

TEAM HANDBALL STUDY GUIDE

Team Handball is a combination of: Basketball, Soccer, Hockey, Water Polo

Magic 3 rules:

- a player may: hold the ball for **3 seconds**, take **3 steps**, take **3 dribbles**
- a team must make **3 passes** before attempting to score

Team Handball HISTORY: Started in Denmark

- Indoor Olympic sport - USA has **never** won a medal in Team Hand Ball

Terms/Rules:

- Crease: the 'box' in front of the goal. Players can't be in the crease when shooting
- Offense: the team that **has the ball** and is **trying to score**. They move to get open
- Defense: the team **without the ball** that is trying to prevent the other team from scoring. They try to block passes and gain possession of the ball.
- No body contact allowed
- Not allowed to slap the ball out of a player's hands