

## **Speedball Study Guide**

### **Freshman Physical Education**

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#### **History:**

Team handball originated in Europe in the 1920's and has yet to catch on in the United States. The sport combines many skills from the following sports; basketball, hockey, soccer and water polo. Men's team handball made its Olympic debut in Munich 1972 and women were added at the 1976 Games in Montreal. The U.S. has never enjoyed much success in the sport since neither team qualified for the Sydney Games. In Atlanta, 1996 the women finished eighth and the men finished ninth. Team handball is one of the world's fastest team games played. It is played by two teams consisting of 7 players a side. The object is to score the most goals between the two teams.

Team handball originated in the early 1900s as a field sport using 11 players per team. Because of severe winters, the game was modified to become an indoor sport in the late 1920s. In the indoor game, teams comprised of seven players. It was not until the 1950s that team handball gained much attention in the United States. The inclusion of team handball in the Olympic Games for men in 1972 and for women in 1976 gave an added boost to the sport's popularity. Currently U.S.A. Team Handball is working to develop interest in team handball through the Boys and Girls Clubs of America, elementary and secondary schools, and colleges and universities.

Object of the game –

The objective of the game is to out-manuever the opponent by passing the ball quickly not invading the goal area circle, and by throwing the ball past the defenders and goalie to score. A goal counts as one point.

#### **Basic Rules:**

- Timed games will be played.
- In class, there will be 6 players on a team. 1 goalie, 2 defensive players, & 3 offensive players.
- The defenders must remain on the defensive side of center court. Offensive players must remain on the offensive side of center court. Center forward plays offense and defense (either side of the court).
- A game begins with a jump ball at center court.
- The entire ball must cross the goal line in order for a goal to be scored.
- Each goal is worth one point.
- Kicking the ball is not allowed.
- A player is allowed 3 steps or 3 steps.
- There is no traveling while holding the ball - no dribbling. The ball must be passed to another player in order to be advanced.
- A player can possess the team handball for a maximum of three seconds.
- After a goal is scored, the ball is put in play by the goalie passing it out to a teammate. The goalie may not pass the ball past center court. They must pass it to a defensive player on their own team first. Punting it out is not allowed.
- Players cannot block the opponent with their arms, hands, or legs – no contact.
- The boundaries are the markings of the basketball court
- Fouls result in a penalty throw for the team that is fouled.
- The ball CANNOT be passed off a backboard or rim. The ball CAN be passed off the wall to a teammate or to yourself.
- Ball goes out of bounce, other team gets possession and start with a throw in
- Ball on ground needs to be flick to self or another player to start a passing game

## **Safety Considerations**

- Players CANNOT dive for loose balls rolling on the ground.
- Defenders CANNOT reach in and slap the ball away from an opponent holding the ball.
- No Punting
- No player to player contact
- A player cannot intentionally throw the ball at another player in a malicious manner.
- Only the goalie is allowed in the goal crease area, and they cannot leave the goal crease area.

## **Key Terms**

- Assist – pass made to a teammate who scores.
- Athletic Position - feet slightly staggered, weight on the balls of your feet, knees bent.
- Catching – get your body behind the ball and give with it as it comes towards you. Pretend the ball is an egg and you don't want to break it.
- Defense – team not in possession of the ball.
- Dominant Hand – the hand you throw with.
- Dribble – the act of moving the ball by continuous sets of bounces.
- Free Throw – a free, unblocked throw allowed to the team that is fouled.
- Goalie Crease – the area where no player with the exception of the goalie is allowed during play.
- Guarding – to cover or defend from an opponent.
- Jump Ball – a method used to start the game. One player from each team meets in the center of the court. The official tosses the ball between the two players, who are then permitted to tap the ball, to any of their teammates.
- Jump Stop – when a player leaves their feet and lands in a ready position.
- Non-dominant Hand – the opposite hand you would throw with.
- Offense – team in possession of the ball.
- Penalty Throw – a free, unblocked throw to the goalie awarded to the team that was fouled during the act of shooting on goal.

## **Rules and Regulations**

- The objective of team handball is to score a goal by passing the ball quickly and throwing the ball past the defense and goalie and into the goal. A regulation game consists of two 30-minute halves with a 10-minute intermission. A team consists of a goalie and six court players:
- 8 players per team Example 2 forwards/1 middies (play offense and defense)/2 defense/ 1 goalie
- Game begins with a jump ball at the center
- Movement of the ball is controlled by either running 3 steps, passing or shooting. A player must pass or shoot within 3 seconds of control of the ball
- No player is allowed inside the goalie crease, an area that protects the goalie. Creases differ from class to class, the teacher or official designates the area
- The goalie is allowed out of the crease but is limited to the mid-court line
- As soon as a goal is scored, the opposing team is awarded a throw-off.
- Scoring- 1pt- Throwing ball into goal/Touchdown; 2pt- Kicking ball into goal; 3pt- scoring basket

## **Strategies**

- Stay spread out.
- Communicate with teammates.
- Get in front of the defense and move to meet the ball.
- Cut away from the person guarding you.
- Turn and face the cage when you catch the ball so you are ready to shoot.
- Use quick passes to move the ball. Use outlet passes to clear the ball out of your defensive area.
- If no one is guarding you, take 3 steps, moving the ball toward the opponents goal- you can always pass the ball after your 3 steps if you do not decide to dribble or shoot.
- Jump to pass or shoot. Jumping creates a height advantage for the ball carrier and can also be a tougher shot to defend for a goalie.

- Dribbling creates unlimited time and space for the offensive player, but possession can easily be taken away if the defender plays the ball and is in a good defensive position.
- On defense, never pass the ball in front of your own goal.
- Keep your hands off the other team. You can't grab the ball out of their hands. You are permitted to intercept a pass or knock the ball to your teammates while the ball is in the air.

### **Court players can:**

- Hold the ball up to three seconds
- Run three steps with the ball
- Dribble as many times as desired (in Phys. Ed class, only three dribbles)
- Pass or shoot
- Run three steps before and after the dribble

### **Court players may not:**

- Use the arms or legs to obstruct, push, grab, tackle, kick, hit, or hold an opponent
- Kick the ball
- Make contact with the ball below the knees
- Double dribble
- Step on or across the goal area line
- Air dribble
- Charge a defender

### **Goalies can:**

- Defend their goals in any manner using hands, feet, and body
- Move outside the goal area and throw for a goal (goal throw), then must abide by the rules for court players
- Take more than 3 steps when carrying the ball (in goal area)
- Hold the ball longer than 3 seconds (in goal area)

### **Goalies may not:**

- Leave the goal area while in possession of the ball
- Pick up a ball outside the goal area and carry it back
- No punting of ball

### **Throws:**

There are several types of throw in team handball including:

- Throw-off – starts the game
- Throw-in – thrown in from where ball went out of bounds, one foot remains on the line
- Penalty throw – awarded to the team after opposing team's penalty
- Goal-throw – made by a goalie from outside the goal area
- Throw-out – made by the goalie from within the goal area

### **Violations**

- A player cannot touch a rolling or bouncing ball with their hands.
- Taking more than 1 or 2 steps with the ball.
- A player can't do more than 3 air dribbles in a row.
- A player holding the ball for more than 3 seconds.
- Kicking wildly at the ball or kicking high at a ball in crowd of people.
- Any of the above violations result in the opposite team getting the ball at the spot of the violation.

### **Fouls**

- Illegal contact with opponents. (kicking, pushing, tripping, holding, unnecessary roughness, ect.)
- Unsportsmanlike conduct.
- Anything the teachers deem as being unsafe.