

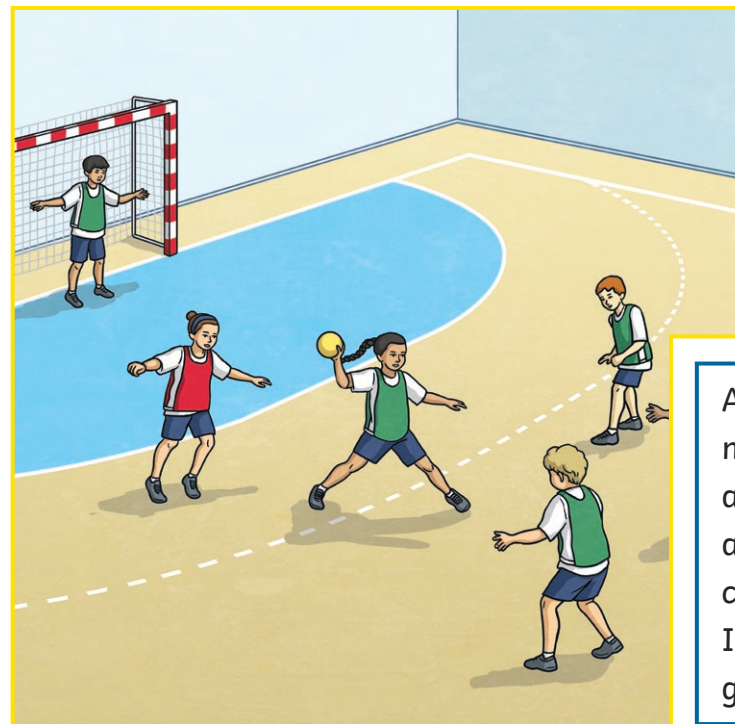
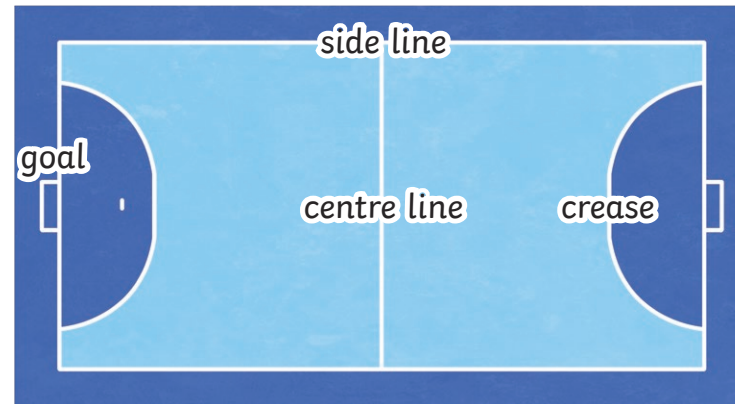
Invasion Game

Handball is an **invasion game** played between two teams. It involves passing and bouncing a ball using the hands, trying to throw it into the goal of the opposition team.

Invasion games are fast-paced and focus on teamwork, possession, attacking and defending.

Handball is usually played on a court slightly bigger than a basketball court. However, it can be played indoors or outdoors on any sized court depending on the space available.

The court has a goal at each end and around each goal should be a 'D', known as the crease.



Agility and Quickness

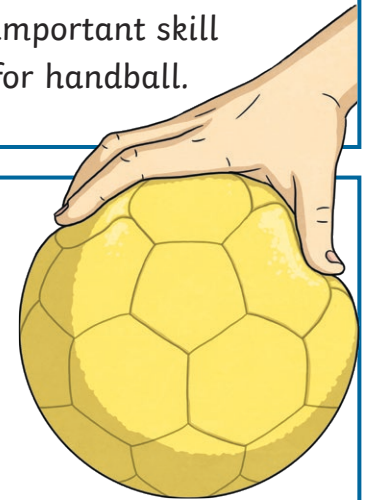
Agility involves being able to accelerate, decelerate and change direction quickly and easily, all while maintaining balance and coordination. Being agile is an important physical attribute for many invasion games, including handball.

Quickness is the ability to react

and change body position quickly and includes how quickly you can accelerate to reach your top speed. In most sports, running at top speed is rare. Quickness and directional movements are much more common.

Quickness is an important skill for handball.

A typical handball ball is made from rubber and is about the size of a volleyball, although smaller, softer balls can be used at primary level. It's important to be able to grip the ball with one hand.



Key Vocabulary

attack	When a team has possession of the ball, they are attacking , with the aim of trying to create a goalscoring chance. This means that the other team will be trying to prevent them from scoring and are therefore defending.
defend	When a team has possession of the ball, they are attacking. This means that the other team will be trying to gain possession of the ball and are therefore defending .
defensive stance	The defensive stance involves a defender positioning themselves in a way that helps them to defend effectively, such as when marking or intercepting.
intercept	To intercept the ball or pass means the defender catches the ball before it reaches the intended place, such as the attacker.
mark	Marking involves staying close to a player from the opposing team, to try to prevent them from passing or receiving the ball.
throwing and catching	Players move the ball between teammates by throwing and catching it in handball. The overhead pass (throw) is often used in handball. The most basic two-handed catching in handball is done at chest height.

Tactics

A **tactic** is an action or gameplan used in sport to help win games. Teams can work on the tactical side of the game, as well as trying to improve their skills.

A tactic in handball could be to move the ball quickly. Scoring opportunities develop when sharp, quick passes are made and the defence does not have time to react or adjust to what the attacking players are doing.

