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## **PRE-TEACHING ASSIGNMENT – 50 Points**

### **Team Handball**

#### SECTION 1:

Team handball originated in Europe in the late 1920s. It was used mainly by three different countries as an alternative to playing soccer, The Czech called it *hazena*, the Danish called it *handbold*, and the German called it *Torball*. The International Handball Federation (IHF) consists of 136 member nations and currently has about 12 million registered players. A men's handball competition was included on the Olympic calendar at the Munich Games in 1972 and there was a women's competition in the 1976 Games in Montreal. Handball is currently the secondly most popular sport in the world, behind soccer.

#### SECTION 2: (20 points total)

##### Objective of the game (1 point)

- The objective of team handball is to score the most points by throwing the handball into the opponent's goal.
- It involves a combination between throwing, dribbling, and running with possession of the ball.
- The teams are divided up evenly into two teams. Regulation rules are seven on each team.
- The winner is determined by the most goals scored against their opponent in the allotted time.

##### How a winner is determined (1 point)

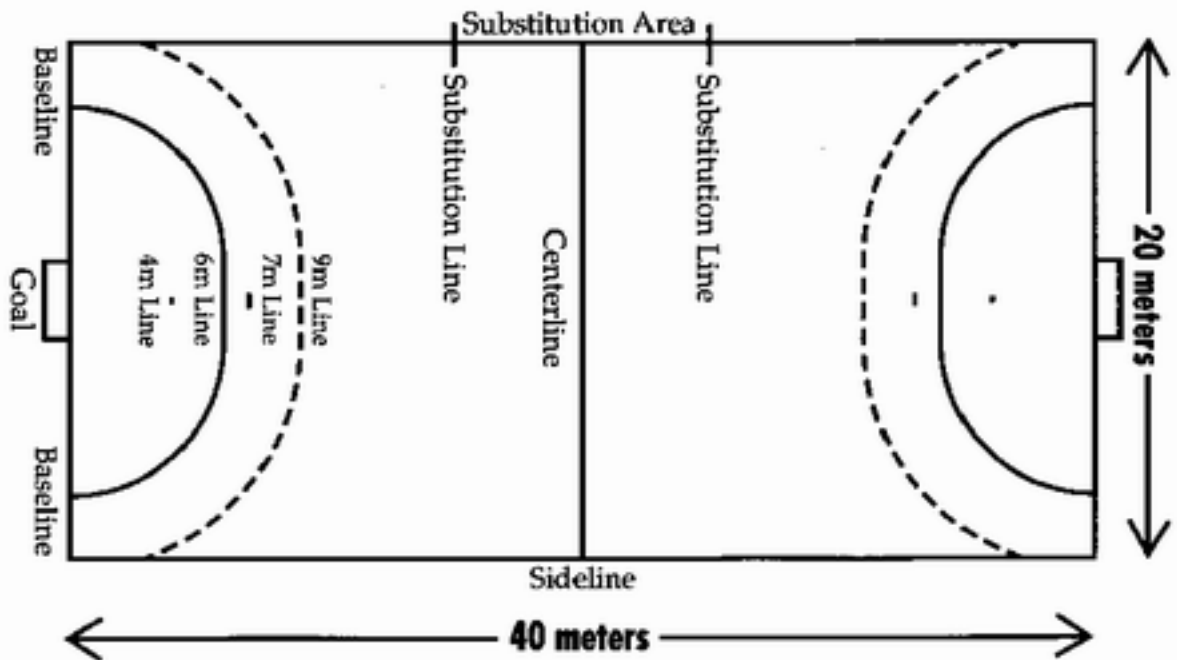
The team with the most points at the end of two, 30 minute periods is the winner. Ties go to shoot outs.

##### Rules (10 points)

- Players are divided up into even teams.
- One handball is used in a game of team handball.
- One team will start off with the ball at their goal line.
- Passing, from hand to hand, dribbling and carrying the ball are all allowed.
- Contact with the ball to a foot, such as a kick, will result in the opposing team to have automatic possession of the ball where the kick occurs.
- After receiving the ball, players can only hold the ball for three seconds before passing, dribbling, or shooting.
- After receiving the ball, players can take up to three steps without dribbling. If players dribble, they may take an additional three steps.

- Players that stop dribbling have three seconds to pass or shoot. They may take three additional steps during this time.
- A player is offered unlimited dribbles, but must only take three steps during this time.
- No players other than the defending goalkeeper are allowed within the goal line (within 6 meters of the goal). Goalkeepers are allowed outside this line. Therefore shots must be taken from outside the 6 meter semi-circle. A violation of this will result in a turn over to the other team.
- Goalkeepers are the only ones allowed to use their feet to kick the ball, only in defense of an opponent shooting at them.
- If the ball touches the floor during a pass, the ball immediately goes to the other team.
- The ball is in continuous play.
- After a team scores, the ball is given to the opposing team.

Diagram of playing field with measurements (5 points)



Equipment needed (1 point)

**Ball:** The ball, with a leather casing, ranges in circumference from 58 to 60 centimeters for men and 54 to 56 for women. It weighs 425 to 475 grams for men, 325 to 400 for women.

**Court:** The court for handball is 40 meters long and 20 meters wide. A center line across it divides it into two equal courts, with a goal area at each end. The goal area is D-shaped, arcing from the corners to a straight line six meters in front of the goal. The arcing sides similarly create a six-meter distance from the nearest part of the goal at all points.

Goals: We will be using two soccer goals. The goals will be placed at opposite ends of the gym.

Pennies: The pennies will be given out to one team so that there is no confusion to who is on what team.

Cones: Cones will be used for drills, the specific number will be stated with the drill.

Number of players on a team (1 point)

There are seven players on each team (one goalkeeper and six field players). A maximum of 12 players may dress and participate in a game for each team. Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court. For our game, however, we will just divide the class in half evenly depending on how many we have that day.

Guidelines for the Official -where he/she stands, what he/she is responsible for (1 point)

- Team handball requires two officials (one is sometime allowed for special cases).
- The referees position themselves such that the team players are confined between them. They stand diagonally aligned so that each can observe one side line. Depending on their positions one is called *field referee* and the other *goal referee*. These positions automatically switch on ball turnover. They physically exchange their positions approximately every 10 minutes (long exchange) and change sides every 5 minutes (short exchange).
- The IHF defines 18 hand signals for quick visual communication with players and officials. The signal for warning or disqualification can be accompanied by a yellow or red card. The referees also use whistle blows to indicate infractions or restart the play.
- The officials are accompanied by a timekeeper and a scorekeeper.

SECTION 3: the lesson plan (25 points total)

### **Day 1**

Vicky will take attendance while Martha, Tom, and Jason go with Ms. Wilson to set up the projector and laptop to watch the YouTube videos.

Introduce your sport:

Team handball contains elements of basketball, soccer, hockey, and water polo.

On this day, we will show YouTube videos to show a general overview of the skills of Team Handball. Students will still dress because we will start drills when the videos are over. Videos will take 10 minutes total.

<https://www.youtube.com/watch?v=q6RcTHNlxto> (5 minutes)

<https://www.youtube.com/watch?v=ObL88t8bLQI> (start @ :25)(1.5min)

<https://www.youtube.com/watch?v=tMLu3zWV3Sg> (1.5 min)

<https://www.youtube.com/watch?v=ycoJ9U36toI&NR=1&feature=fvwp>

[https://www.youtube.com/watch?v=KI\\_a2\\_FfyEE](https://www.youtube.com/watch?v=KI_a2_FfyEE) (1 min)

### **Drill 1 – five types of passes (15-20 minutes)**

Physical set up for each drill (1 point)

This drill will be to teach the throwing and catching of the ball and allow the class to get used to using the handball. We will teach them the hip-throw, over-head pass, bounce pass, jump pass, and side pass. Each will be demonstrated one at a time with practice in between. We will also show the proper technique for catching the ball with two hands, using soft arms to bring it into your body so the ball doesn't just bounce off your hands.

How the class will be organized for each drill (1 point)

The students will chose partners and stand facing their partners about twenty feet apart, closer if throwing is difficult (can be adjusted if necessary). They will line up down the middle of the basketball court going from end line to end line, so the partners will be facing east and west. Depending on the size and abilities of the members of the class, you can split the class into two groups and keep working on throwing with one side and have the other side move on to shooting or dribbling.

Equipment needed & dispersal/collection of equipment for each drill (1 point)

We will need one handball for every pair of students (9 handballs). We will pass out the handballs after partners are selected and we have demonstrated the first pass. Students will be told to place the ball on the ground while we are demonstrating the following passes to save time and not have to recollect them every time. When the drill is over, one partner from each group will put the balls back in the bag.

Objective of each drill (1 point)

The objective of this drill is to show students how to pass the ball properly and use different techniques for passing to make the game more interesting. Also, we will try to get the class to all learn how to catch the ball properly so that the game will be played smoothly and more fun for everyone.

### **Day 2**

Martha will take attendance while Vicky, Jason, and Tom set up goals and cones for first drill.

Class will then go up to gym and be led in a dynamic warm up. (5 minutes)

Teach the at least 3 drills that will assist them in learning the game

### **Drill 1 – dribbling relay (5 minutes)**

Physical set up for each drill (1 point)

This drill will be to teach dribbling and allow the students to get the feel for dribbling the handball.

Each team will be given a ball, and it will be run as a relay. One person will start with the ball and dribble to their team mate at the other end line. The first person must touch the end line with both feet before handing the ball to the next person. The ball

must be dribbled the entire time, and if a person grabs the ball with two hands, they must go back to the line they came from before going to the other side.

Students should sit down once they have completed their turn. The first team to have everyone make it to the other side of the gym wins.

How the class will be organized for each drill (1 point)

The class will be divided into two teams at random, probably counting off by two's. Each team will then be divided into two halves. One half of the team will line up behind the end line of the basketball court on the North end of the gym, and the other half will line up the South end of the gym behind the end line, across from the other half of their team. The second team will be positioned in the same way, just ten-twenty feet away from team 1.

Equipment needed & dispersal/collection of equipment for each drill (1 point)

We will need two handballs and four cones to mark where the students should stand in line. Cones will be set up during cleanup of previous drill and balls will be passed out after rules of game have been explained and demonstrated. Balls and cones will be collected by instruction of teachers.

Objective of each drill (1 point)

To teach students how to dribble while running fast up and down the court. Also, to add a little competition to the drill to make it more fun.

## **Drill 2 – shooting and goalkeeping game (10 minutes)**

Physical set up for each drill (1 point)

We will first demonstrate how to do a jump-shot over the goalie arc. Also, we will show how to block the goal. We will first go through shooting without running or dribbling. Then, we will have the lines back up three large steps and have them shoot with first running up to the arc and then shooting. Next, they will stay three steps back but this time dribble while they run. Finally, they will dribble, run, and jump over the arc line as they shoot. The leaders will play goalie for this so that everyone gets to take as many shots as possible

How the class will be organized for each drill (1 point)

The class will be told to choose partners and one partner will be put on each side of the court. We will use the basketball court 3-point arcs, so there will be two “courts” for this drill. Depending on the size of the class you can divide each side into a couple of lines to have more people moving at once.

Equipment needed & dispersal/collection of equipment for each drill (1 point)

We will need 2-4 handballs (depending on size of class), two goals, and eight cones. Balls will be given to the first shooter of each line and collected by the leaders when the drill is over.

Objective of each drill (1 point)

The objective of this drill is to teach the students the proper form of jump-shooting and allow them to become comfortable as goalies as well.

### **Drill 3 – Field positions and defense (15 minutes)**

Physical set up for each drill (1 point)

Using students and leaders (if necessary), we will set up a typical game situation with positions of offense and defense by showing people where to stand and what areas should be covered by each defender. We will then essentially start playing a game, but we will pause the game to reset positions and make sure the class actually knows how the game works.

How the class will be organized for each drill (1 point)

We will use the teams that are assigned for the large game (see day 4) and place people in positions based on abilities seen in previous drills.

Equipment needed & dispersal/collection of equipment for each drill (1 point)

We will need one handball, two nets, and one set of pennies. One leader will begin the game by giving the ball to the team chosen to be the first offensive team.

Objective of each drill (1 point)

The objective is to allow the class to grasp the basic structure of the game before we play our mini game one Day 3.

### **Day 3**

Martha will take attendance while Vicky, Jason, and Tom set up Mahoney Court. Martha will then bring the class up to the gym.

Class will start with a dynamic warm-up that consists of jogging, skipping, side shuffle, etc. (3 minutes)

Equipment needed: 2 balls, 2 nets, 2 sets of pennies, and the middle curtain of the gym down to separate the courts. We will use the “home of the lion” pads on the walls of Mahoney Court as the other two goals.

Brief review from day 1 (1 point)

Tom will ask the class to tell him the different types of passing and repeat the rule of 3's (3 steps, 3 dribbles, and 3 seconds)

Finish covering necessary skills (1 point)

Jason and Tom will demonstrate quickly so that the students will understand what they are doing. Vicky will then divide the class into the pre-determined teams (see lists below).

Modified or mini game play (3 points)

The court will be divided in half. There will be 2 games being played at the same time. Each game will last 6 minutes and the team with the highest score (refs will keep track) wins. After 3 minutes, teams will switch sides of the same court so that each team has to defend the “home of the lions” pads. After 6 minutes is up, the teams switch and play a team that they have not previously played.

For the mini game, we will play with no out-of-bounds and they may pass off the wall.

Objective: Get the students to understand the basics of Team Hand Ball.

**Teams:**

Team 1 (one member will have to sit out during game play, and we will watch to make sure they rotate every couple of minutes)

Ryan F  
Ryan H  
Lauren M  
Anne P  
Bianca M

Team 3  
Kevin K  
Jack M  
Kaleigh M  
Gina M

Team 2

Matt P  
Kaley J  
Erin P  
Anne C

Team 4

Matt O  
Brain C  
MK M  
Kelsey T

Court 1:

Team 1 vs. Team 2  
Team 1 vs. Team 3  
Team 1 vs. Team 4

Court 2:

Team 3 vs. Team 4  
Team 2 vs. Team 4  
Team 2 vs. Team 3

**Day 4**          Game play or tournament play

Vicky will take attendance

Tom will lead the class in a dynamic warm-up. (5 minutes)

How will teams be determined? (2 points)

There will be two teams that we have already made up.

**Team 1**

Ryan F          Matt P  
Brian C          Gina M  
Kaleigh M      Anne C  
Bianca M       Lauren M  
Mrs. Wilson

**Team 2**

Jack M          Ryan H  
Matt O          Kevin K  
Erin P          MK M  
Kelsey T       Kaley J  
Anna P

How many playing areas are needed? (2 points)

One playing area is needed because we are playing a single, full-court game. We will use the basketball court boundaries as the side and end-lines, and the three-point arc will serve as the area that can only be entered by the goalie.

Equipment needed (2 points)

We will need 2 goals, 1 set of pennies, one handball

When is the game over? (2 points)

The game will last 30 minutes. The teams will switch sides after 15 minutes to ensure fairness.

How many games will they play? (2 points)

We will only play one game.

When the game is over we will direct people to collect the pennies and a few people to help us put the goals away.

**SECTION 4:**

The role of the leaders will be to adequately teach the rules of Team Handball to the class as well as teach the skills necessary to play the game. Also, it will be our job to correct or give suggestions on how to improve skills and mechanics that may not be proper. We will referee the games by each taking one half of one side of the court to achieve maximum efficiency and to make the most calls.

We expect the students will know how to play Team Handball as well as have a grasp on the rules and be able to explain the game to their students next year. Lastly, we will work together as a team and make sure everyone participates equally.