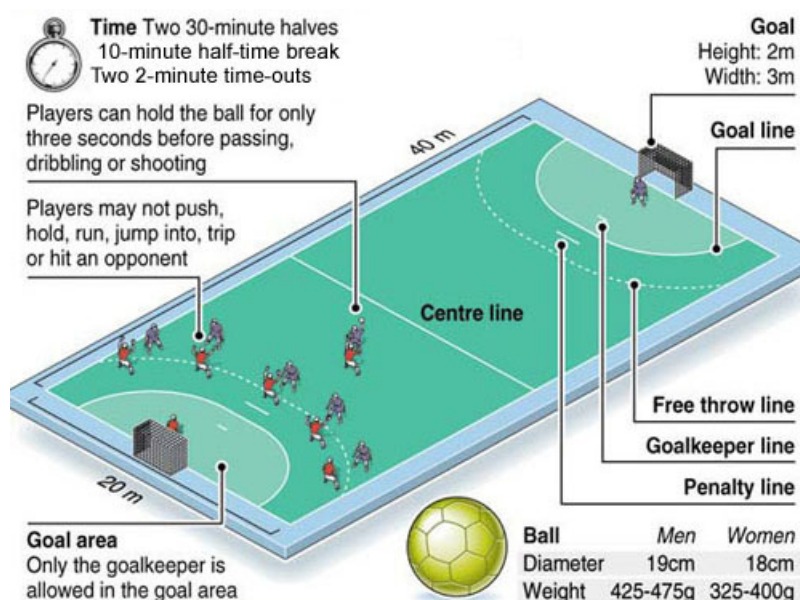


## What is Handball

### Handball

Handball, or Team Handball as it is known in North America, is simply one of the fastest most technical team sports in the world. With high powered, dynamic, fast-paced end-to-end action, handball is truly an exciting sport to play and watch.

Handball is a Summer Olympic sport played on a 20m x 40m court with goals at each end. The ball is passed between team mates at high speeds and attacking players use fast counter attacks and clever moves to overcome the defence and create opportunities to score. Only the goal keeper is allowed in the 6m goal area that surrounds the goal.



The final confrontation between shooter and goal keeper adds to the dramatic outcome of the attack. Handball is reputed as being the fastest ball sport. There is a great deal of physical contact and end-to-end action involving high jumps, powerful throws and spectacular agility.

### Beach Handball

Beach Handball is now a well established worldwide phenomenon. It's based on Handball, but is of course a bit different. Just like 'Beach Volleyball' is different than 'Volleyball'.

In principle, you have a smaller court, 12m x 27m, which provides for a 15m playing zone, with a rectangular 12m x 6m goalkeepers zone at each end. The usual 2m x 3m

goals are placed at each end of the court.

4-a-side teams, including goalkeeper and up to 4 subs, play 2 x 10 minute halves with a 5 minute break in between. You score 2 points if you score a "spectacular" goal, such as an alley-oop.

## Mini Handball

### Philosophy of the Game

Mini Handball is a ball game for children. Handball rules and equipment are adapted so that children can understand, learn and enjoy the game. Playing this kind of handball, children ages 8-11 can exercise, improve their basic motor skills and coordination, which is just as important as the development of specific game concepts such as "team spirit" or "fair play."

The game and experience should always be kept in the foreground, the results and achievement in the background. it is not adults' handball! Training and tactics should not be involved.

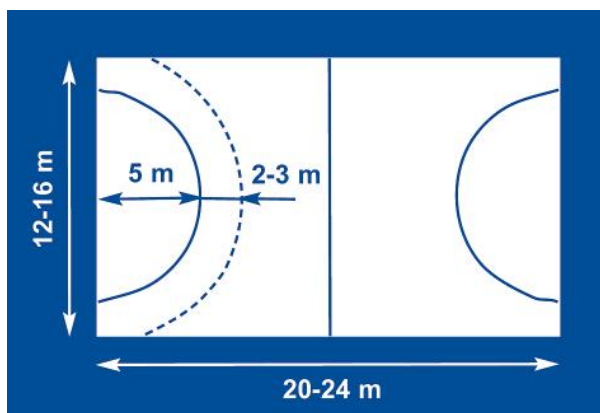
### Who Can Play the Game

Boys and girls ages 8-11 years old in mixed (coed) teams.

The two teams include 5-6 players (4-5 field players and a goalkeeper) depending on how practised the children are. the length of the game depends on their age, but every player should be involved for roughly the same time (perhaps also in the goal).

### What do you Need to Play

*Small Court:* 20-24m long x 12-16m wide  
(e.g. 20 x 13m is exactly one third of the normal handball court).



*Two Goals:* 1.6-2m high x 2.4-3m wide

*Goal Area:* 5m radius (semi circle)

*Soft Ball:* a ball with a circumference of 44-49cm, should be colourful, suitable for children, soft, not too heavy, must bounce well and be easy to grab to guarantee a "fear-free" game. Children should like it and not be afraid of it.

### How do you Play

Mini Handball rules are made extremely simply to allow a teacher or coach (not a referee) to make fair and easy decisions which children can understand.

The general rules - ball handling, defending, attacking, scoring, etc. - are identical with the rules of Handball.

The game should always be played in the spirit of fair play, but in case players behave unfairly, they will get substituted (not suspended) for two minutes.