

HANDBALL (One Wall) - STUDY GUIDE
POUND PHYSICAL EDUCATION
DESCHAIINE 042006

NAME _____
PERIOD _____

HANDBALL RULES: As played at Pound Middle School

1. The ball must be struck with an open hand, so that it rebounds from the wall, before it lands within the court area.
2. Once the ball has been properly served, it may be played either directly from the wall or after a bounce in the court area.
3. A player may use either hand for hitting the ball, but only one hand at a time may be used to play the ball, and the ball may be struck only once in each instance.
4. If any part of the ball strikes any part of a boundary line, that shot is considered "IN PLAY".

SERVICE:

5. The server must straddle the "SHORT LINE". Drop the ball to the floor, then strike it with an open hand before the ball bounces a second time.
6. The ball must strike the front wall first, then land within the back court area (behind the short line) to be considered a legal serve.
7. When the server fails to serve the ball in the prescribed manner, it is considered a service fault.
8. Two consecutive service faults will result in a "Handout" (Loss of service)
9. When the ball is served and strikes the server, it is considered "short" and is a "service fault".

HINDRANCE:

10. If at any time during the game one player is blocked or obstructed in any way from playing the ball; the point is to be replayed.
11. When during play, a rebounding ball strikes the person who played it last; the result is "point" or "handout"

SCORING:

12. Points may only be scored while a player is "in service".
13. A game is won by the first player scoring 21 points. There is no tie score nor requirement to win by two points, as in some games.

* A MATCH is won by a player winning two games. The third game or "tie breaker" is usually played to only 11 points.

THE GAME

One Wall Handball is a game which develops agility, quickness, body control and hand/eye coordination. It is played on a hard, flat surface, against a wall, using a rubber ball about 1.5" in diameter. The object is to strike the ball with an open hand so that it rebounds from the front wall before landing in the court for the opponent to return. Players who become skilled, learn to use either hand to play the ball. As we play the games in class please try to use either hand. You may be surprised how well you do.

SHOTS

There are several types of shots typically used in Handball. Most of them are based on two basic shots the **drive** which is hit to a point low on the wall, hard and close to the boundary line, and the **lob** which is played off the wall so it returns in a high arc.

Some variations of the drive are the **passing shot**, and the **kill shot**. The passing shot is played hard, low and toward the rear boundary line, when the opponent is in the front court. The shot is played forcefully so that the ball lands on the floor at a point behind the opponent. It is usually played when the opponent is in the front court area and will have difficulty backing up to get the ball. The kill shot is a drive played low and toward the corner of the front wall. A kill should not be hit in a downward manner but rather let to drop to knee level before the offensive player strikes the ball.

Another popular "change of pace shot" is the **dink**. The dink is played close to the front wall from a position close to the front wall. It is usually played when the opponent is deep in the back court area and will have difficulty getting to the ball.

STRATEGY

Handball is a game of analyzing the opponent's weak points. Some players are unable to use their left hand with much effectiveness. When facing such an opponent, a player should direct a majority of his shots to force the opponent to play his weakest areas. Players should vary their shots by alternating between fast balls and lobs in an attempt to get the opponent off balance. The change of pace is especially effective on the serve.

SAFETY CONSIDERATIONS

1. Dress properly for the game. Always wear rubber soled shoes for the best footing.
2. Warm up thoroughly before beginning competition.
3. After you play a ball to the back court area, **DO NOT TURN TO WATCH THE BALL; You may get hit in the face by a returning ball!** It is better to remain facing the wall while waiting for your next return.
4. Do not play a dead ball, because your opponent may turn and get struck in the face.
5. Allow your opponents room to make the play. Don't crowd or you may be struck.
6. Do not deliberately hit the opponent with the ball in hope that he will call "hinder" on the play. You may both get hurt and ill feeling will develop.

HELPFUL HINTS

1. Control is more desirable than speed.
2. Do not rush the ball. Wait for it and you will save energy and play a better game.
3. A ball hit close to the floor has less bounce and is more difficult to return. The forehand stroke is best for this shot; practice regularly on this play.
4. Serve each ball so that it is difficult for the opponent to return it. Try to get several "ace" serves in each game.
5. Watch good players and pattern your play after theirs.
6. As a playing courtesy, the opponent is entitled to a fair and unobstructed opportunity to play the ball.
7. If there is any doubt about a play, it is advisable to play the point over.

Record Of Games Played by _____

	NAME OF OPPONENT	DATE	WIN	LOSS	SCORE
1.	_____	_____	W	L	_____
2.	_____	_____	W	L	_____
3.	_____	_____	W	L	_____
4.	_____	_____	W	L	_____
5.	_____	_____	W	L	_____
6.	_____	_____	W	L	_____
7.	_____	_____	W	L	_____
8.	_____	_____	W	L	_____
9.	_____	_____	W	L	_____
10.	_____	_____	W	L	_____
11.	_____	_____	W	L	_____
12.	_____	_____	W	L	_____
13.	_____	_____	W	L	_____
14.	_____	_____	W	L	_____
15.	_____	_____	W	L	_____
16.	_____	_____	W	L	_____
17.	_____	_____	W	L	_____
18.	_____	_____	W	L	_____
19.	_____	_____	W	L	_____
20.	_____	_____	W	L	_____
21.	_____	_____	W	L	_____
22.	_____	_____	W	L	_____
23.	_____	_____	W	L	_____
24.	_____	_____	W	L	_____
25.	_____	_____	W	L	_____
26.	_____	_____	W	L	_____
27.	_____	_____	W	L	_____
28.	_____	_____	W	L	_____
29.	_____	_____	W	L	_____
30.	_____	_____	W	L	_____

31.	_____	_____	W	L	_____
32.	_____	_____	W	L	_____
33.	_____	_____	W	L	_____
34.	_____	_____	W	L	_____
35.	_____	_____	W	L	_____
36.	_____	_____	W	L	_____
37.	_____	_____	W	L	_____
38.	_____	_____	W	L	_____
39.	_____	_____	W	L	_____
40.	_____	_____	W	L	_____
41.	_____	_____	W	L	_____
42.	_____	_____	W	L	_____
43.	_____	_____	W	L	_____
44.	_____	_____	W	L	_____
45.	_____	_____	W	L	_____
46.	_____	_____	W	L	_____
47.	_____	_____	W	L	_____
48.	_____	_____	W	L	_____
49.	_____	_____	W	L	_____
50.	_____	_____	W	L	_____
51.	_____	_____	W	L	_____
52.	_____	_____	W	L	_____
53.	_____	_____	W	L	_____
54.	_____	_____	W	L	_____
55.	_____	_____	W	L	_____
56.	_____	_____	W	L	_____
57.	_____	_____	W	L	_____
58.	_____	_____	W	L	_____
59.	_____	_____	W	L	_____
60.	_____	_____	W	L	_____