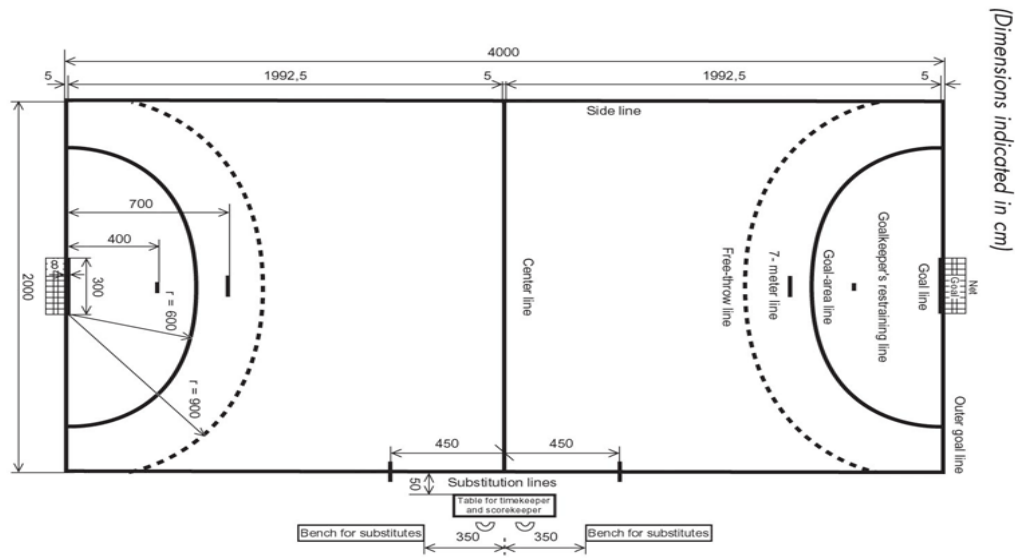


Team Sports 1

Team Handball Vocabulary



7m line

Line from which a free throw is attempted after a major penalty; creates one-on-one with goalie

9m line

Is also called the free throw line; is the closest a free throw can occur from if an infraction occurs between the goal area and the 9m line. All other free throws are taken at the point of the foul.

Baseball Pass

A one armed overhand pass

Bounce Pass

A two handed pass that bounces once before reaching the intended player

Chest Pass

A two handed pass that begins from the chest

Corner throw

When the offense puts the ball in play after ball goes out of bounds by the defense

Court Player

Member of the handball team actually playing on the court, except the goalie

Defending

The process of preventing the other team from scoring; this is done by using either the body to block or screen players, with raised arms to guard and block shots, while maintaining position between attacker and the goal.

Dribble

The skill of bouncing the ball and moving forward; after dribbling a player is allowed 3 steps and 3 seconds to throw or shot the ball.

Team Sports 1

Team Handball Vocabulary

Free Throw

A throw awarded to the opposing team when the other team is in violation of certain rules of the game.

Goal

When the entire ball crosses the goal line inside the goal; a goal may be scored from any throw (free-throw, throw-in, throw-off, and goal-throw). All goals are worth one (1) point (Scoring)

Goal-Area Line

Arc (usually 6m out) around goal that only the goalie can be in; Players may jump into area to shoot, provided they shoot before landing.

Goalie

The only player allowed in the goal area. He/she may defend in anyway except he/she can only use feet and leg below knee line when the ball is coming towards the goal.

Handoff Pass

Similar to quarterback handing ball off to a running back in football. Receiver forms a pocket for the ball.

Jump Pass

Player jumps over or around defender to throw ball baseball style to another player

Jump Shot

The most popular shot because a player may jump from beyond the goal area and is allowed to land inside the goal area, as long as he/she throws the ball before landing.

Lob Shot

Used when the goalkeeper is out away from the goal.

Overhead Pass

A two-handed pass that begins over the head; usually done with force

Passing

Throwing the ball to another player in a variety of ways

Passive Play

An illegal attempt to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score (free-throw awarded to the other team)

Penalty Throw

A shot attempted by any offensive player after that player has been prevented from making a clear goal scoring chance by a foul or unsportsmanlike conduct from another player.

Penalty shot

One on one shot against the goalkeeper; The shooter must stand with both feet behind the penalty line and keep one foot stationary during the shot.

Referee's throw

A ball bounced by the referee to restart the game after simultaneous infractions by members of both teams and when a game is interrupted.

Team Sports 1

Team Handball Vocabulary

Roller Pass

The ball is simply rolled along the floor to a teammate when all other passing lanes are blocked.

Set Shot

A simple throw from a standing position; Set shots are also used for all penalty shots.

Shooting

A scoring attempt made when a player reaches the throwing arm parallel above shoulder and snaps the wrist and gathers power from the lower arm by jumping into the air and releasing the shot for the goal.

Shovel Pass

One handed or two handed underhand pass.

Sidarm Pass

Similar to baseball pass except ball is released three quarters to the side to avoid defender.

Throw In

Putting the ball back into play after it has crossed one of the sidelines. Both feet must be touching the surface outside the sideline. The throw may be made by one or two hands in any matter.

Throw On

The method of putting the ball in play at the start of the game and after a goal is scored.