

The PE Hub Glossary – Handball

3-man Weave – A tactic used by an **attacking team** in possession of the ball. It encourages players to move the ball and themselves across the court quickly to get closer to the other team's goal.

3-Second/Step Rule – When in possession of the ball, a player can only hold the ball for 3 steps and 3 seconds before they must bounce, pass, or shoot. If they fail to do so, it is deemed 'travelling', and the ball is given to the other team.

7-metre Throw – Awarded when a clear scoring chance is stopped illegally. Like a penalty in football, only the **goalkeeper** can block the shot at the goal.

Attacking team – The team with possession of the ball in a game.

Centre – A position on a handball team. There is only one centre on each team. A centre usually occupies the middle of the court. They work up and down the court, often shooting in attack and helping to block in defence.

Centre line – A line that goes across the width of the pitch exactly halfway along the pitch.

Closing angles – A way for a goalkeeper to make it more difficult for an attacker to score when shooting. The goalkeeper moves quickly across the goal, making themselves as big as possible to minimise the places an attacker can score in the goal.

Corner throw – A throw taken by an **attacking team** from the corner of the pitch. It is awarded when the ball goes behind the **goal line** on either side of the goal, having touched a **defending team's** player last.

Counterattack – When a defending team takes possession from the attacking team. They move the ball quickly towards an opponent's goal who is out of position to defend, giving an easier opportunity to score.

Defending team – The team that does not have possession of the ball.

Double dribble – When a player receives a ball, bounces it, then holds it again, and bounces it again, it is a double dribble. This results in possession being given to the other team.

Dribbling – When a player with possession of the ball moves on the court. Like basketball, the ball must be bounced. However, this is after 3 seconds or 3 steps have been taken.

Foul – When a player commits an offence of the rules of handball. A foul results in the other team getting the ball. A **7-metre throw** is awarded if the foul is committed to stop a shooting chance.

Fullbacks – Each team has two fullbacks, a left and a right. Their main job is to stop the opposition from goal-scoring. They stay closer to their own goal and do not usually join attacks from their team.

Goal area – A D-shaped semi-circle around either goal. Only a **goalkeeper** is allowed in this area.

Goalkeeper - A position on a handball team. There is only one goalkeeper on each team. A goalkeeper defends their team's goal. They are allowed to block a shot with any part of the body and are the only player on the pitch legally allowed to use their feet.

Goal line - The boundary line that runs along the width at either end of the pitch. The goals sit on this line, and for a goal to be awarded, the ball must cross fully over the line between the goalposts.

Pivot/ circle runner - A position on a handball team. A pivot stays near the opponent's goal. They usually play in front of the defending team players, creating space for a shot. There is only one pivot on each team.

Ready position – The best position a player can get into when ready to receive a pass from a teammate to increase the chance of a successful catch.

Rebound – When the ball bounces back into the playing area after an unsuccessful shot.

Referee – The official in charge of a game of handball.

Screening – is a tactic used by the attacking team to prevent a defender from reaching the ball carrier. This is done by having a player without possession "block" the defender by positioning themselves between the defender and the ball carrier.

Set plays – A way of sending a ball quickly around a court to try and create space for a shot at goal. In a set play, the **attackers** will move around the court in pre-determined ways to try and move **defenders** and create space.

Side-line - The boundary lines that run perpendicular to the **goal lines** on either side of the pitch.

Throw off – the method used to start the game at the beginning of each half, and after a goal has been scored. It is similar to the tip-off in basketball or the kick-off in football. The throw-off is a way to initiate play and give both teams an equal opportunity to gain possession of the ball.

Wingers - Each team has two wingers, a left and a right. Their main job is to try and move the **defending team** players around to create space for a shot to be taken.