



Team Handball 101

Brief Summary of Team Handball

In 1906, a Danish teacher by the name of Holgen Nielsen introduced the game of Haanbold (Handball). The sport first reached the Olympics during the 1936 Games, in the Men's category and in 1976 in the Women's category. Today, 135 countries are affiliated with the International Handball Federation. The Canadian Team Handball Federation was founded in 1962. The first Senior Men's Canadian Championships took place in 1968, while the first Senior Women's Canadian Championships were held in 1973.

On the court there are 14 players, with each team having six court players and one goalie. Two referees control the game. The ball is played with the hands and the player may pass the ball, dribble, or carry the ball a maximum of three steps. While stationary, the ball may be held for three seconds. The Goalkeeper may defend the goal with any part of his body whereas a court player may not touch the ball below the knee. Of all court lines, the goal crease is probably the most important. No one except the goalie is allowed in the goal area, although players may jump into the area prior to releasing the ball.

The Players by Position

- Goalkeeper** Goalkeepers are flexible, agile and very strong mentally. They must be very solid on their legs and quick to analyze their opponents shooting habits. Uses blocking techniques to cover the maximum area of the goal.
- Wingers** Wingers must be mobile, able to catch the ball on breakaways, patient to help the backs but also must want to score when opportunity arises. They make their moves in small spaces and are the closers in most offensive sets.
- Backs** All Backs must have jump shots and be able to work towards setting up wings, pivots and other backs for the best possible shot.
Lateral Backs (left/right) are traditionally tall with good jumping skills
Center Backs should be the best ball handler using quickness to keep the defense offset and set up lateral back shots.
- Pivots** Generally the Pivot is strong, agile and capable of catching all sorts of passes and able to shoot while being contacted. They are used to create openings in the defensive line for the Backs and be aware of rebound opportunities.

