

Knowledge Organiser: Year 8 Handball

Key Skills	Rules	Key Content and Terms to learn
<p>Catching: (two handed)</p> <ul style="list-style-type: none"> • At a variety of heights • Stationary • On the move • From the bounce <p>Jumping Catching/shot stopping: (two handed, goalkeeper only)</p> <ul style="list-style-type: none"> • At a variety of heights • Stationary • On the move <p>Body in correct position in relation to shooter</p> <p>Positions for catching the ball:</p> <ul style="list-style-type: none"> • Frontal • Sideways <p>Dribbling with dominant hand Passing:</p> <ul style="list-style-type: none"> • Standing <p>Running Shooting:</p> <ul style="list-style-type: none"> • Shot in place • Shot in movement 	<ul style="list-style-type: none"> • A match consists of two periods of 30 minutes each. • Each team consists of 7 players; a goalkeeper and 6 outfield players. • Outfield players can touch the ball with any part of their body that is above the knee. • Once a player receives possession, they can pass, hold possession or shoot. • If a player holds possession they can have the ball for up to 3 seconds, after they can dribble 3 times, or take three steps (without dribbling) • Only the goalkeeper is allowed to come into contact with the floor of the goal area. • Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area. 	<ul style="list-style-type: none"> • When to pass/shoot/dribble • Where to pass/shoot/dribble • Which pass to make • Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays <p>Offensive and defensive movement:</p> <ul style="list-style-type: none"> • Feinting with the body • Feinting a shot • Feinting a pass <p>Advanced skills, (applies to all positions, except where stated) to include:</p> <p>Catching: (one handed assisted on both sides)</p> <ul style="list-style-type: none"> • At a variety of heights • Stationary • On the move • From the bounce <p>Jumping Catching/shot stopping: (one handed assisted on both sides, goalkeeper only)</p> <ul style="list-style-type: none"> • At a variety of heights • Stationary • On the move
<p>Stretch and Challenge Task 1:</p> <p>Can you find out where the different handball leagues and teams are around the world, click the link below?</p> <p>https://www.englishhandball.com/league/premier-handball-league</p>	<p>Videos on Rules and Game play:</p> <p>Rules and Game Play (note video above we play 7 players not 6 and after a goal it is restarted from the centre not the goalkeeper and we do not have to swap goalkeepers after each goal.</p> <p>Rules of Team (Olympic) Handball</p>	<p>Other Useful Videos:</p> <p>How to Throw a Handball</p> <p>How to Score a 7 Metre Throw</p>

Stretch and Challenge Task 2:

Can you research the history of Handball? Where did it start? How has it developed?

History of Handball and Olympic Handball

<https://www.olympic.org/handball-equipment-and-history>

Body in correct position in relation to shooter Dribbling with either/both hand(s) but not at the same time.

Passing:

- Jump pass Shooting: (as appropriate to your position):
- Vertical jump shot
- Striding/jump shot
- Shot whilst falling

Offensive and defensive movement:

- Stealing the ball
- Screening an opponent without the ball
- Screening an opponent with the ball

