

THEORY OF THE THIRD TERM. PHYSICAL EDUCATION: 3rd E.S.O.

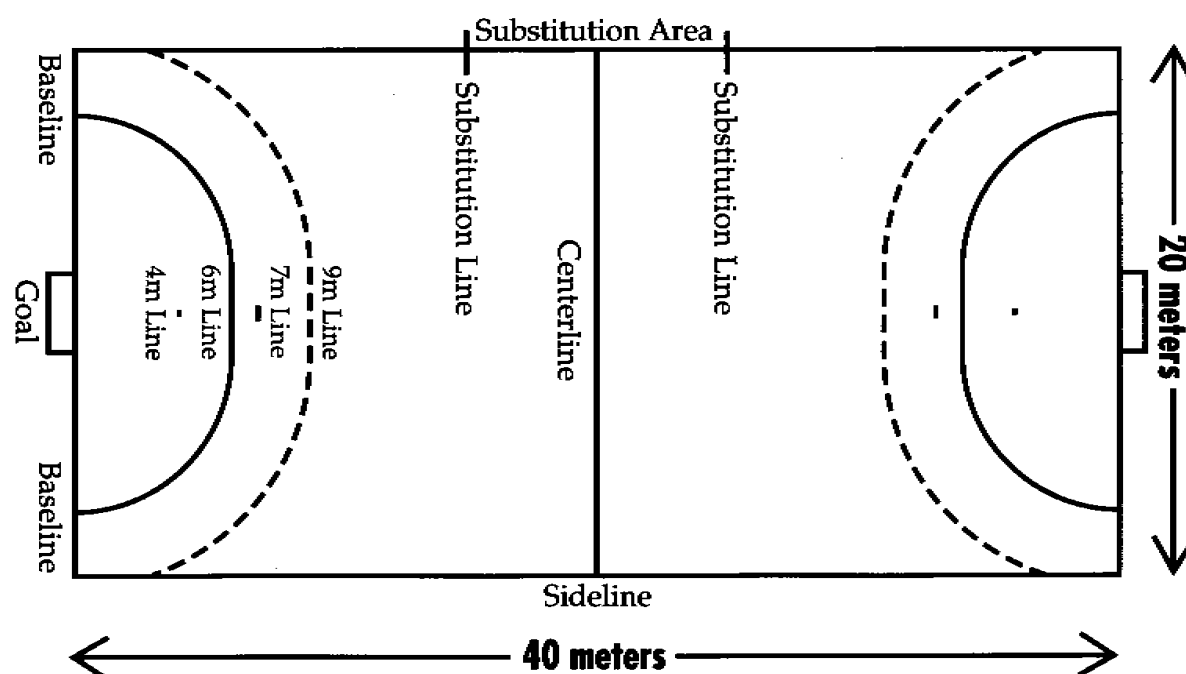
4. – THE HANDBALL

It is an Olympic sport in which two teams of 7 players compete. The objective of the game is to introduce the ball with the help of the hands inside the goal defended by the opposing team.

4.1. – THE COURT

It is a 40x20 metres rectangle. The court comprises the play area, divided into 2 halves by a central line and 2 goal areas. At their ends are the goalposts that are 3 meters in width and 2 metres in height, painted with alternating strokes and of equal length of white and red colour, and are provided with a free-hanging net that prevents the ball from bouncing when entering.

The goal area is limited by a solid line located at 6m. The free-throw line, marked by a dashed line, is located 9 m from the goal. The line in front of the goal, located at 7m, is the penalty kick line. On each side, and at 4,5m from the centre line, a stroke of 15cm marks the zone of change of players.



4.2. – THE TEAM

A team consists of 14 players, of whom 7 will be starters and 7 substitutes. Of the 7 that can be on the track, 6 of them will be court players and the other, the goalkeeper. In the bench remain 6 court players and another goalkeeper. Players wear a badge with a visible identification number on their front and back, shorts and sports shoes. The uniform of the goalkeeper must be clearly differentiated from the rest of the players, usually wearing long pants and not wearing gloves.

The court-players differ according to the function they perform and the situation they occupy: goalkeeper, pivot, sides, wings and centrals.

- **Goalkeeper:** He is in charge of defending the goal, trying to fit as few goals as possible. They usually hover around 1.90 in height and their main objective, given the power and proximity of most of the pitches they receive, is not to stop the ball directly, but to cover most of the goal in order to the ball touches him and it

doesn't cross the goal line. They often move their arms and legs extensively to block out any possible gaps. It has great reflections.



- **The pivot:** They are usually very high players, above 2m. They are usually very close to the 6m line trying to win the position in the central part, just in front of the goal, to receive some pass in good conditions to score. In addition, they make difficult the movements of the opposite defence.
- **The sides (laterales):** They play outside in attack. Usually, they are fast and with a good throw.



- **The wings:** Occupy the corners of the field in attack. They are usually the smallest (about 1.85m) as they need a lot of speed to surprise the opposing team from that position. It has to throw very well in suspension, grinding (rectificado) and lob (vaselina). They are skilled players of the opposite hand to the side in which they play.
- **The centrals:** Usually are very high players, with a great throw in suspension and main defensive players in the centre of the zone.

4.3. – THE MATCH

There are two periods of 30 minutes with a break of 10, without an extension. The tie is valid, except in tournaments that are played with qualifiers and need a winner. In these cases, there will be 2 periods of 5 minutes. In case the tie persists, there will be another extension. In recent years has been introduced in

some tournaments, not to lengthen the games excessively, a round of 5 penalties per team, and if the tie persists, one team throw until one team fails and the other scores.

In principle, the watch does not stop when infractions are committed, but in certain cases, the referee can request that it stop. Each team has 2 dead times of 1 minute each in each period to give instructions to their players. The matches are leaded by 2 referees.

4.4. – GAME RULES

Some of the most important rules of the game are:

- The ball can be touched with the hands, arms, trunk and head, but never with the feet. The goalkeeper is the only player who can use any part of the body to stop the ball.
- The ball cannot be held more than 3 seconds by a player who is standing at the same place.
- You cannot take more than 3 consecutive steps without bouncing the ball.
- A statutory infraction is punished with a free kick, restarting the game the opposing team at the point where the foul was committed. If the foul is committed within the free kick line (9m line) the foul is taken from that line. Any foul committed within the 9m area is punished with a free kick if the player who is suffering is not in a shooting position or in possession of the ball. If this has been done on a player who is in front of the goalkeeper in clear goal situation, a penalty is produced, punished with a penalty kick from the 7m line.
- The goal area cannot be stepped or crossed by any player, either from one team or other, with the exception of the goalkeeper. When a throw is made, you have to jump from the outside and release the ball before the player touches the floor, in this case, you can step on the goal area.
- **Exclusions.** If hard fouls are committed, the referees have the possibility to temporarily expel the offending player, which is known as exclusion. They are 2 minutes and during that period of time, the offending team is inferior.
- **The cards.** There are yellow cards for hard fouls or repeated infractions, and the red card for more serious cases. Two yellow ones equal a red one. With the red player sanctioned cannot play again in the match.
- Players may be relieved as many times as the coach deems appropriate at any time in the match, entering the field through the change zone and provided that the substituted player has left the court. The anti-regulation changes are penalized with free-kick and a 2-minute exclusion from the offender.
- **Passive play.** You cannot pass the ball for a long time between the players of a team without looking for the opposite goal. In the event that this happens, he becomes passive and the ball becomes the rival team. It is not a stipulated time. When the referees interpret that this infraction is being incurred, they raise an arm to warn of its immediate signaling. And if it does not change, the offensive attitude of the team, it is pointed out and punished with free-kick.

4.5. –MAIN TECHNICAL SKILLS

We can differentiate between offensive technique and defensive technique. Within the offensive technique, we can speak as basic aspects of:

The bounce: allows to advance with the controlled ball. It is tried to control mainly with the fingertips. The bounce in speed is used to advance with great speed towards the opposite goal. The ball should go slightly forward and bounce at hips level.

The pass: there are different types of passes, although the most normal one is done with one hand, starting with the arm delayed and the ball behind the head.

The throw: Let's differentiate between the most used:

- Suspension: It is about raising our body, staying a few moments in the air to finish making the launch. This throw is usually used to throw above rivals.



- From the hip: Also called in support. It is done with the feet resting on the ground and try to make a quick and surprising shot to try to get a goal. The ball comes out of hip height very quickly.
- In falling: It is usually used especially when it is received in positions close to the 6m line. The player when he receives backs to the goal turns quickly and falling forward makes the throw.



- With grinding: Grinding is a feint that pretends to cheat on the contrary before performing the authentic throw so as to confuse it and have more chances to get the goal.
- The lob: Can be executed with any of the previous types of shots. The main difference is the trajectory described by the ball. The goal is to make an arched throw above the goalkeeper when he does not find his feet on the ground and prevent his reaction and facilitate the achievement of the goal.

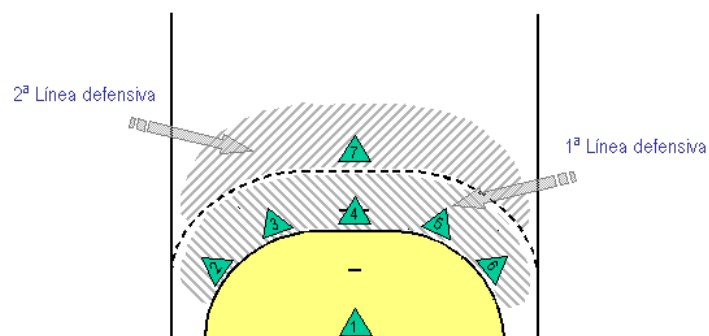
4.6. – MAIN TACTICAL ASPECTS

We can differentiate between offensive and defensive tactics. Within the offensive tactics we can highlight the most used systems:

- Attack with a pivot: 5 court players located between the 9 and 6m lines move the ball quickly on the outside trying to create holes in the opponent's defence. While the pivot plays with his back to the goal, stuck to 6m line trying to receive a good pass in an advantageous situation and delay the movements of the rival defence.
- Attack with double pivot: 4 players located on the outside and two playing glued to the line of 6m trying to get the same as in the previous attack.

As for defensive tactics, we can highlight the following:

- 6-0: It is when the 6 players are stuck to their 6m line trying to occupy as much space as possible and moving laterally following the movements of the ball controlled by the opposing team.
- 5-1: Here are 5 players who are close to the 6m line and a player is ahead in the middle to try to prevent the easy circulation of the ball or mark a rival of special danger.



- 4-2: Same as in defence but this time there are 2 players who play more advanced, trying to make the ball not circulate easily, steal balls, or mark especially dangerous opponents.