

Test will be Monday/Tuesday: October 27 and 28

GAME: The object of the game in team handball is to advance the ball down to your goal by passing or dribbling. Players score goals by throwing the ball into the team handball goal from outside the **crease**.

PLAYERS: 4 players play on each 2 minute rotation. 1 player is **goalie**.

RULES:

1. All games begin with a **jump ball**. Once the game is in progress, we rotate every 2 minutes and simply pick up the ball and play on.
2. All three **floor players** must catch the ball at least one time during a rotation before their team is allowed to shoot on goal. Floor players play **offense** and **defense** during a rotation.
3. Shots must be taken from outside the **crease**.
4. If a player does not catch the ball in the air or on one bounce, it is considered a dropped ball and is then turned over to the opponent.
5. When a team scores a goal, they must "**fall back**" to the middle black line before playing defense on the opponents.
6. Players may only hold the ball for **3 seconds**.
7. When dribbling, players may only take **3 dribbles** before passing or shooting.
8. **Traveling** is a violation and results in a **turn-over** of the ball to the **opponent**.
9. **Double dribble** is a violation and results in a turn-over of the ball to the opponent.
10. It is legal to pass the ball to a sideline player.
11. **Sideline players** may pass the ball down their line before passing it back into the floor players.
12. Sideline players **may not** shoot on goal.

BIO-MECHANICS

1. ANGLE OF REBOUND: Angle of rebound is when a ball will rebound at an angle **equal** to that at which it contacts a surface. In other words, a ball will bounce back from the ground at the same angle it is thrown to the ground.



VOCABULARY

GOALIE: The player who plays in front of the goal and tries to stop the ball from going into the net.

FLOOR PLAYERS: The 3 players who try to score goals. They may pass, dribble and shoot.

CREASE: The large box in front of the goal. Floor players **may not** be in the crease when they shoot.

DROPPED BALL: A ball that is not caught in the air or on one bounce.

OFFENSE: When your team **has the ball** and is trying to score.

DEFENSE: When your team **does not have the ball** and is trying to stop the other team from scoring.

TRAVELING: When a player walks while holding the ball.

DOUBLE DRIBBLE: When a player dribbles 3 times, stops, then dribbles again **OR**
When a player dribbles with two hands at the same time.

SIDELINE PLAYERS: The players on the sideline who are waiting to be floor players. They may receive a pass and pass the ball back into the floor players. They may not shoot on goal from the sideline position.

*******FITNESS GOALS*******

PUSH – UPS: 10 – 15

CURL – UPS: 28

JOGGING TEST

A = 20 MINUTES

A- = 19 MINUTES

B = 18 MINUTES

B- = 17 MINUTES

C = 16 MINUTES