

# MINI HANDBALL



## Quick introduction

Handball is the fastest team game with a ball in the world. This fun, fast and easy introduction to handball is based on attack and defence and can be played almost anywhere with simple equipment.

## Getting started

- Two teams of five players including one goalkeeper compete in a modified game of handball.
- A court of any size is required, with a goal at each end (a hockey, or futsal is fine, or mark/tape a goal on the wall).
- Around each goal should be a 'D', typically a netball D can be used.
- The two teams compete against each other, passing the ball amongst themselves, with the aim of shooting at the opponents' goal to score.

## Health and safety

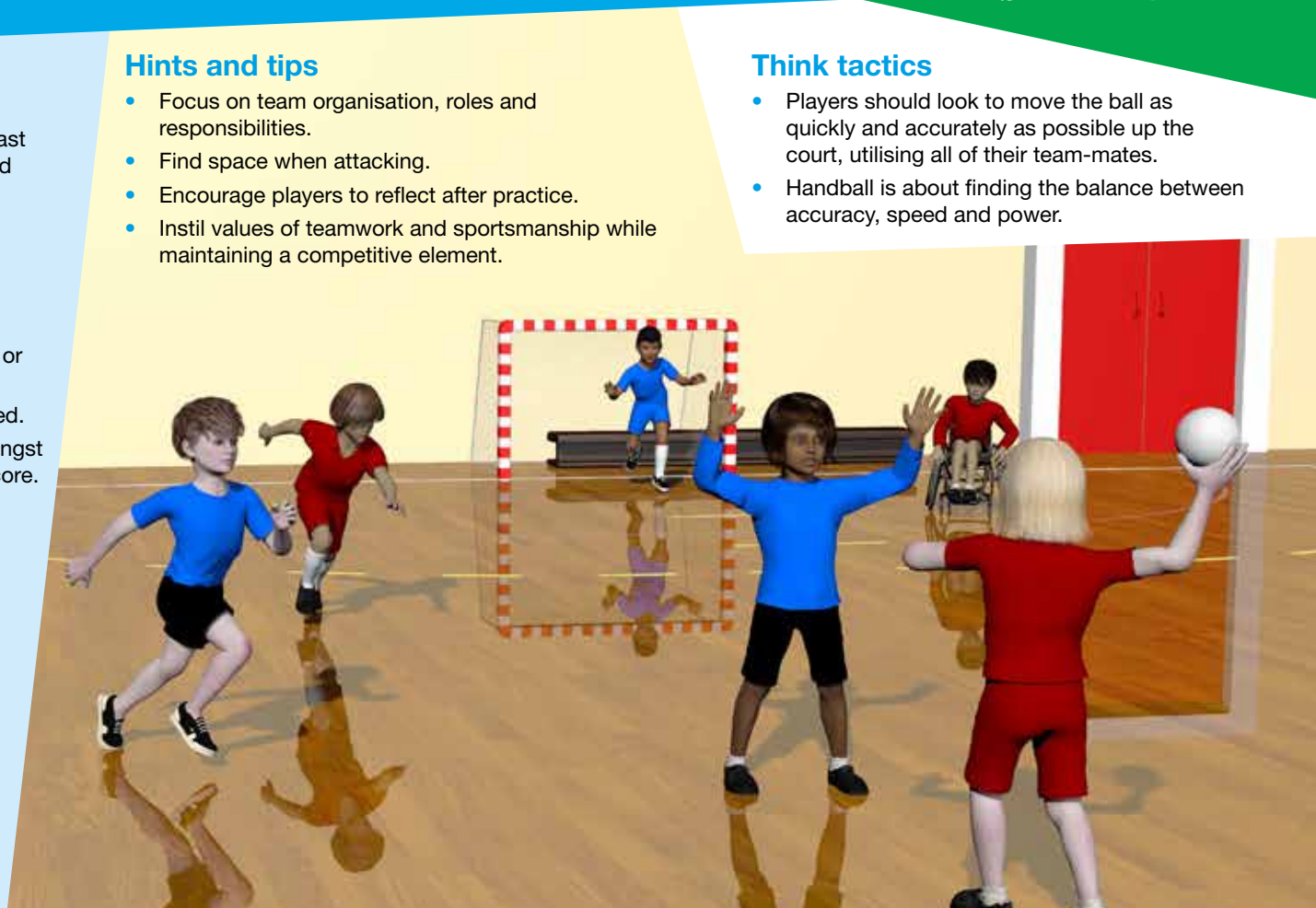
- Players of the same team should all wear the same colour tops or bibs to avoid clashes among players.
- Players on court should not wear anything that might cause danger to opponents; this includes caps, jewellery and other sharp objects.
- Use a softer ball to avoid any players sustaining head injuries or hand injuries when playing the game.
- Ensure appropriate run-off exists around the court; this avoids players' momentum causing them to run into walls or doors.
- Ensure the court is dry at all times, mopping up any liquids as soon as they are identified.

## Hints and tips

- Focus on team organisation, roles and responsibilities.
- Find space when attacking.
- Encourage players to reflect after practice.
- Instil values of teamwork and sportsmanship while maintaining a competitive element.

## Think tactics

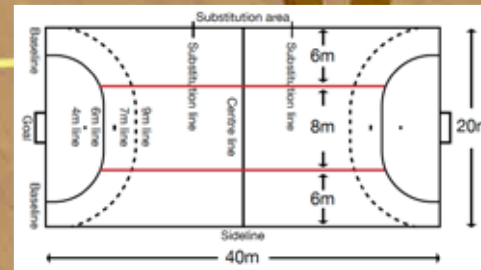
- Players should look to move the ball as quickly and accurately as possible up the court, utilising all of their team-mates.
- Handball is about finding the balance between accuracy, speed and power.



Gripping the ball



Catching the ball



Zone handball  
(Minimum court size 30m x 15m)

## Equipment

- One size 0 handball (or similar).
- Games are played using mini-handball goals (1.7m x 2.4m)
- Two sets of coloured bibs.
- Netball court markings can be used.

## Goals - Quick play goals link

[www.quickplaysport.com/shop-by-sport/handball](http://www.quickplaysport.com/shop-by-sport/handball)



## Rules

- The teams must be composed of a minimum of five girls and five boys
- There's no maximum limit to the number of players per team
- The games are 10 minutes, divided in two halves of five minutes
- The games are played on half a netball court
- The games will be played five-a-side (One goalkeeper and four court players)
- In the first half both teams must play with girls only
- In the second half both teams must play with boys only
- If a team has less than five girls (or boys), they can top up the numbers with boys (or girls). However, players who are 'topping up' cannot play in goal or score
- There is no limit to the number of players per team as there is no limit to the number of substitutions
- The results of both halves will be added to find the final result of the match

In handball there are four different throws, defined by the rules to restart the game, which are the throw-off, free throw, goalkeeper throw and 7-metre throw (penalty).

- A 7-metre throw is given when a clear strong chance has been destroyed
- A free throw is taken where the infringement occurred. Defending team must be at least three metres away from player with ball.
- Throw-off is at the start of the first and second half
- After a goal has been scored the game restarts with a goalkeeper throw
- No contact is allowed
- Dribbling is not allowed. In the case of dribbling the other team will receive a free throw.
- Travelling (taking more than three steps with the ball in hand) is not allowed. In the case of travelling the other team will receive a free throw.
- Foot faults (a court player standing in the goalkeeping area) will result in a free throw for the other team.
- If a ball hits the foot of a court player the other team will receive a free throw.
- A court player cannot pass to their goalkeeper when the goalkeeper is inside the area
- The goalkeeper is allowed outside of D area
- If a goalkeeper's save goes behind the goalkeeper touchline a goalkeeper throw is awarded.
- If a goalkeeper's save goes off the side-line the opposition get a throw-in from the side-line.
- There are no limits to the number of substitutions that can happen at any moment during the game.

## Think inclusively STEP

- Space:**
- Use spots to create zones on the pitch (see zone diagram). Players of similar ability should play against each other in each zone.
- Task:**
- Encourage players to pass the ball to everyone on court irrespective of ability.
  - Allow wheelchair players (manual or powerchair) to move up to 5m before passing the ball.
  - Allow SEN/disabled players to stand stationary with the ball for six seconds.
- Equipment:**
- Use a brightly coloured ball for players with visual impairments.
  - Play the game using smaller or lighter balls.
- People:**
- If appropriate allow SEN/disabled players to play in the D without penalty.

## Leadership and volunteering opportunities

- A game of mini handball requires one on-court official, a score keeper, a timekeeper and a volunteer to make sure the court stays clear of spillages and any other health and safety issues.
- England Handball offer an award in handball leadership, which covers full training in all of the above and comes fully certified by the National Governing Body. [www.englishandball.com](http://www.englishandball.com)

## Officiating

- Anybody can officiate a game of mini handball by simply studying the basic rules and applying them.
- Officials should look to implement and apply the rules and maintain the safety of the players at all times.
- No body contact is allowed.
- Players can only stand stationary with the ball for three seconds.
- Players can only move while carrying the ball for three steps.
- Only the goalkeeper should play in the D. A defender entering the D results in a penalty while an attacker entering the D the goalkeeper wins the ball.
- Training, support materials and guidance is available from the England Handball Association [www.englishandball.com](http://www.englishandball.com)



## Sporting ME Spirit of the Games

*Excellence through competition*

**Passion:** I will involve myself fully in the game and give 100%. I will play with enthusiasm and passion and try not to let my team down.

