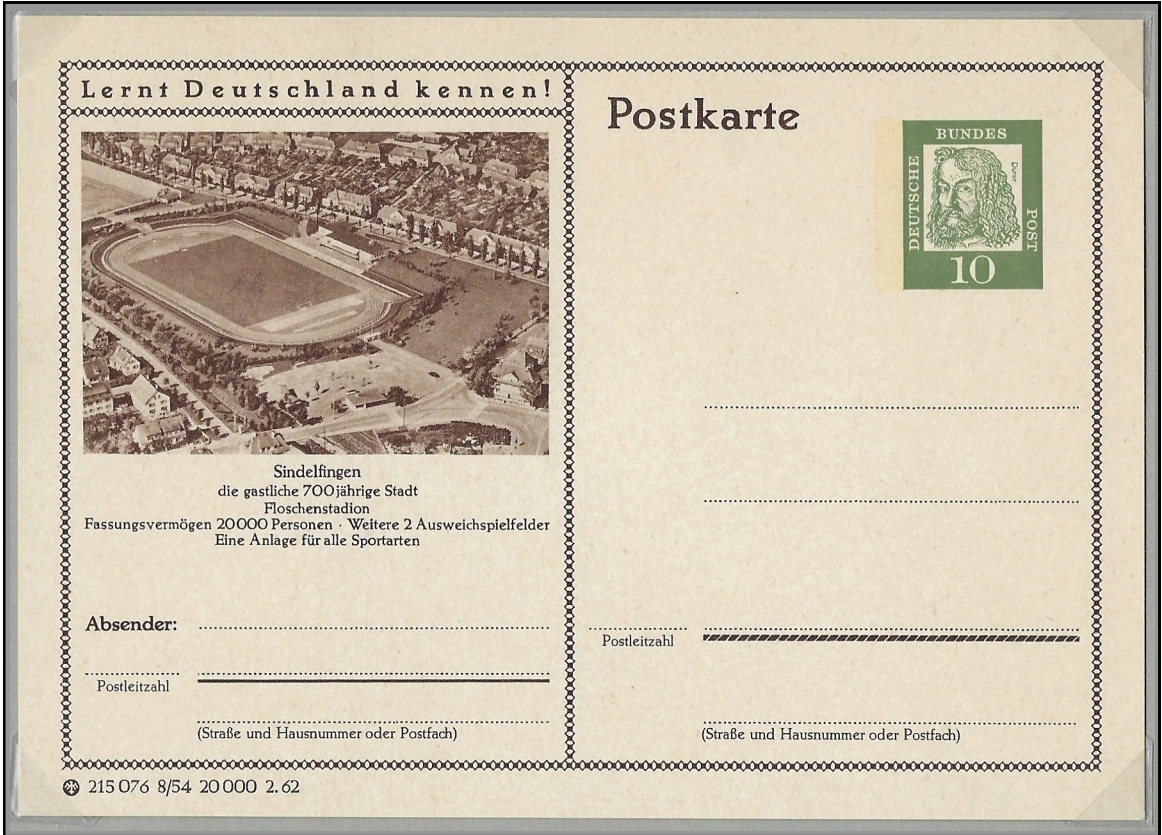
1. 2 The history of handball...

...took a new direction in Northern Europe in the turn of the 19th and 20th centuries

In the early years of handball the difference from football was very slight. In fact often *football players played handball* as amusement after practicing foot-ball. An there for both the playing field and rules conceded for the both games.



Distinguishing from Football



Outdoor handball was played on a *foot-ball field*, using the same measurements 90x120 meters and with the same goals.



The goalkeepers had a hard job to defend the goal because of the large scale goalposts and because of the fact that the players had good control off the ball while playing it *by hand instead of foot*.



Handball allowed *body contact* and refused the players to take more then *three steps* holding the ball.



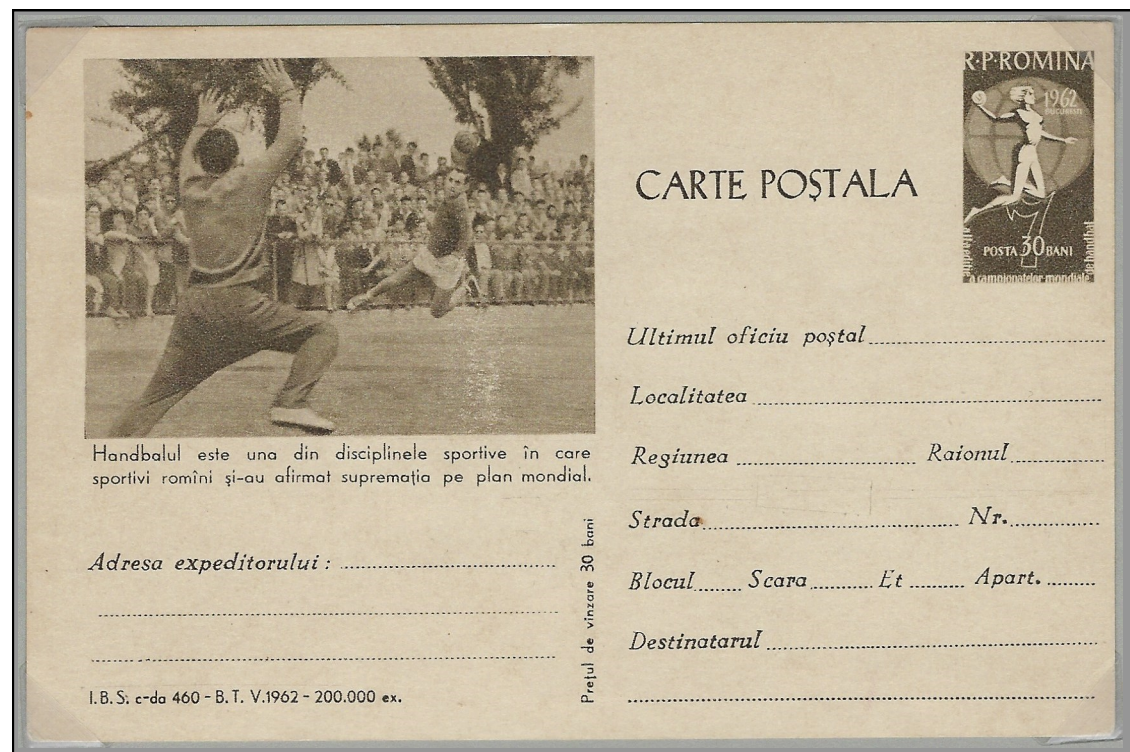
After years of developing rules handball more and more separated from football. But still the *playing field* was the same for the two sports.



### 1.3 The history of handball...

**...is still evolving and spreading in the world**

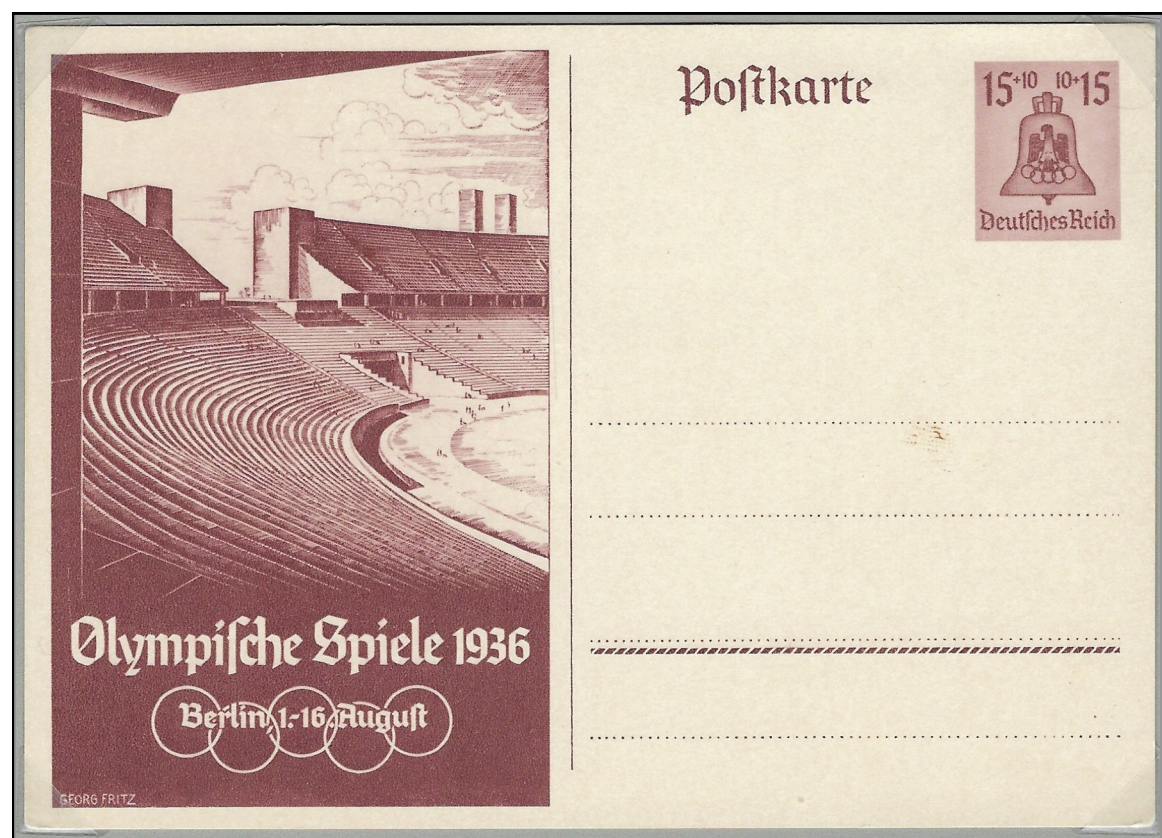
In 1926 the International Amateur Handball Federation was formed to improve international sport activities in Europe. The IAHF was an coalition of many sports played by hand such as...



## IAHF a step to international handball



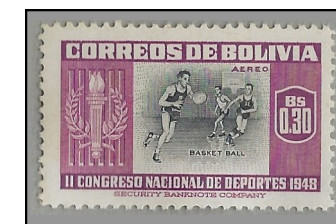
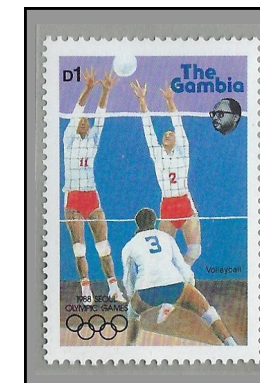
*...Outdoorhandball, Indoorhandball, Basketball, Volleyball and others.*



A primary goal for the IAHF was to introduce outdoorhandball to the Olympic games. in Berlin 1936 they were successful. The handball tournament was played on the football field at the *Berlin Olympiastadion*.



At the Olympic games in *London 1948* handball did not occur on the Olympic program. After WW II the IAHF had dissolved and the international work for the different handball games was now managed individually by new federations.





1.3 The history of handball...

...is still evolving and spreading in the world

Before the IAHF was dissolved. The first World championships I Handball was held in Germany.



Deutschlandhalle was built for the Olympic games in Berlin 1936. The interior was also suitable for playing indoor handball as well as political arrangements.



The first championships and the foundation of IHF

The first indoor handball WC took place in Deutschlandhalle, Berlin. 4 countries participated, Germany, Austria, Sweden and Denmark.



In summertime 1938 Berlin also arranged the WC for outdoor handball. 10 countries participated, and also in this championship Germany won. The WC and Olympic games had promoted handball, now the time was ready to establish a world wide organization.



International Handball Federation was founded in 1946 by 8 nations participated. Active in Switzerland ever since the IHF have arranged congresses all over the world to spread the sport of handball.



1.3 The history of handball...

...is still evolving and spreading in the world

Regular World Championships

The most important task for IHF was to arrange regular WC in both indoor- and outdoor- handball for women and for men. In 1952Switzerland arranged Mens outdoor handball WC .



In 1955 IHF also introduced WC for indoor handball.



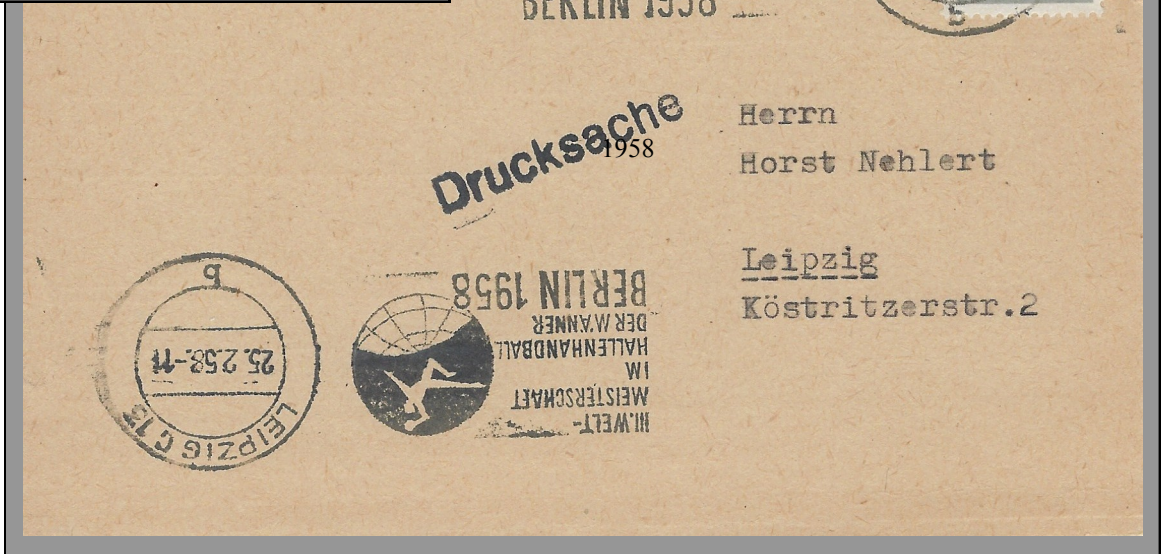
1956 was the first year for handball women to play WC in outdoor handball.



Indoor WC for women was played irregular from 1957 in 1962, 1965, 1973...



In the beginning of the WC history Germany was a big player that won many championships and arranged the most of them. After WC 1974 the German influence of international handball decelerated.



In 1963 Students WC was introduced in Sweden.

To promote handball world wide, IHF arranged championships for weaker handball nations, B- and C- WC 1976 - 1992. Often countries outside Europe got a chance to play on a international scale for the first time.



Sweden arranged WC for men in 1967, the interest of outdoor handball decelerated and there for no more WC in outdoor handball was arranged. From now on the sport is only named Handball and played indoors.

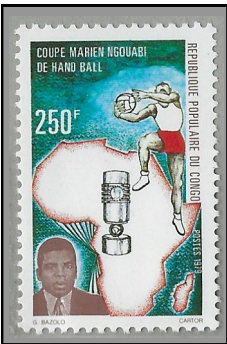


1.3 The history of handball...

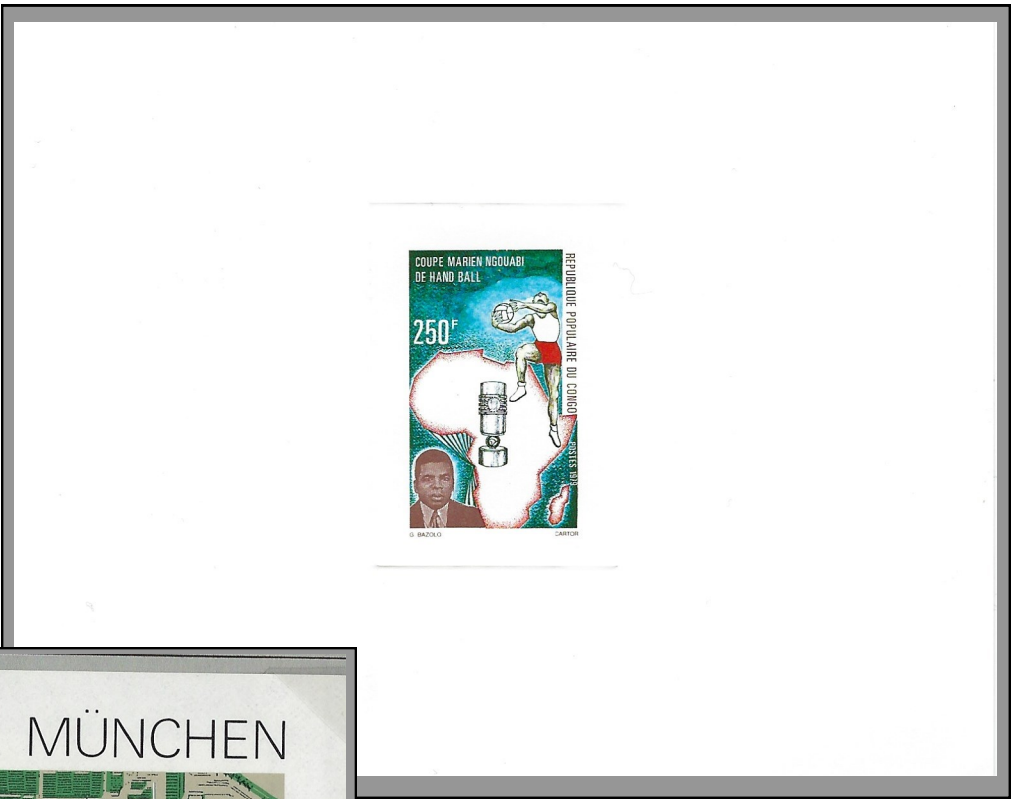
...is still evolving and spreading in the world

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.

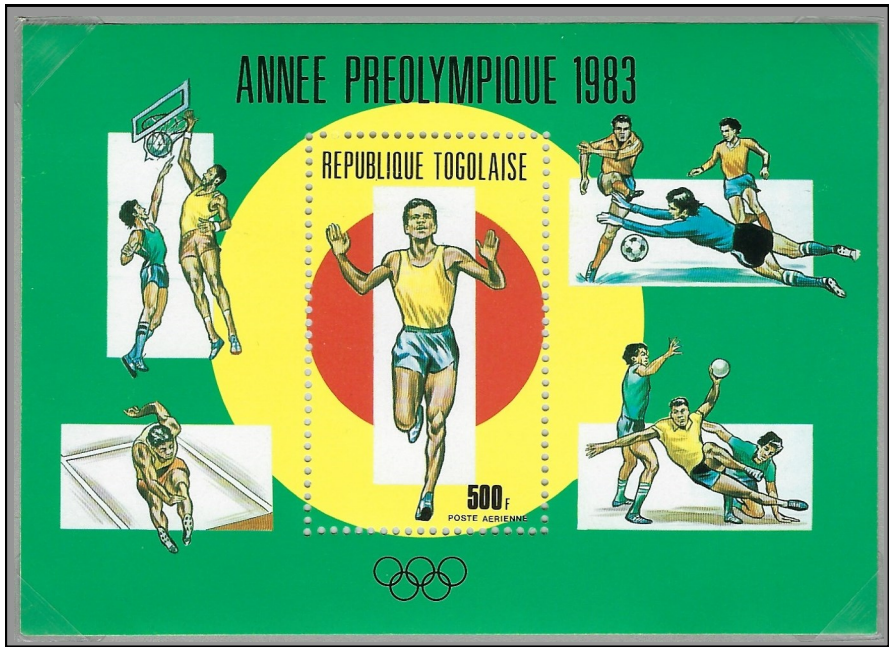
Being *taller than your opponents* make it easy for you to outmaneuver them.



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



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



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



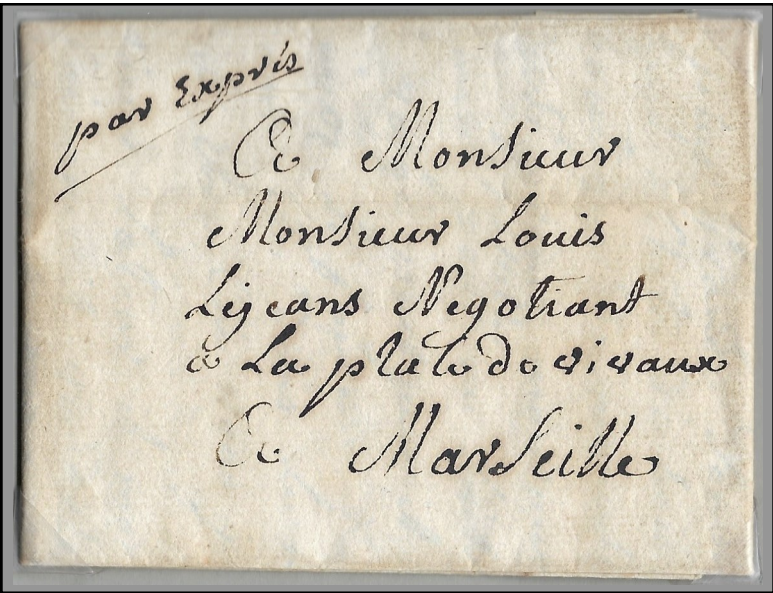
A handball player need to be a *fast runner* to speed up the game and i.e. succeed a *counterattack*.



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.





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


...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 \_\_\_\_\_


Codul \_\_\_\_\_ Loc \_\_\_\_\_



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!**

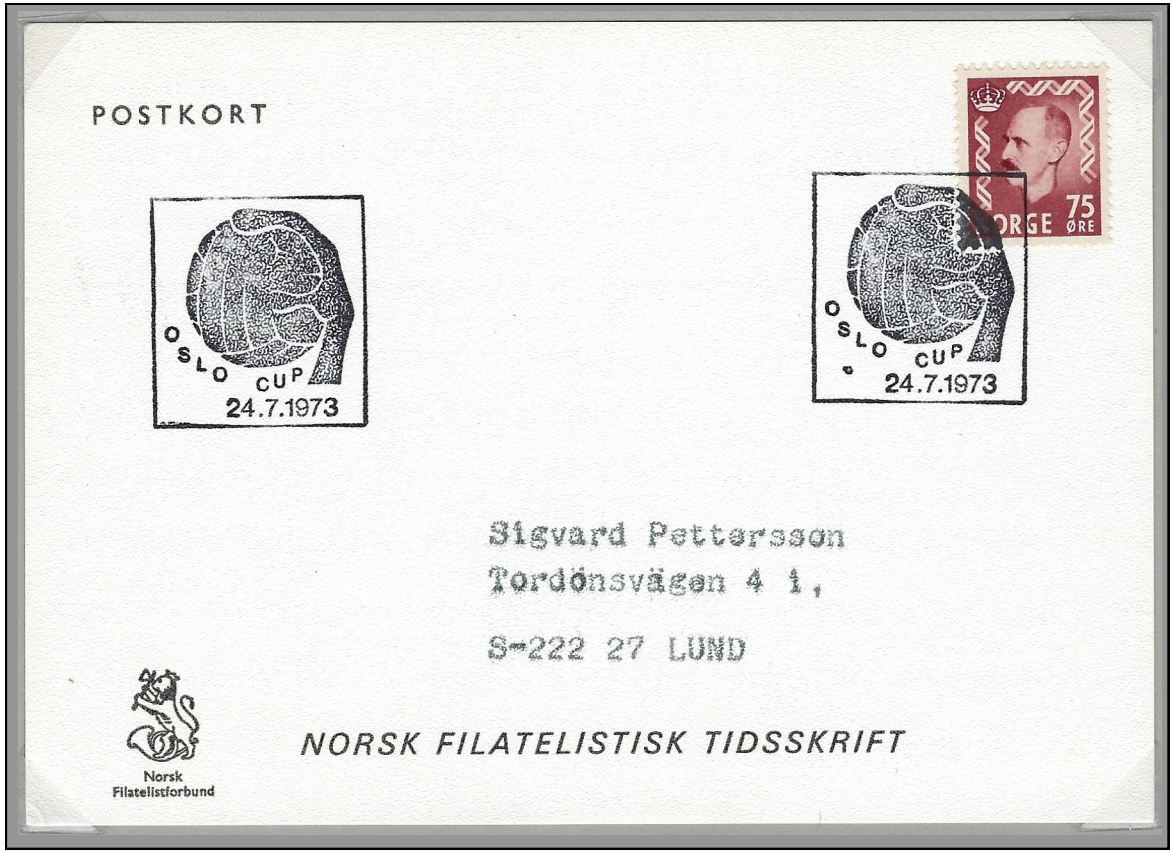




2.2 The sport of handball is formed by technicalities such as...

...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.

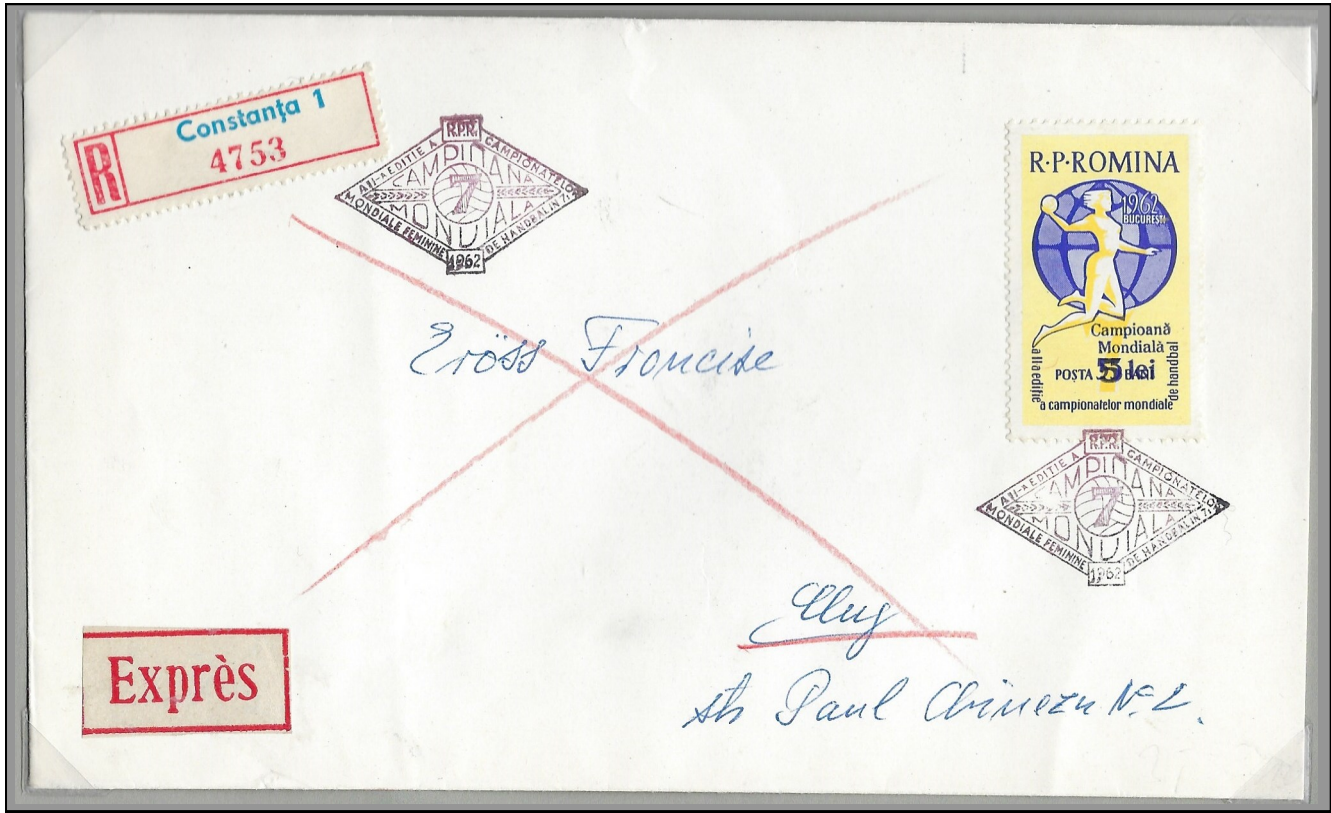
The regulations of a handball



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.



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

...a ball playable by hands

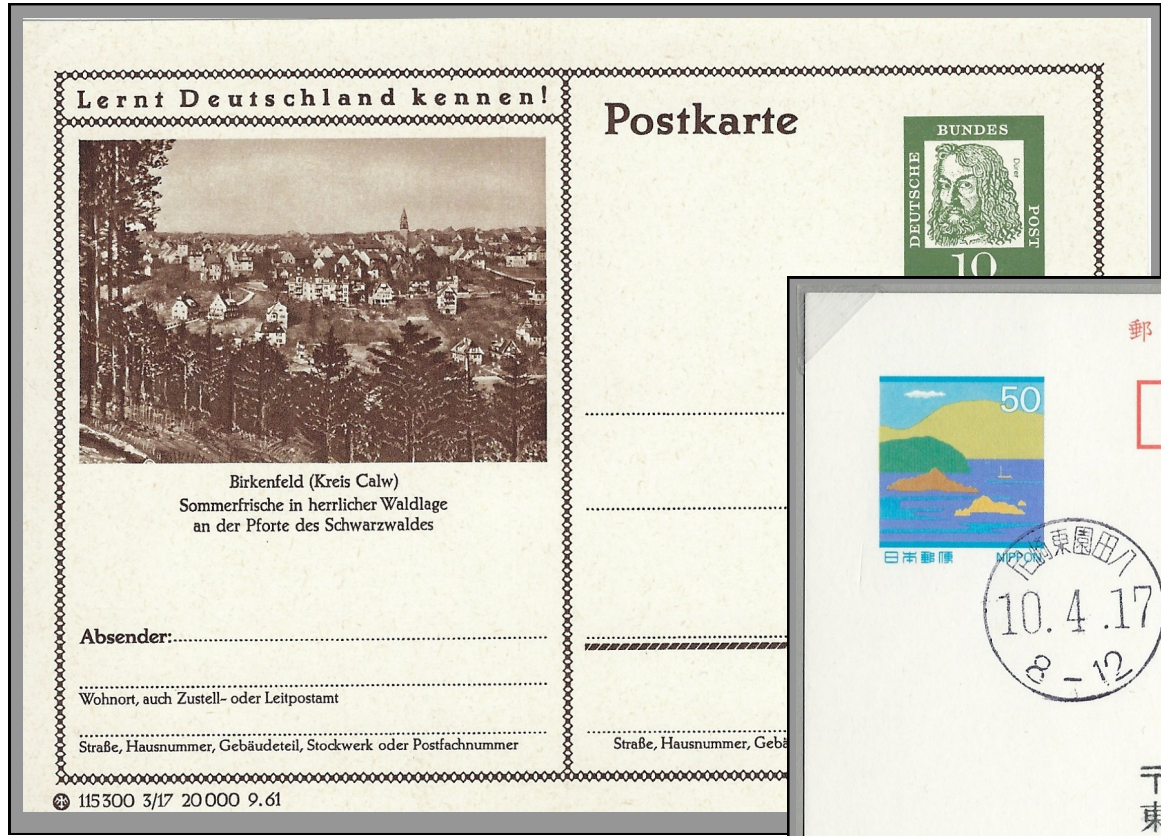
The handball is a quite large ball to handle by one or two hands. *As junior players* handball players may start use resin on their hands to get a good grip on the ball and not make it *slippery*.



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.





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.

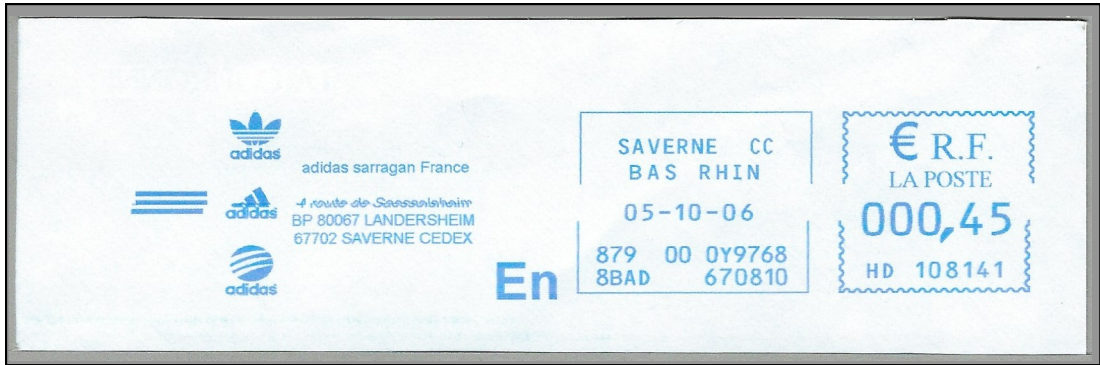
The goalkeeper need to have *different color* on his clothing from his teammates.



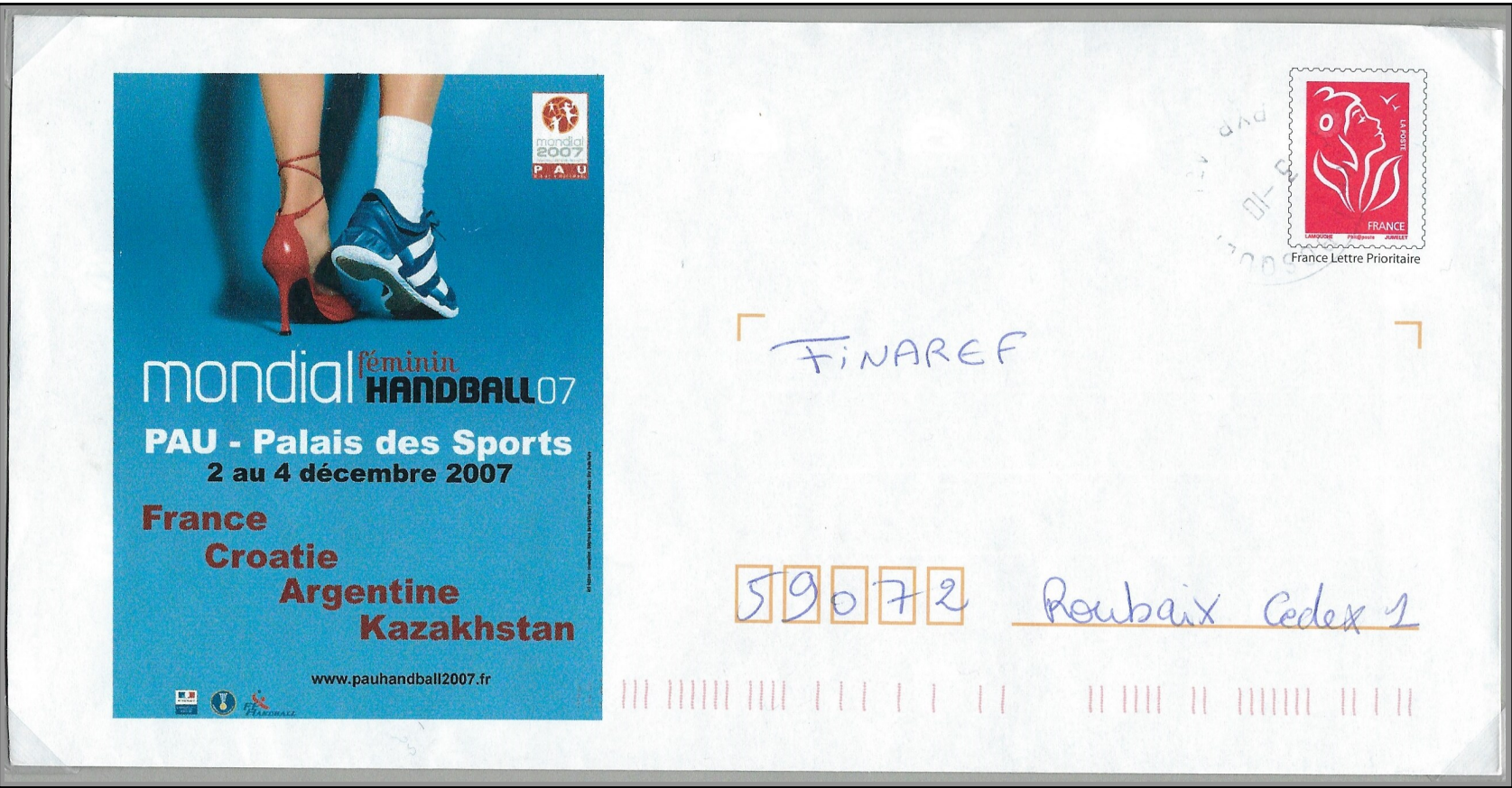
Special *sweatbands and headbands* for soaking sweat is allowed for handball players to use.



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*.



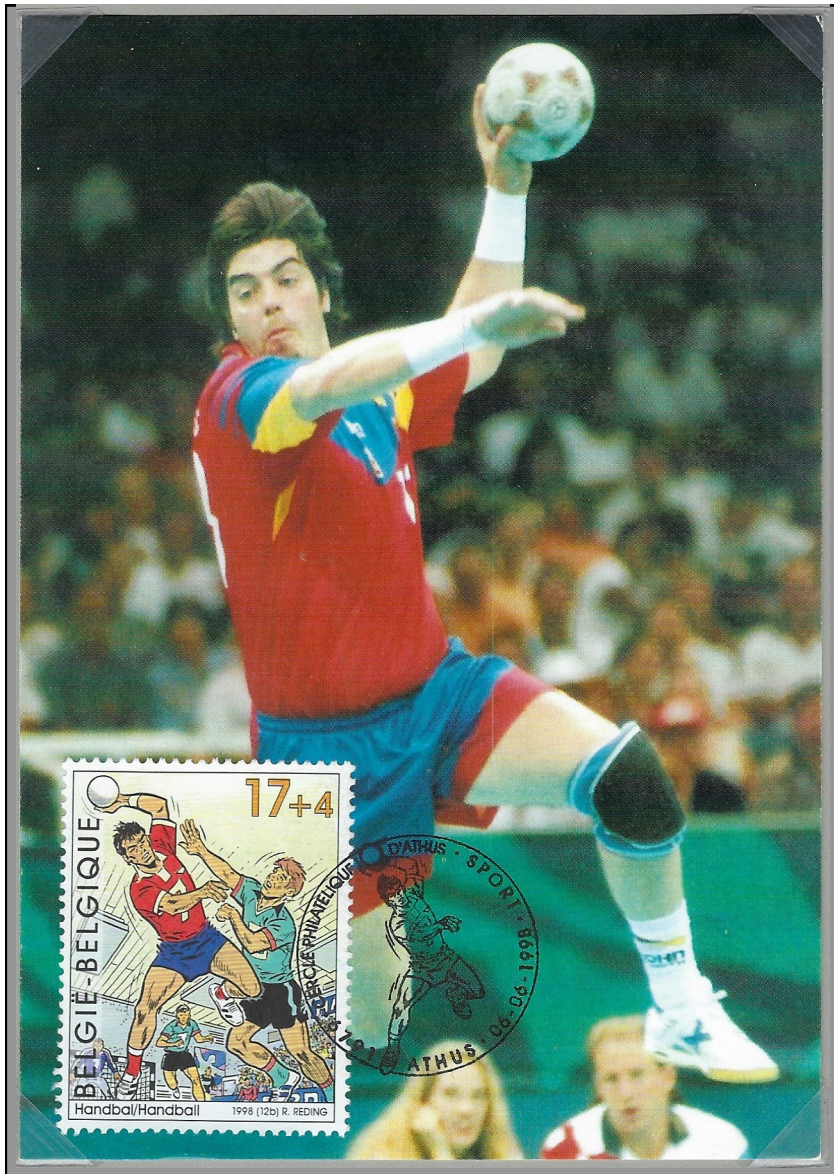
2.3 The sport of handball is formed by technicalities such as...

...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*.

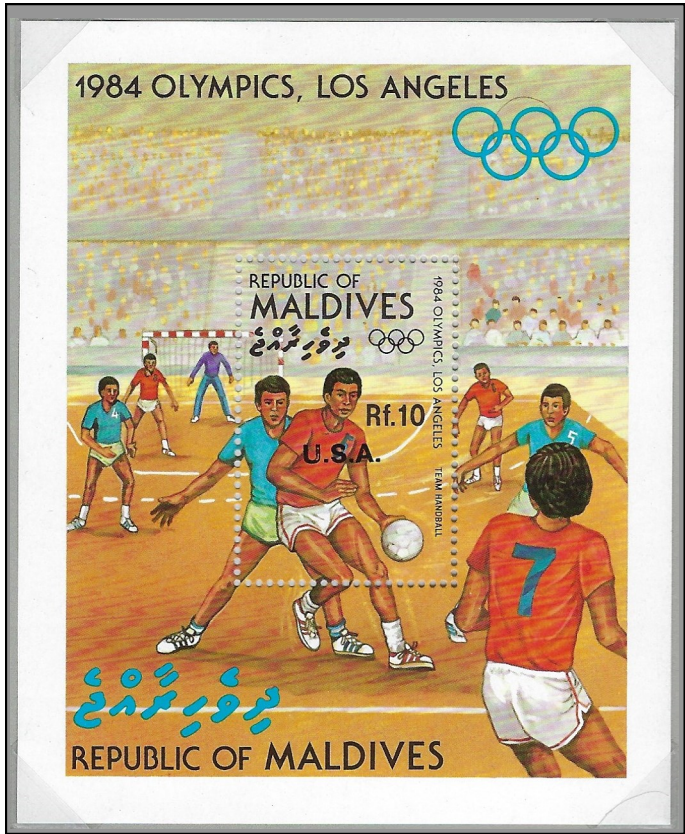




2.4 The sport of handball is formed by technicalities such as...

...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.

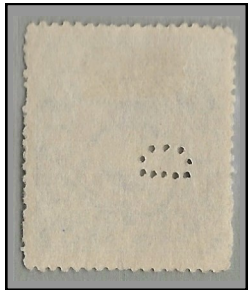
Court players may catch and touch the ball in the air within it as long as the player starts his jump outside the zone and releases the ball before he lands.



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 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.

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.





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

...the playing court and indoor arenas

The goal

Each goal has a circle clearance area of three meters in width and two meters in height. *The goal posts and the crossbar must feature a quadratic cross section with sides of 8 cm.*



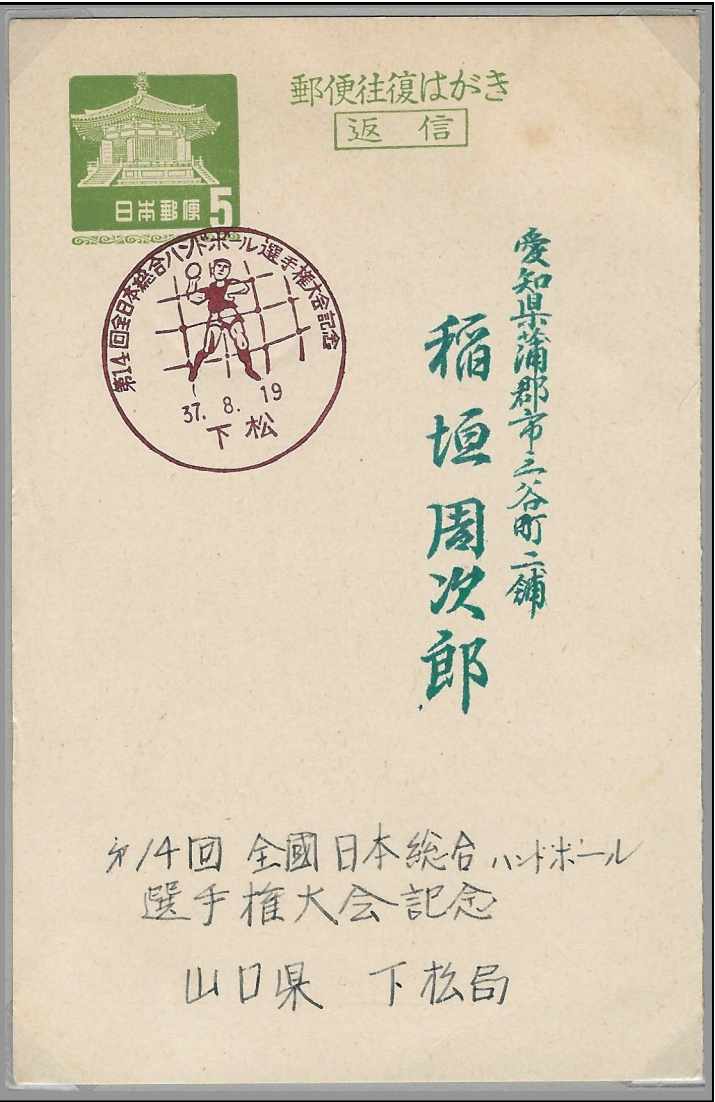
The goal posts and crossbar are always dashed.



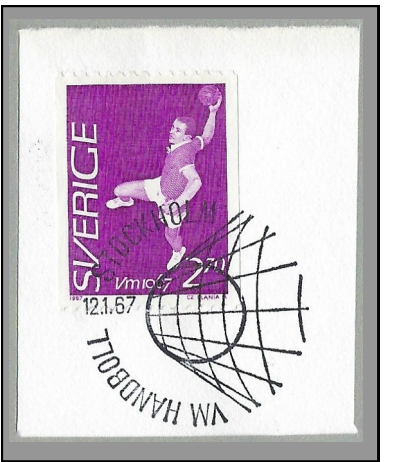
The three sides of the beams visible from the playing field must be painted alternatingly in two contrasting colors (*black, white or blue*) which both have to contrast against the background.



The net is based on a grid system of 10x10 cm large squares. It can be made of different fabrics are *hand knotted* and available in double and single color.



The goal keeper is the only player to access the goal.

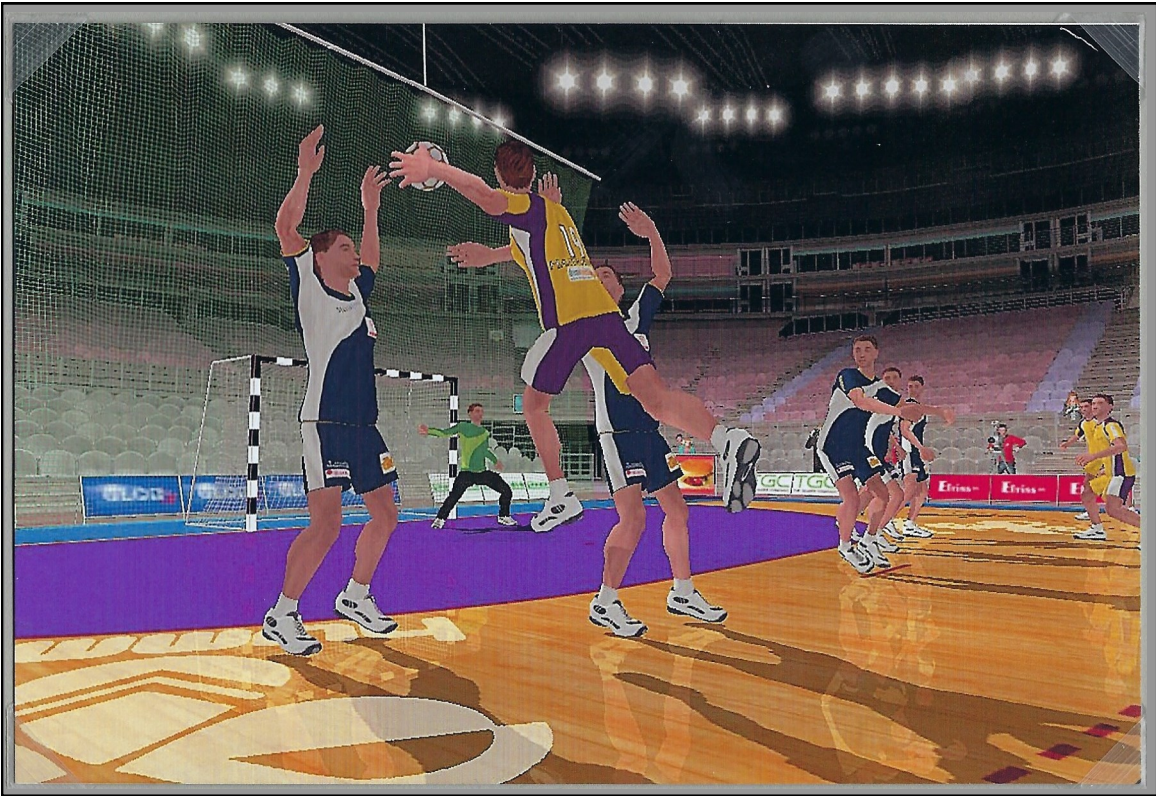


Each goal must feature *a net*. This must be fastened in a such a way that a ball thrown into does not *leave or pass* the goal under normal circumstances



The goal got an inner net to slow down the ball before reaching the goal net.

Often in larger handball courts a *large net* is fasten in the ceiling and cover whole of the base line of the court. Saving all balls that miss the goal.



The goal must be securely bolted either *to the floor* or *the wall behind*.

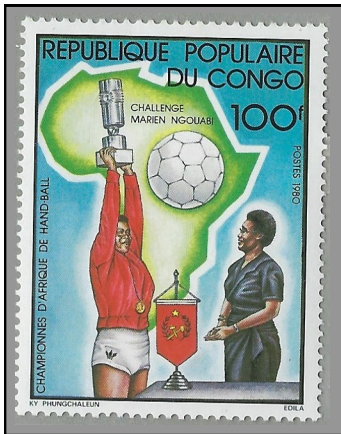




2.5 The sport of handball is formed by technicalities such as...

...its regulatory

The referee and his support



The referee is the authority of a handball match.

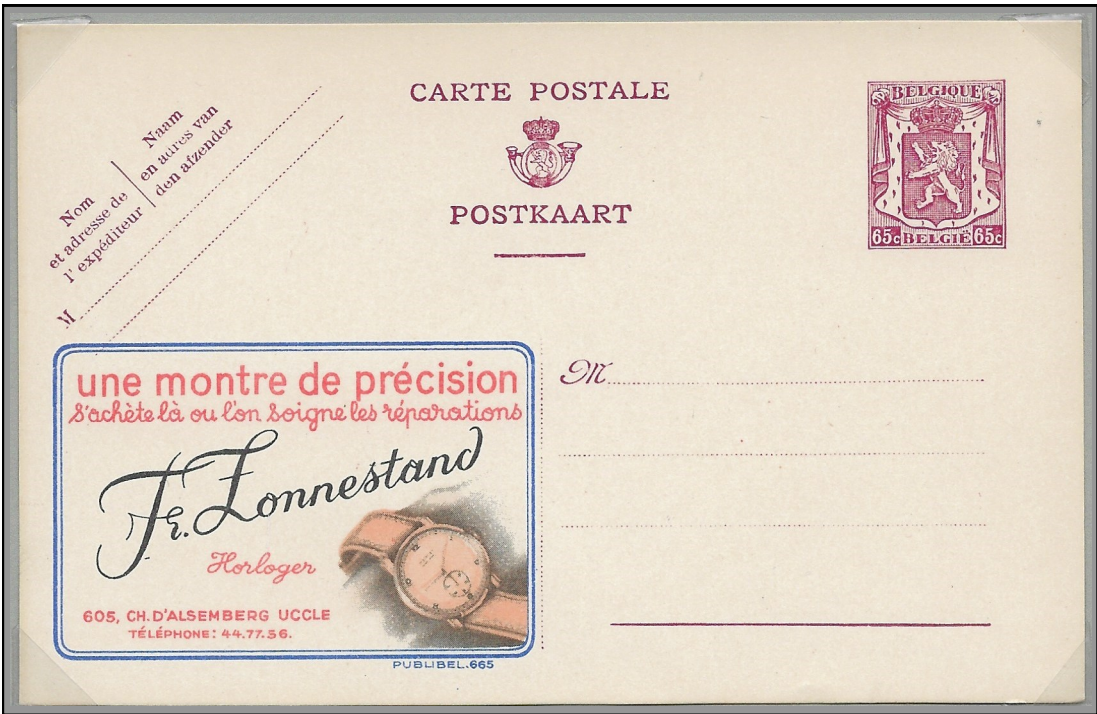


He is responsible to *determine a winner...*

...prevent the game from turning in to a *wrestling game...*



The referee is equipped with two instruments. First he need to have a *clock* which run perfectly.



...and no game of *rugby*.



The referee need to know *all aspects* of handball and regularly *educate* him self about the rules.



The referee is dressed in either *black* or *light*



The referee also is equipped with a whistle. He blow the whistle every time he make a judgment. To attract the players attention.

To his help the referee got a *time-keeper* and a *scorekeeper* check the time and note goals, penalties and personal penalties. To maintain the scoreboard.





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

...its regulatory

A standard match for all teams over 16 years is two periods of 30 minutes, total 60 minutes. With an interval of 10-15 minutes.



Each team may call one team *timeout* (Team Time Out) per period which lasts one minute. This right may only be invoked by team in ball possession.

By pointing with his hand, the referee show which team that should get the ball in an interference.



Conditions of the game



The referee may call *time out* according to his sole discretion; typical reasons are injuries and suspensions. This is necessary to avoid not time fly away.



At half-time, teams switch sides of the court as well as benches.

When time out is called the referee blows his whistle two times and raise his arms and form a "T" by laying his right underarm horizontal on his other vertical arm.



Out on the court are 14 players allowed to be present, 7 players per team. Each team endures of 6 field players and 1 goalkeeper. Breaking against this rules will result in a penalty.



When the attacking team don't use their opportunity to score and play on time has the referee the chance to stop them by raising his hand and if the players haven't throw the ball after 3 seconds the opposite team get the ball.



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

...its regulatory

If a *throwing player* would be disturbed in his action by a opponent he may be injured.



The Warning - Yellow card



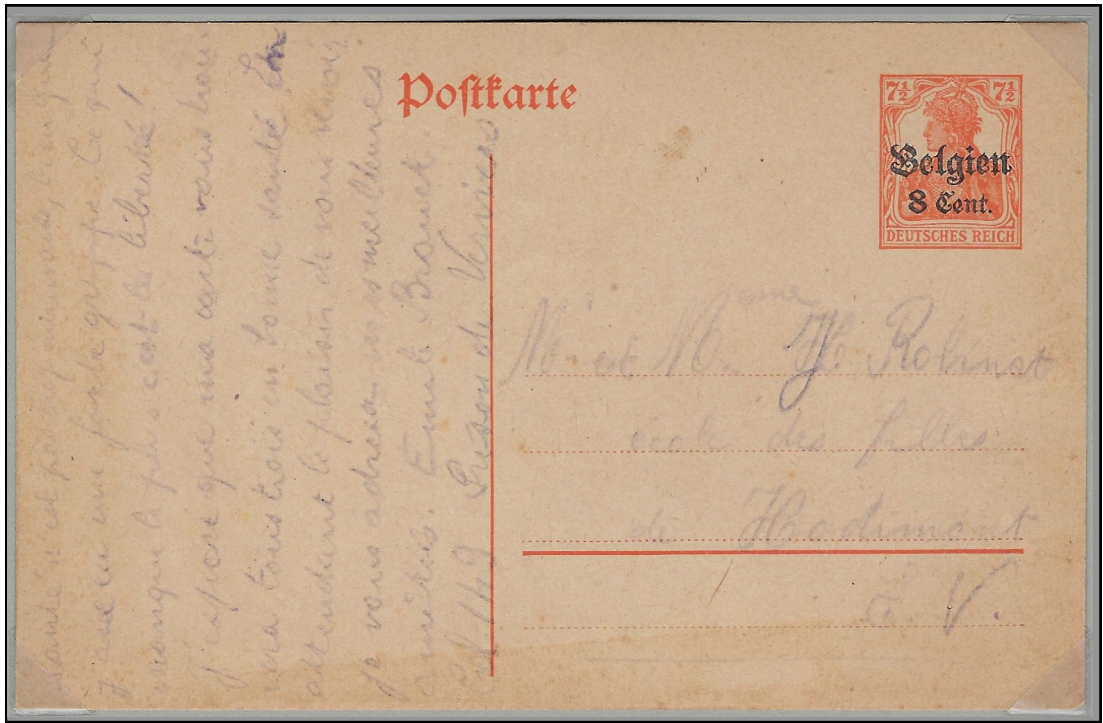
A correct performance of a defender is to *let go of the attacker* if he is aiming for the goal and have passed the defense.



To *follow the attacker* and affect his possibilities to throw the ball is considered as a foul.



Violating the goal area by *step on the 6-meter line* is penalized by a free throw for the opposite team.



The purpose of penalize violation of the goal area is to give the goal-keeper space to act. *The attackers is prevented to get to close to him.*



The defenders may only defend *in front of the attackers* and not *from the side*.



The referee will give a warning yellow card for an illegal action. A player can get only one warning before receiving a two-minute suspension.



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

...its regulatory

An illegal action direct mainly for the opponent and not the ball is penalized by a 2 minutes suspension.



10. Weltmeisterschaft  
im Hallenhandball der Männer  
23. 2. – 7. 3. 1982  
Bundesrepublik Deutschland

In rough situations illegal actions can be made without intention. This action will be penalized as if the player had intention.



Two minutes suspension



The referee blows his whistle and *put up two fingers* in the air and point on the player that will get suspended. One player is only permitted three two-minute suspensions; after the third time, they will be shown the red card.

A seven-meter throw is awarded when a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player.



The thrower steps with one foot behind the seven-meter line, he must keep one of his foot fixed at the floor .



If the player *move his fixed foot* the referee interrupts the seven meter throw and the ball is awarded to the opposite team.

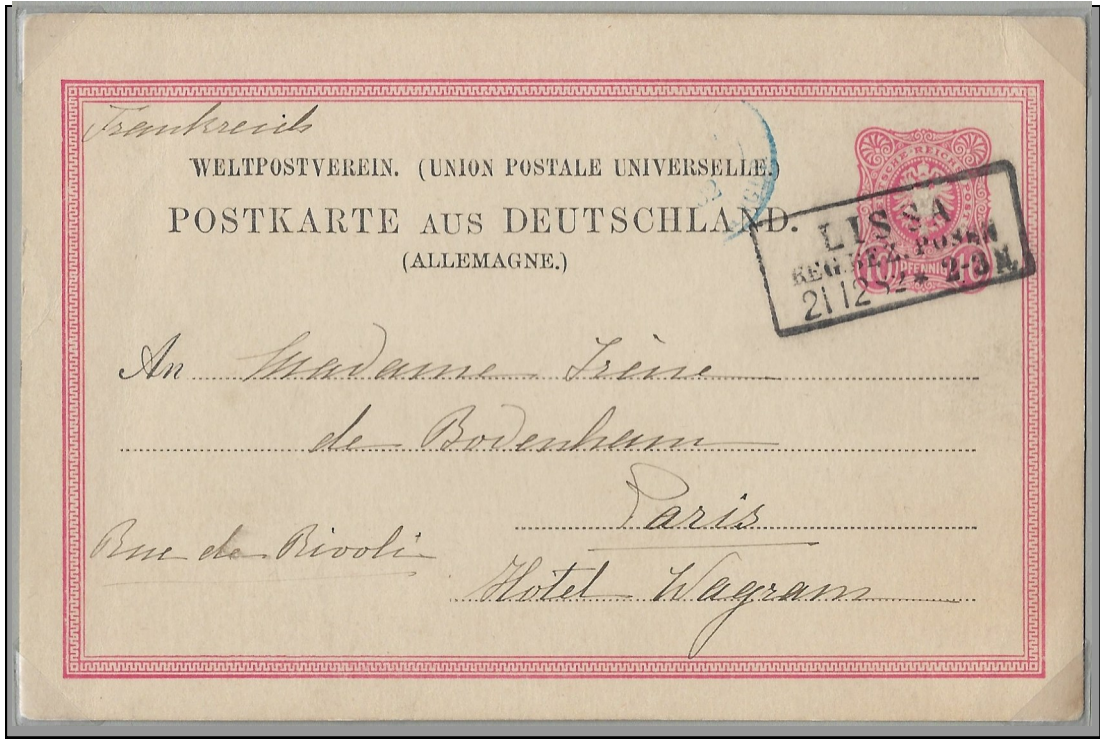




2.5 The sport of handball is formed by technicalities such as...

...its regulatory

The highest penalty to be given a handball player is Red card.



Red card and disqualification



The progressive rules stipulates that if you aim for the ball you receive a 2 min suspension, if you aim for the throwing arm you will receive a red card.



Pulling around the neck...

...drag from behind...

...or throw yourself against your opponent, all will be punished with a red card.

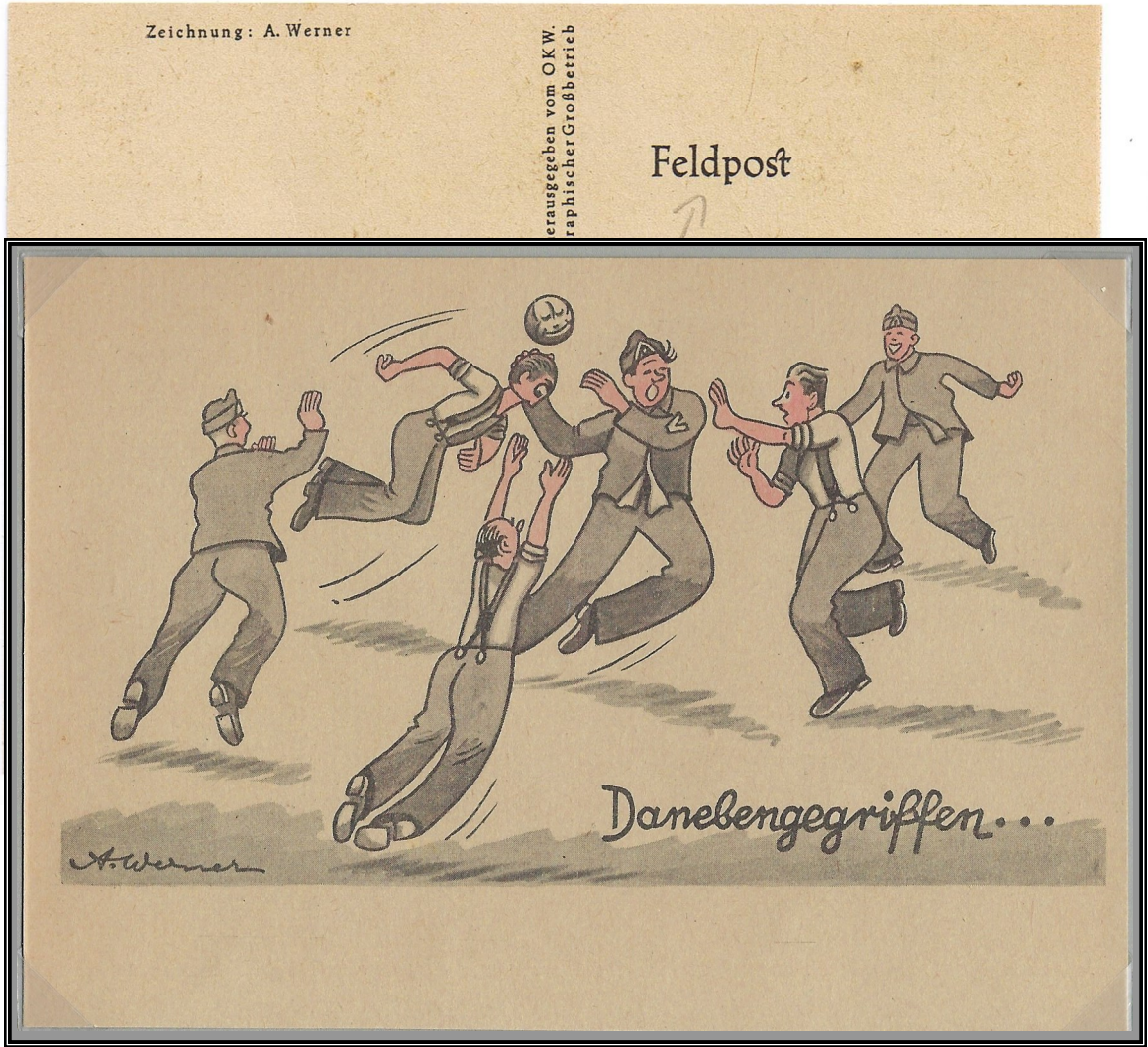


When receiving a red card you must leave the playing court at once and will not have the chance to play more time in the same match.



Atrocities that not belong to a handball court like banging or smashing someone's head, also kicking your opponent will result in a red card.

German military field postcard issued to be sent free of charge.



To shoulder your opponent from behind will result in a red card.



The first years - a joy of fun



The first contact with organized handball for the young potential players is assumed to be with a local handball club.

Most handball clubs manage some sort of *handball Scholl* where children are introduced to the sport.

After being introduced to handball the children will be put together to a coach-lead team.

The coach and the team will hopefully stick together for the future and develop handball skills and friendship.



The spirit of the first time in handball shoes should be described as "nice" with many smiles.



In the handball school often girls and boys met and learn the grounds of handball together.

One of the most important thing to learn for a handball player is to learn the meaning of fair play to keep up the big confidence for the sport.

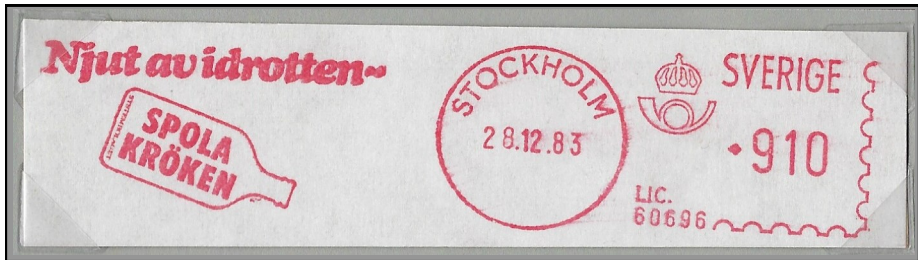




3.1 Handling the ball, is how handball is played by...

...learning how to possess the ball

Fundamental values



As a young handball player you need to learn the basics about handling the ball and the values of handball.



For the youngest players handball is a play not a game.



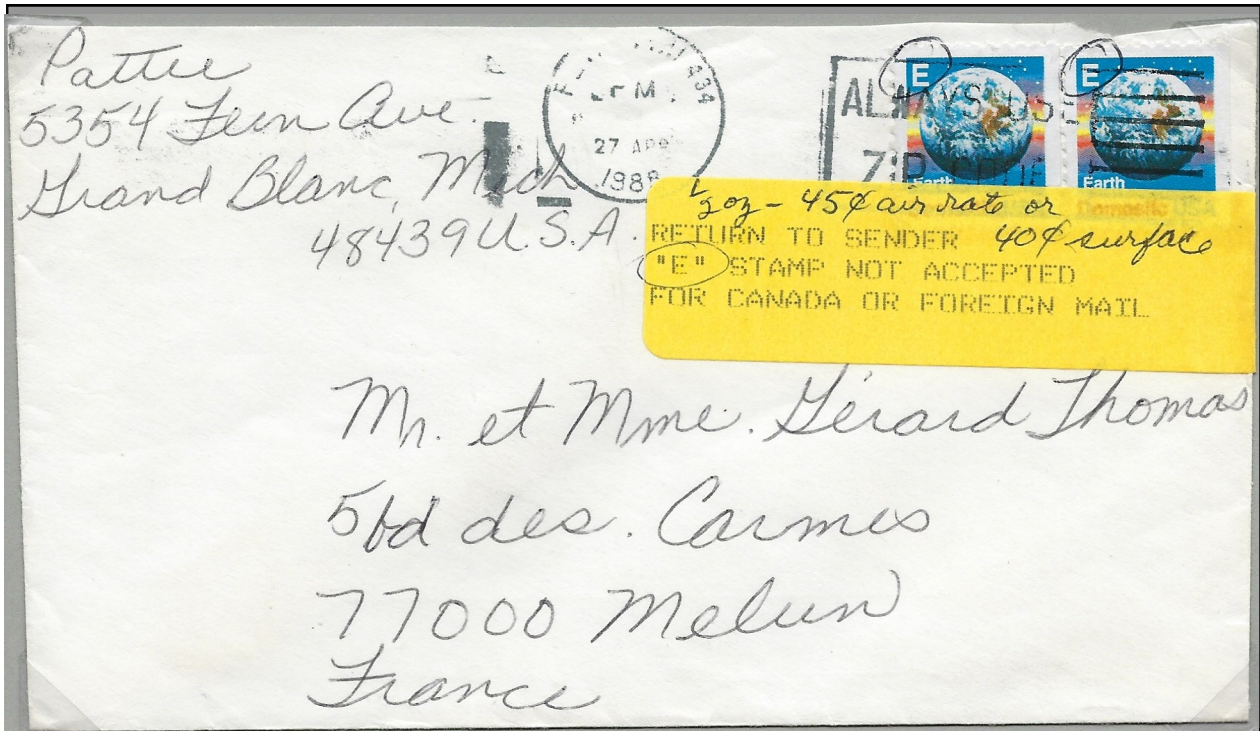
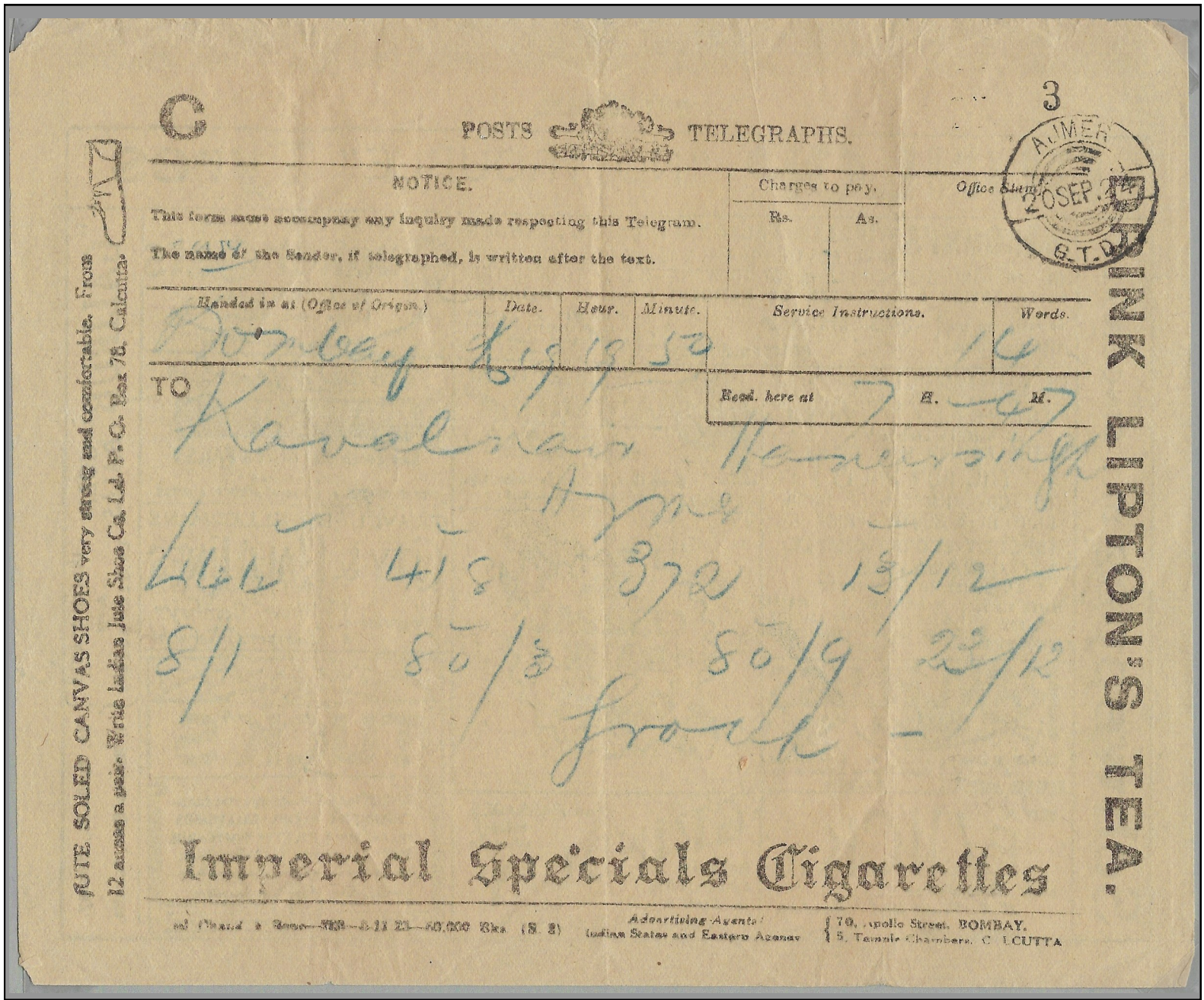
Players are invited to avoid smoking and alcohol. This drugs affect condition and strength adversely.



Steroids and other performing enhancing drugs are strictly banned and penalized.



Both girls and boys play handball on equal conditions.



Handball is a sport of variations, the different game positions demand different skills and physical conditions, therefore regardless of origin all players are accepted.



Nevertheless young-sters start to play hand-ball because of the fun in the game.



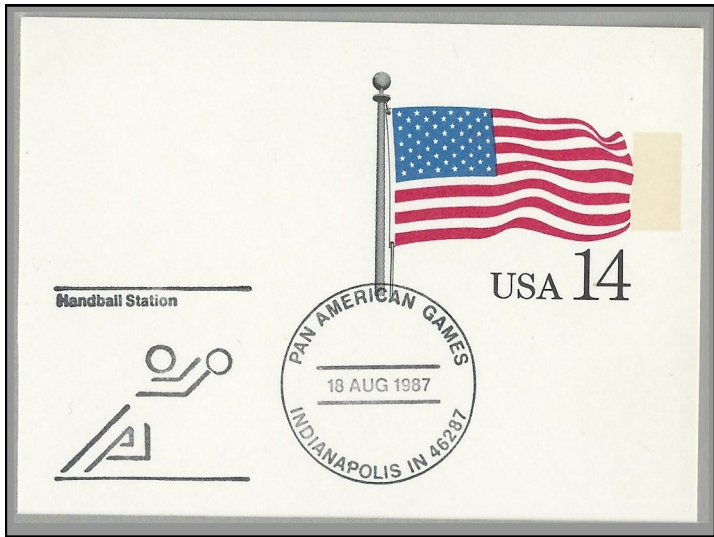
3.1 Handling the ball, is how handball is played by...

...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*.



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*.



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





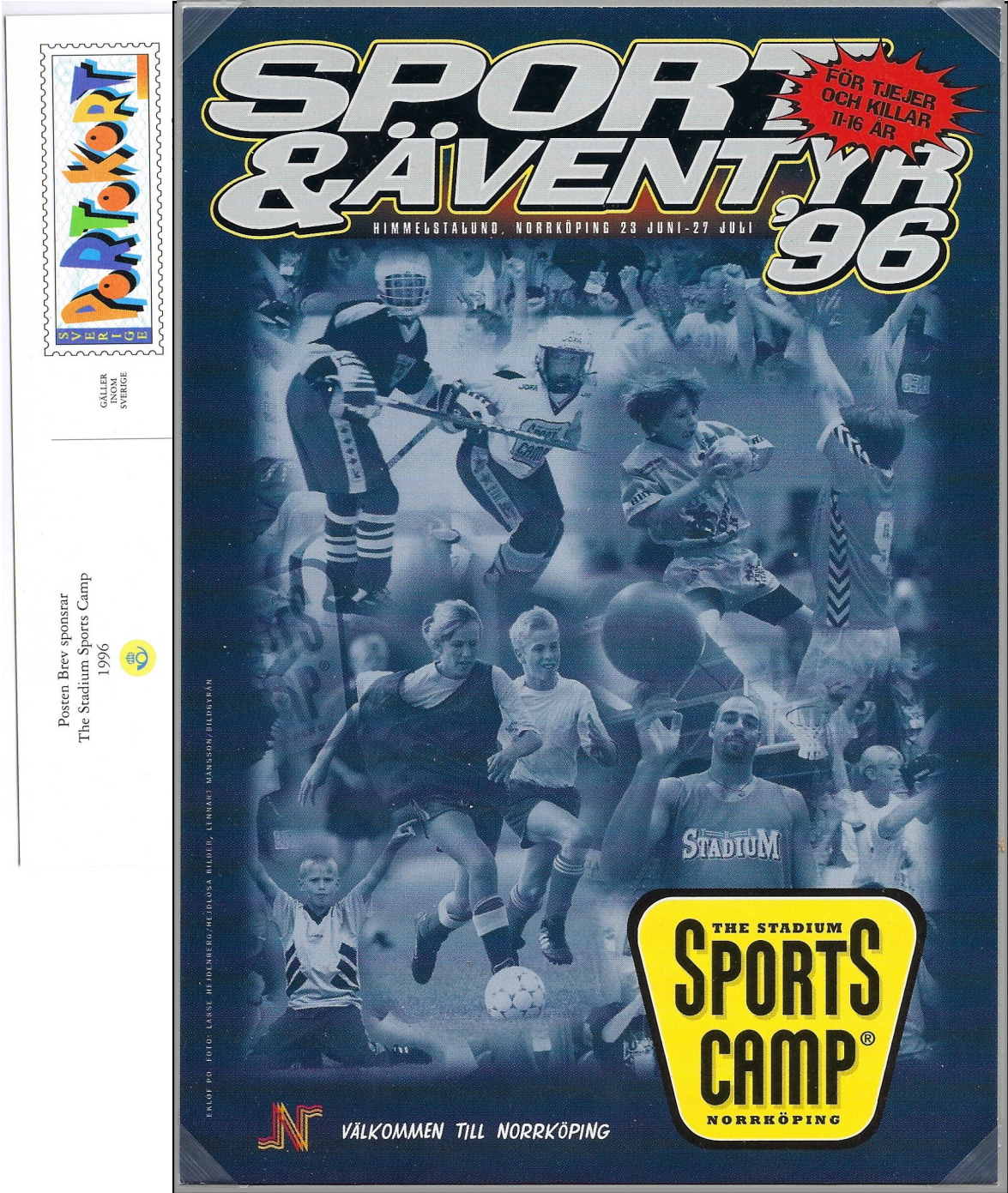
Growing up to junior players



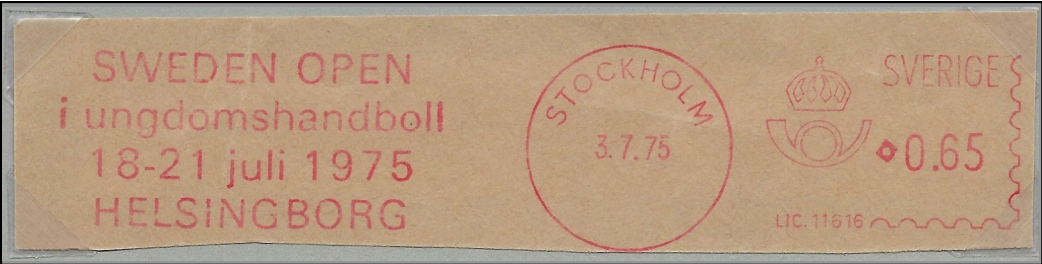
After young players have learned how fun handball can be it's time to start competing, meet other teams of the same age and skills



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.



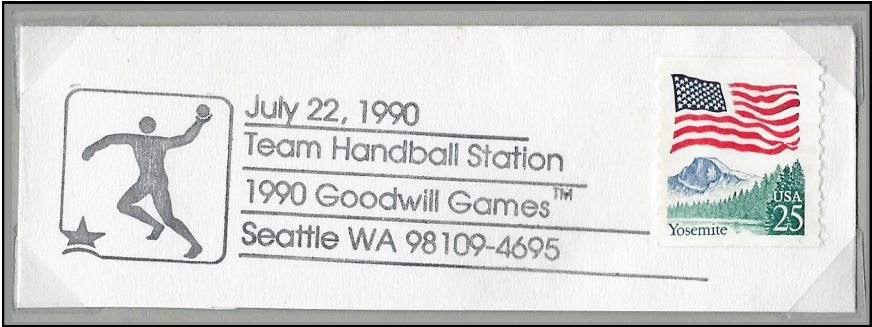
3.2 Handling the ball, is how handball is played by...

...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.



The harder you push your arm...

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.





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

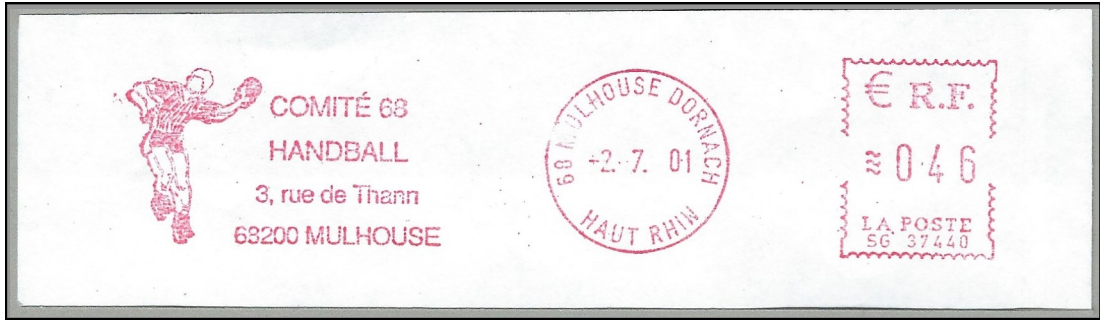
...throwing the ball



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.

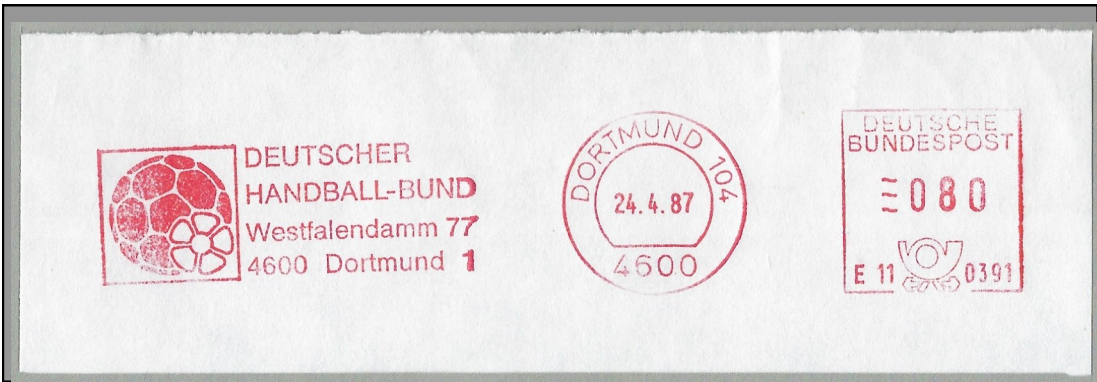


The spin throw is a type of shot with the ball changing direction when bounces back from the floor.



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

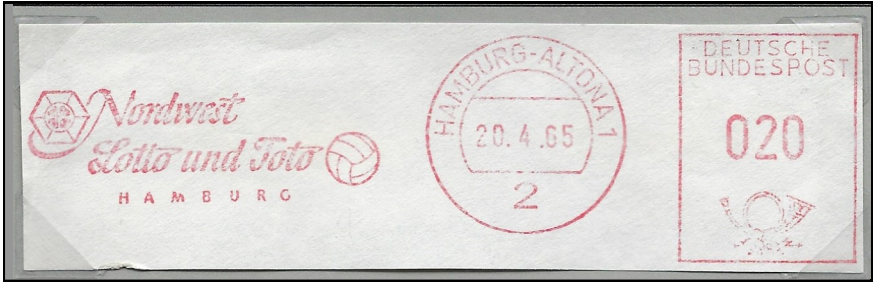
A handball match on national level is often arranged by a regional federation or sometimes the national handball federation.



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.



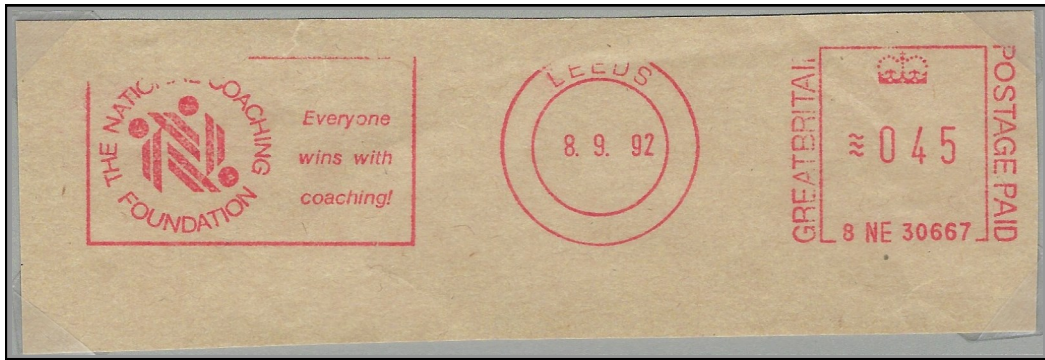
Entering the arena the two teams greet each other. The team captains greet the referee. The referee decide which team should start playing.



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.



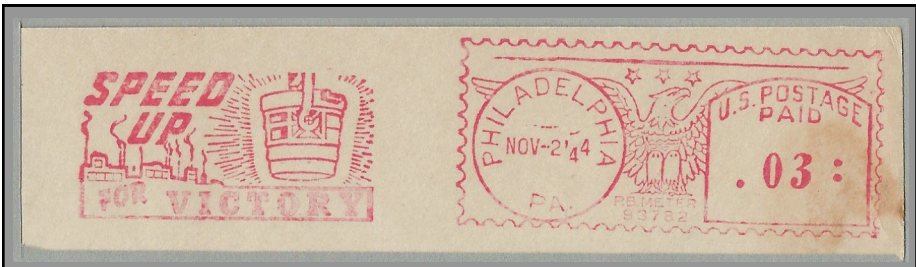
Center back court



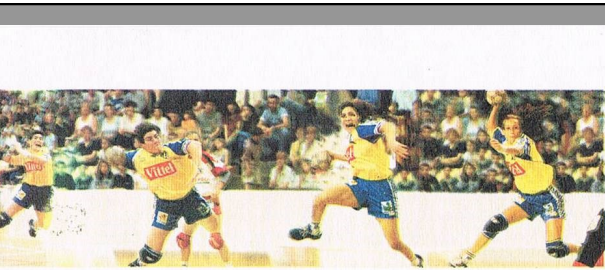
By moving forward to the defense in a high speed do the attackers increase the tempo of the game, which make it easier to get through the defence.

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.

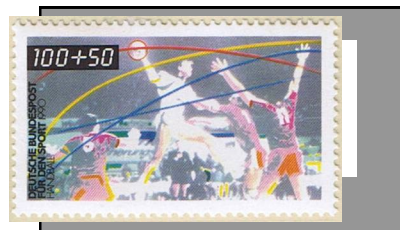




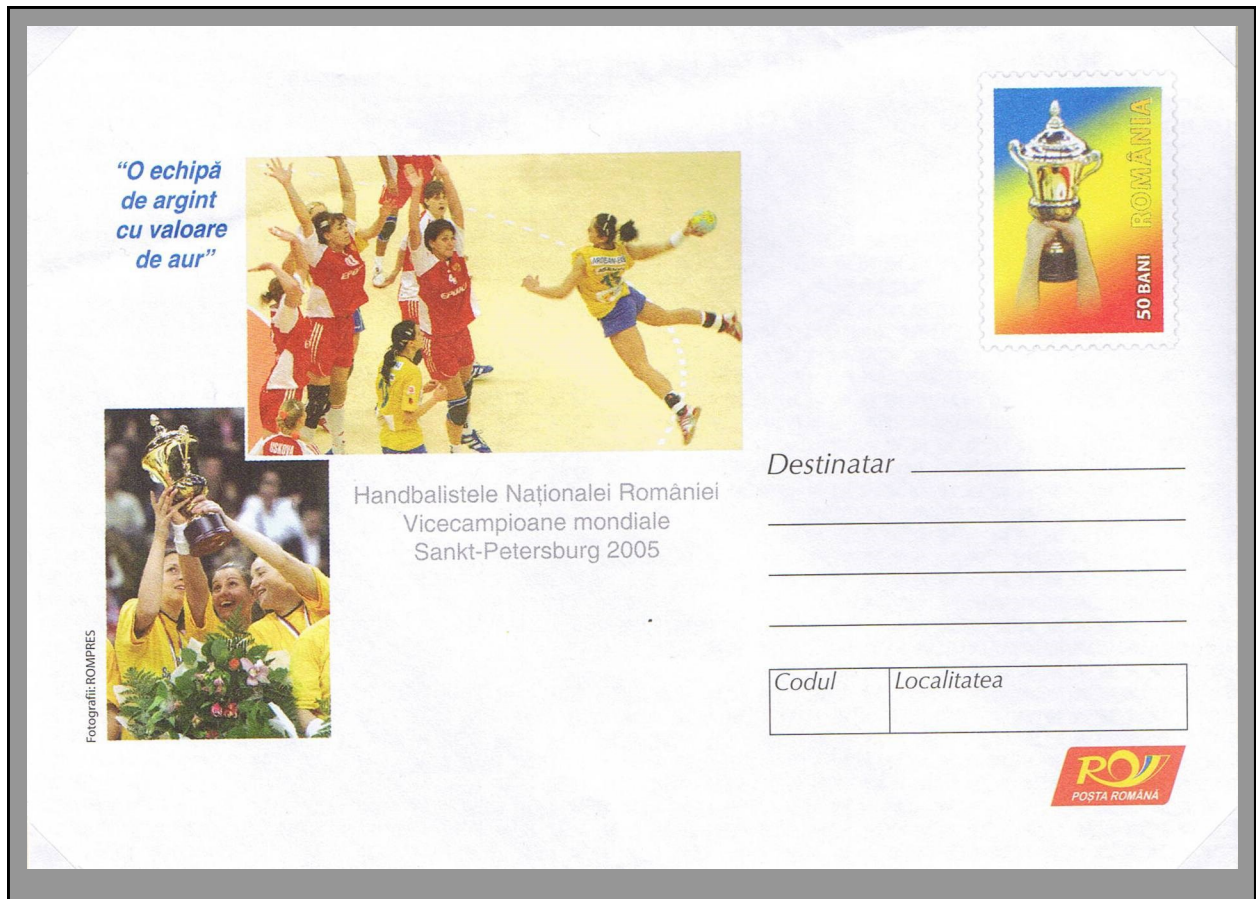
4.2 The Different phases of a game of handball

...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 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.



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



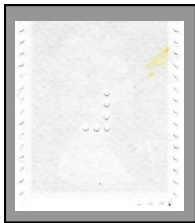
4.2 The Different phases of a game of handball

...getting within range



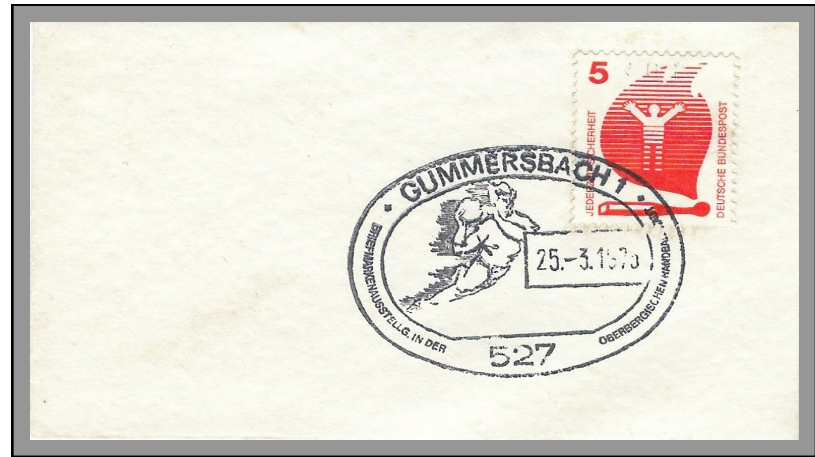
The attacker playing behind the defense players is called the Pivot player. Playing behind the defense make him to a key player

The wingman players play along the 6 meter line far out in the corners.



A effective way for the wingman players to score is for them to make a fast side movement.

To get a better chance to score the wingman players need to stretch out their arms to get round the angle of the goal.



The pivot and the wingmanplayers



Back print.

The Pivot play with his back facing the Goalkeeper, Not exactly knowing where the goal and the goal keeper are when turning around complicate for the pivot.

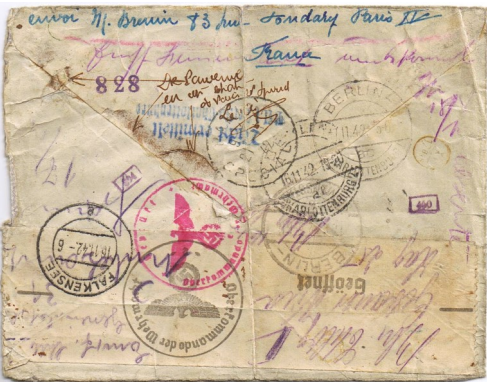


The main task for the pivot player is to block the defenders...

...And bee assisting the backcourt players by being free and available for passes...



The pivot player shoot from the 6-meter line.



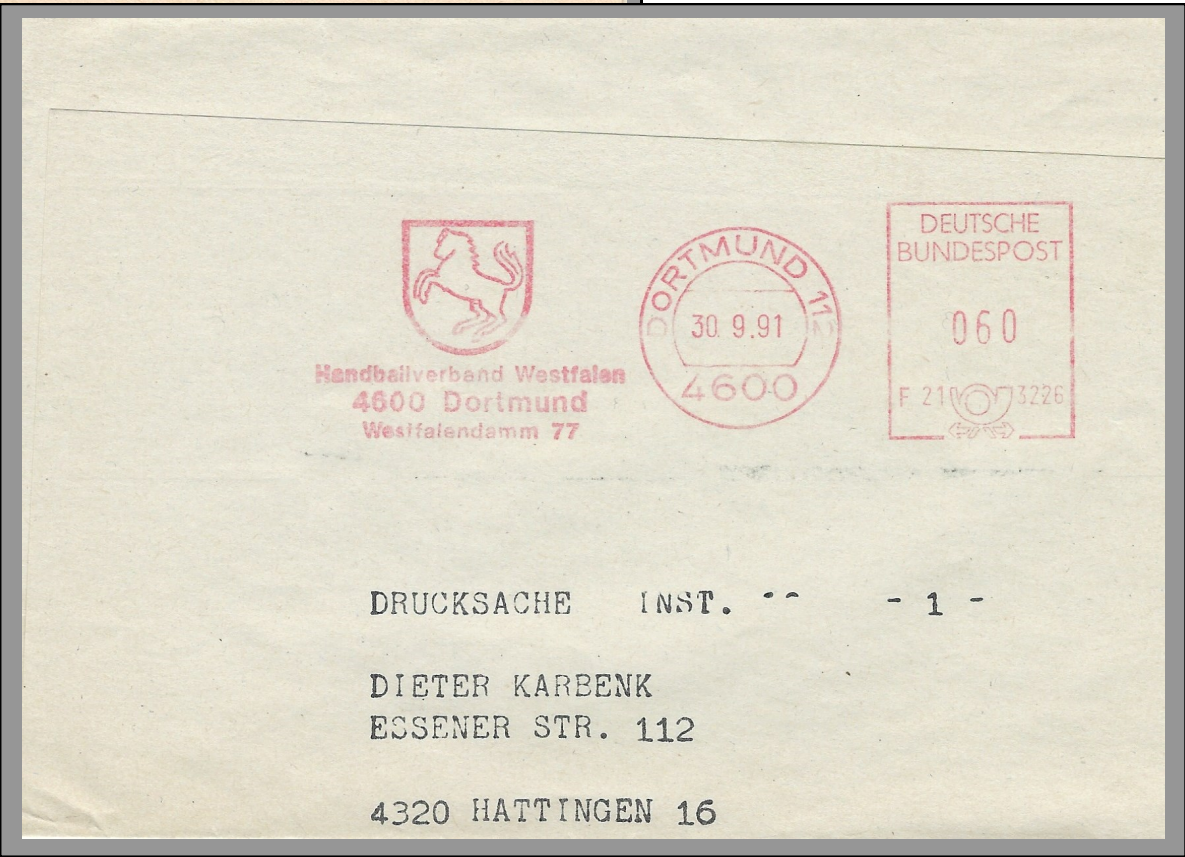
Reverse.

The roll of the wingman players is characterized of fast movements and the many changes of directions in the game.



The pivot screen the defenders to make room for the back court players, he can screen from the side or wrap the defender.

Printed Matters, newspaper wrap.



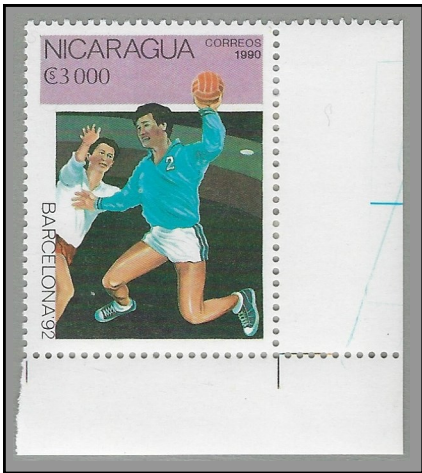


4.2 The Different phases of a game of handball

...getting within range

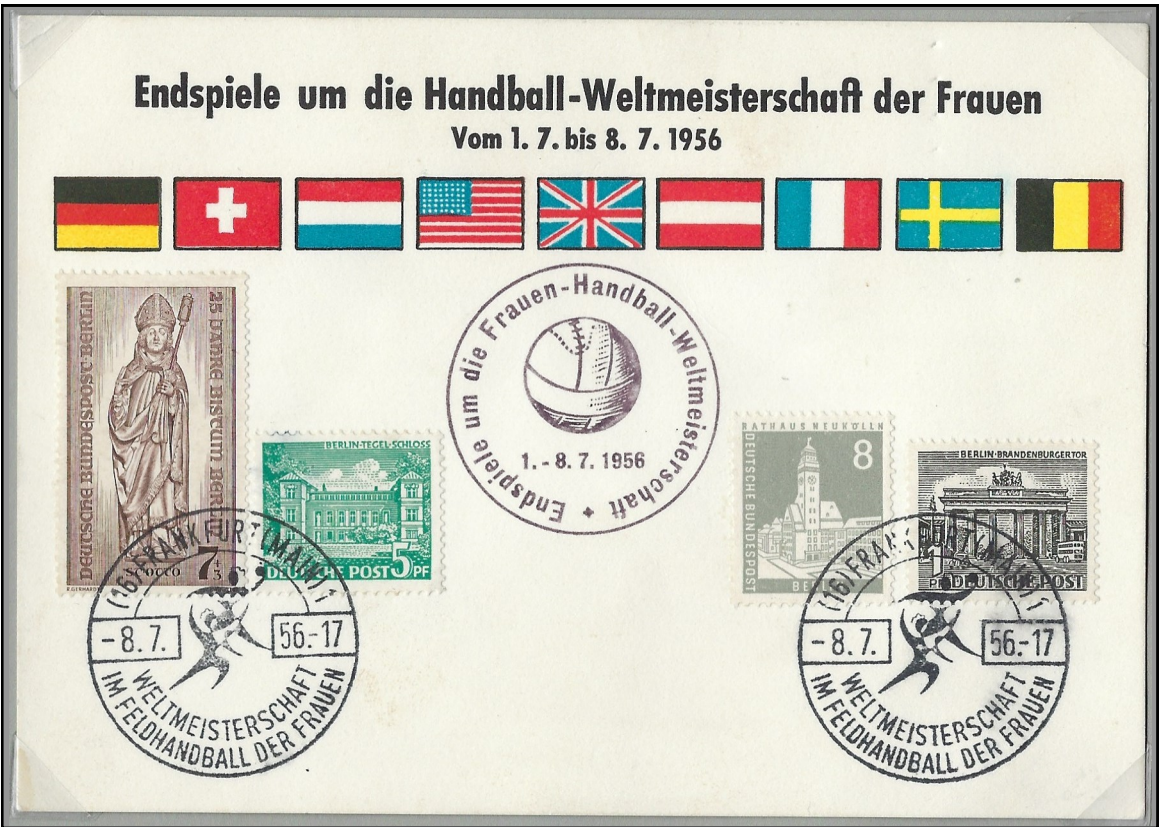
Feints can be divided in to two categories: *body feints* and *ball feints*.

A feint is a technical element which enables an attack player to *free himself from a defender*...



...in order to pass the ball or get a better position for shooting.

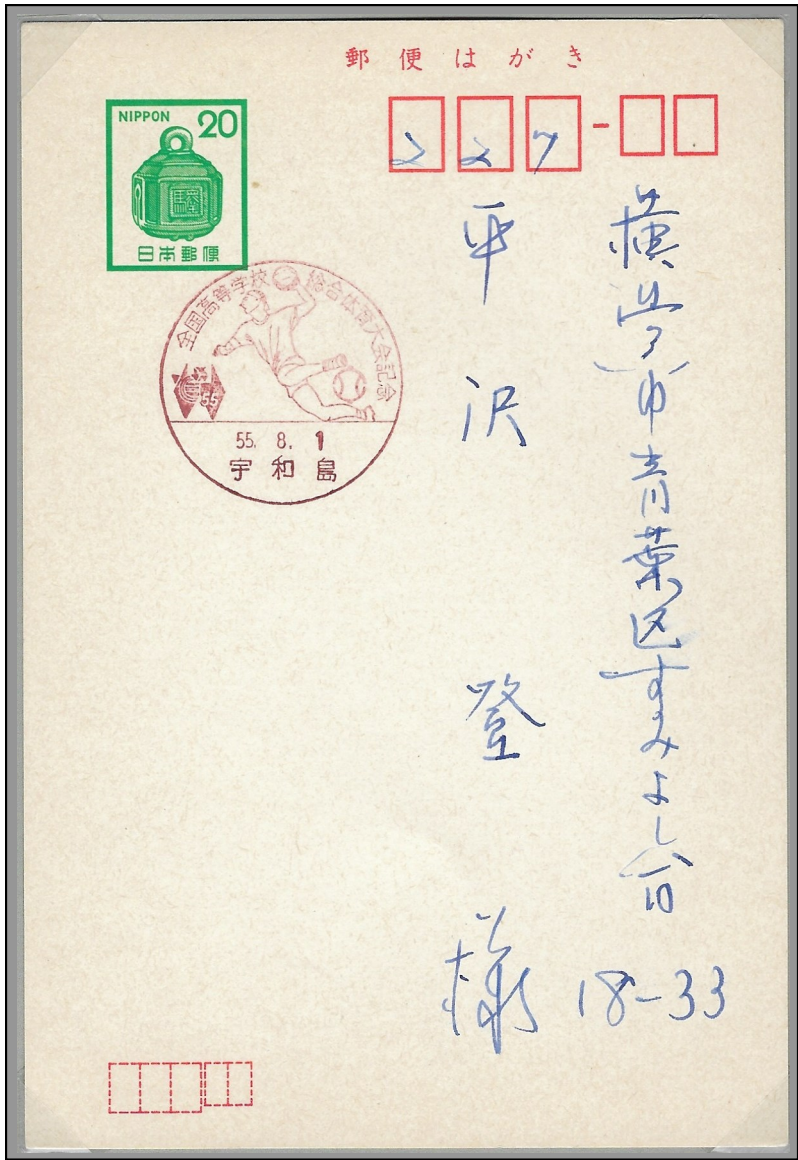
Feint your opponents



A feint consist of one or several movements that is similar to ordinary actions. The *attacker feints to right* and the *defender answers*, the *attacker goes to left* and outwits the defence.



By *bending your body* or *throwing yourselves in lateral* you can *body feint* your opponent.



After a feint you can pass the ball to the *pivot player* or a *wingman player*, ready to shoot the ball and maybe score.

The wingman player can get a *pass while jumping in to the goal area*. Catching the ball in the air he can shoot from a good position, this is called a *Japanese throw*.



Finally when the defender is feint, you have the *position to score*.





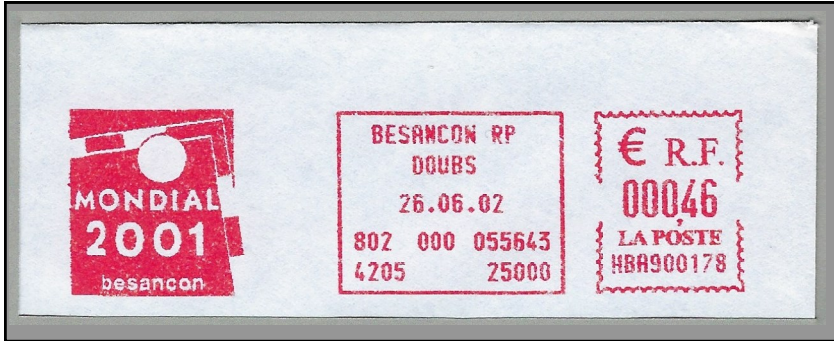
4.3 The Different phases of a game of handball

...getting within range

The counterattack



If the goalkeeper save the ball...



...or if the ball is thrown against the goalposts or crossbar the game can take two directions.



The ball is dead when bouncing back from the goal area.



The first team to get possession of the ball may continue the game, this can evolve to a fight of the ball.



If the defenders win the ball they turn and move up the court against the attackers goal by running fast.

If the attackers get posses of the ball the can easily turn and throw the ball against the goal a second time.



If the former attackers not keep up with the counterattack the player in possession of the ball get free space to throw the ball as he or she likes.



The defenders becomes attackers, the former attacking team can take back on the counter attack.



4.3 The Different phases of a game of handball

...team attack against organized defence

The basic stance of a defence player

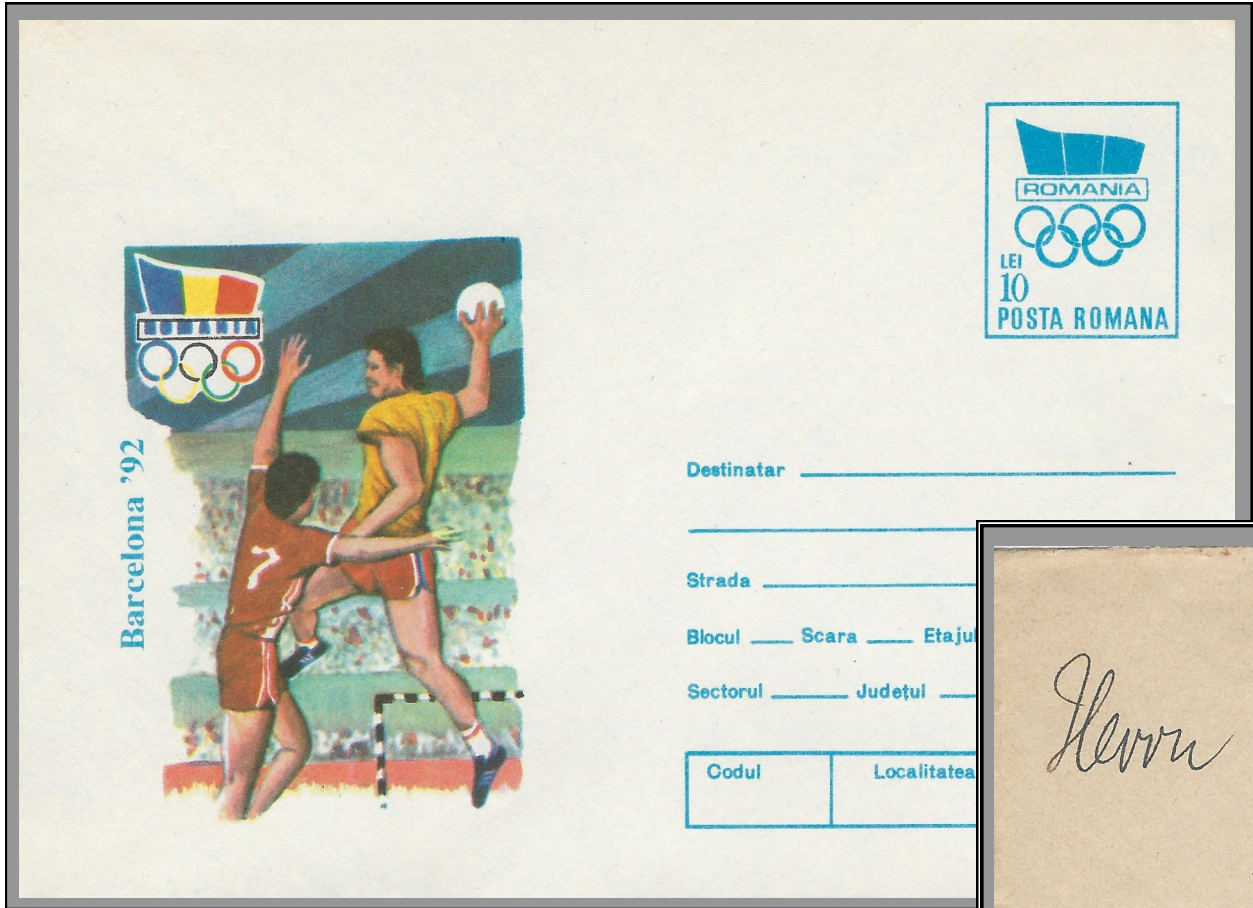
The defence is built up on individual skills. If you not *pay attention* the attackers will score.



In internal communication the defence players are termed as following from left 1,2,3,3,2,1.



The defence phase is exerted by the court players and the goalkeeper in cooperation.



The defence players should stand diagonally and have their arms in the air, and always be prepared on that something can happen. Being diagonal gives the defender a larger surface against the offender.

1/1 1902 was the internal and external postal rate of the Danish west Indies reduced from 3 cent to 2 cent. No 2 cent stamps was available, 4 cent stamps was bisected to the value of 2 cent , the bisecting ended the 23rd of May 1903



All means by the attackers must be taken as serious by the defenders.



A optimal block is preformed diagonally standing, the arms in the air and. Standing on the ground or jumping.



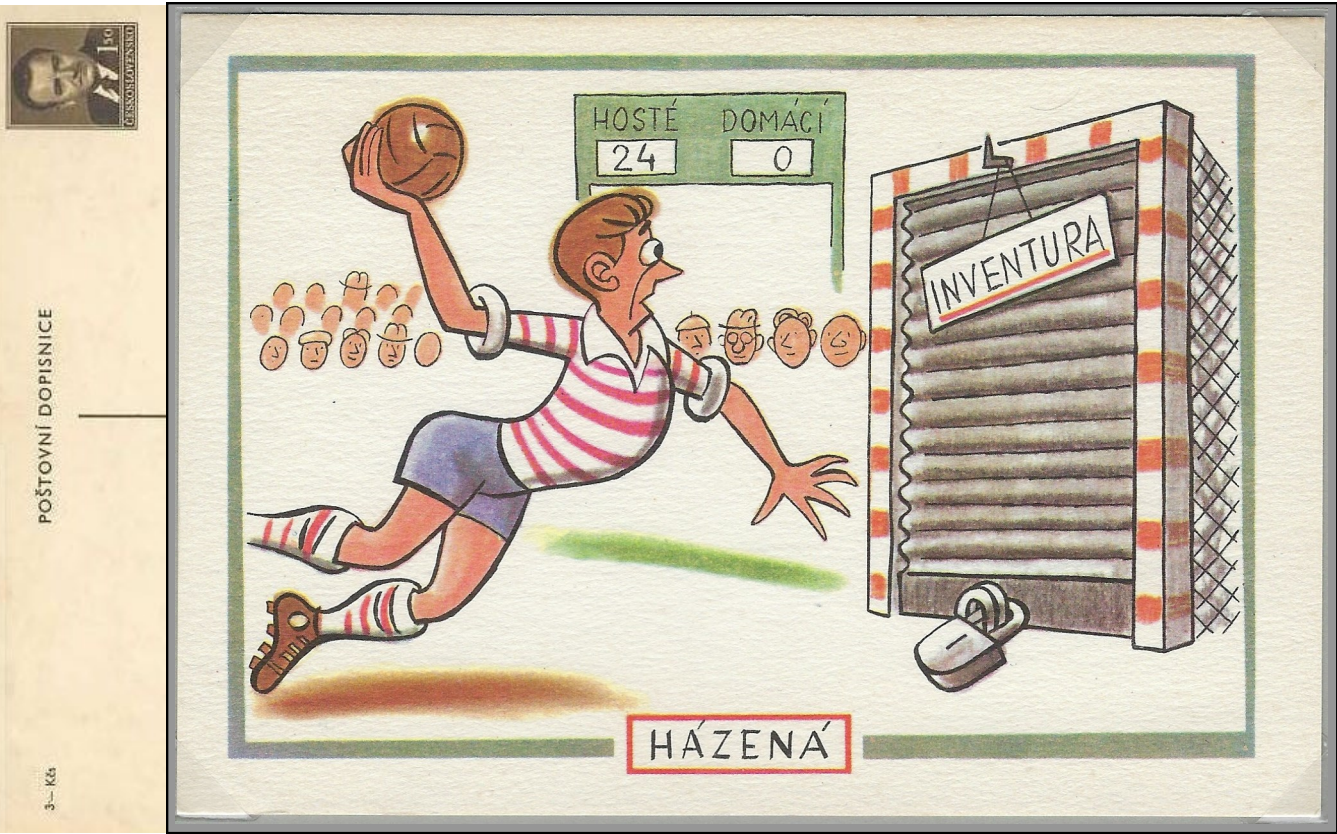


4.3 The Different phases of a game of handball

...team attack against organized defence

The goalkeeper - a key player

The most important player and conductor of the defense play is the goalkeeper. If the goalkeeper perform at his best, the opposing team will have *a hard time to score*. He greatly influence the result.



When a attacker try to score, the goalkeeper first *try to wait out* the attackers next move: to see if he will throw at once or jump in to the goal area and throw closer.



When the attacker have thrown the ball the goalkeeper need to react fast with all of *his body* to catch the ball or *block it*.



If the goalkeeper is a *small person* he can have a harder job to defend the goal, he then have to *stretch his body* to max to reach up to the *crossbar and the goalposts*.



On the other hand if the goalkeeper is a *larger person* his body will *cover up* a bigger part of the goal resulting in *smaller area* for the attackers to score on.



If the defense have trouble in its internal communication and *not cooperate* with the goal-keeper it is easier for the attackers to score.



"Normal" knee



Do the defense *communicate with each other*, but not with the goalkeeper it will be harder to score for the attackers.



Plate error called "large knee"



When the defense *got optimal communication* with the goalkeeper it's hard to score for the attackers.



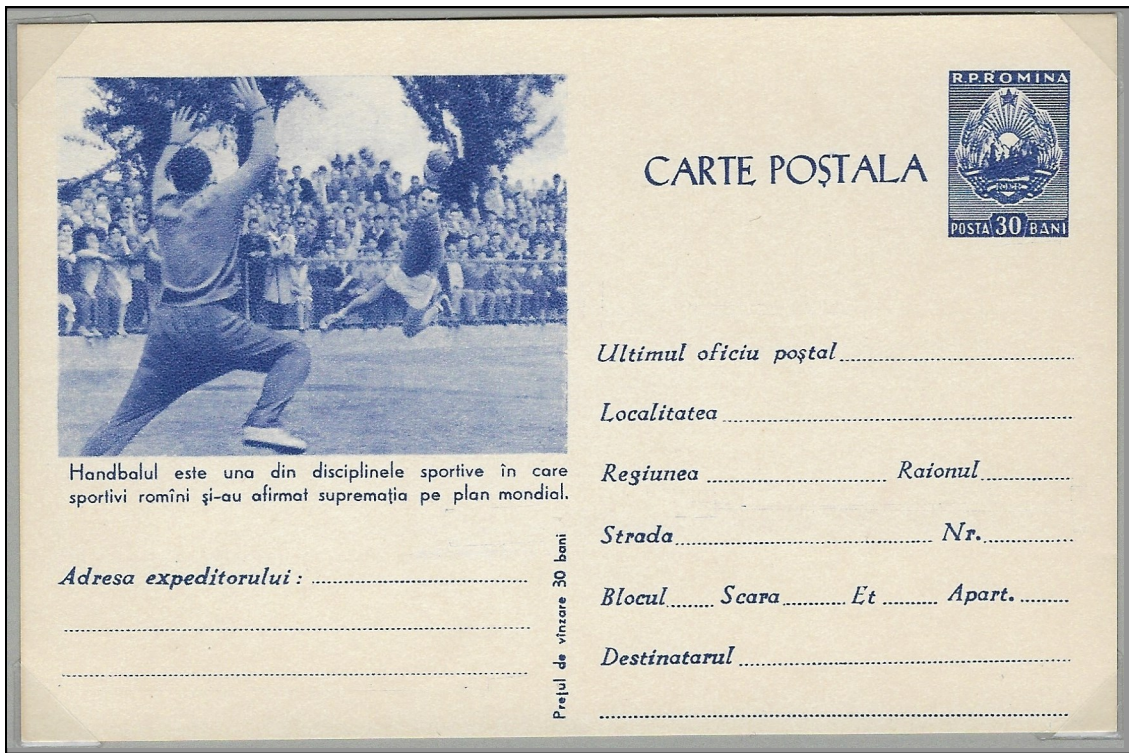
The speed of a game of handball is very fast, players run fast and the ball is thrown in high speed. There for the goalkeeper always have to pay attention to all players both defenders and attackers.



4.3 The Different phases of a game of handball

...team attack against organized defence

The goalkeeper is exempt some of the handball game rules. He also have additional rules concerning just him.



In contradiction to the rest of the players, a goalkeeper can wear *long-sleeves t-shirts* to protect himself from the hits of a ball. He is also allowed to wear *long pants* or even special pants for goalkeepers that have soft protectors.

The goalkeeper's special rules



Plate error

A handball can in some situation get a speed of 120 km/h when thrown. To protect the goalkeeper the attackers *is 'nt allowed to aim* and throw the ball in the face of the goalkeeper. This to prevent *brain damages*.



Booklet, letterpress blurred print,. Down: offset clear print, displaced print.



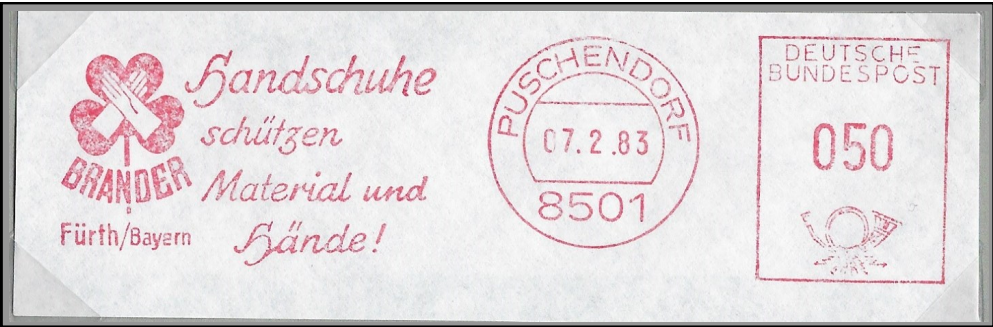
If ever hit in the face by a handball, the goalkeeper will have a hard time to focus his eyesight. Hi will get a *blurred* vision.



The goalkeeper is the only player allowed to touch the ball with his *body below his knees*. He is only allowed to do so inside the goal area, being outside it restricts the goalkeeper to only touch the ball with his upper body.



It is prescribed that handball goalkeepers aren't allowed to *wear gloves*. This to prevent the gloves to stuck in Resin from the ball.



The goalkeeper can also act as a *field player* outside the goal area.



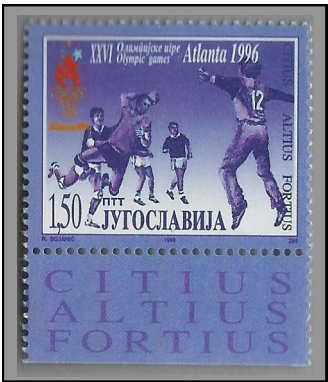
4.3 The Different phases of a game of handball

...team attack against organized defence

A *frontal shot* is the easiest for the goalkeeper to save. He can just use his whole body to cover up as much as possible of the goal, often taking the bale in his *torso*.



The ball can be saved from all angels



In case a goalkeeper is not able to estimate the real direction of a throw, but he can suppose that the throw may be directed *towards upper or lower part* of the goal, He can *stretch is arms or legs widely* to cover as much as possible.



“Die proof” signed by the engraver..



The main aim of a goal-keeper while an attacker tries to shot *from the wing* is to block the throw into the *short corner* by his appropriate position next to the goal post.

The goalkeeper always cooperate with the de-fense. If the *defense cover the right part* of the goal the goalkeeper know that the ball will be thrown against the *left part*.



4.3 The Different phases of a game of handball

...team attack against organized defence

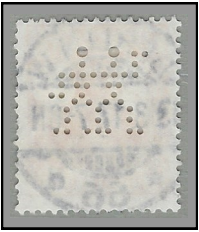
The most common defense strategy is called 6-0. All 6 defenders are standing along the goal area and defend around it.



Air graph was a free of charge postal service for British soldiers in WW II. Letters were microfilmed and shipped to Britain and induced for the addressee.



By cooperating and working together do the attackers often meet two players in the defense when trying to score.



1917 German Perfin J.A. Henckels Zwillingswerk

Imagine the 6 meter line as a horse-shoe. The defenders are placed equally around the 6 meter line as the nail holes, and the defenders move from side to side in their own sector counting and cooperating with the co players.



By "counting" always defend one player do the defense cooperate.

The defenders cooperate two and two to direct a "wall" effect.



The defender always use its body as a tool of defence, which results in lot of body contact.



between Europe and North America, with excellent communication links to both these continents. This makes Iceland an ideal venue for international events.

The language of the Icelanders is thought to be closest to the original form of the Scandinavian languages and virtually incomprehensible to anyone except the Icelanders themselves! Almost all Icelanders, however, speak English and one Scandinavian language; the general knowledge of foreign languages here being better than in most other countries. Iceland also offers world-class hotels and sports facilities and a high degree of technical expertise.

Preparations for the 1995 World Handball Championship have been going on for years and now all is ready. It can be said for sure, therefore, that the Icelanders are fully competent to undertake this complex and demanding task.

The Icelanders are ambitious people and their aim is to make the 1995 World Handball Championship the most splendid one in the history of the sport.

