

Knowledge Organiser: PE Year 9 Handball

Skills

Key Words	Description	Coaching Points	Useful Information
Catching	Catching of the ball is an essential technical element in handball. Accurate catching is very important and ensures a fast, smooth and skilful game.	Stand shoulder width apart, on the balls of your feet, facing the direction of the ball. Extend the elbows so that the arms at chest height with slight flexion in the elbow. As the ball is coming towards you, begin to move towards the ball. Keep arms pointing towards the ball. Nearly connect the end of the thumbs together and first finger to make a heart shape. Spread the other fingers wide to make a large target.	Catching the ball is a fundamental part of handball. Without good catching and hand eye co-ordination skills, you are not likely to be successful in handball
Upper pass	The upper pass is one of the basic technical elements of handball. This type of pass must be accurate	Stand shoulder width apart, sideways on to the target, on the balls of your feet with the weight transferred to the back foot. The throwing arm is held high and taken back behind the head at a 90° angle. Point the non-throwing arm at the target. Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last and fast. Release the ball just in front of your head with both feet on the ground and the chest facing the target. Follow through with your throwing arm pointing toward the target.	Used to move the ball up the pitch quickly

Effects of exercise

Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

Components of fitness

Component of fitness	Definition	Example of use in the game
Power	Combination of strength and speed	Jumping for a header
Agility	Ability to change direction quickly	Dodge to beat a defender whilst dribbling a ball
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game

Positions

Goalkeeper: Only goalkeepers are allowed to move freely within the 6m 'D-Zone' goal area. Goalkeepers are the only players allowed to kick the ball, and unlike other sports goalkeepers don't play with gloves or head protection.

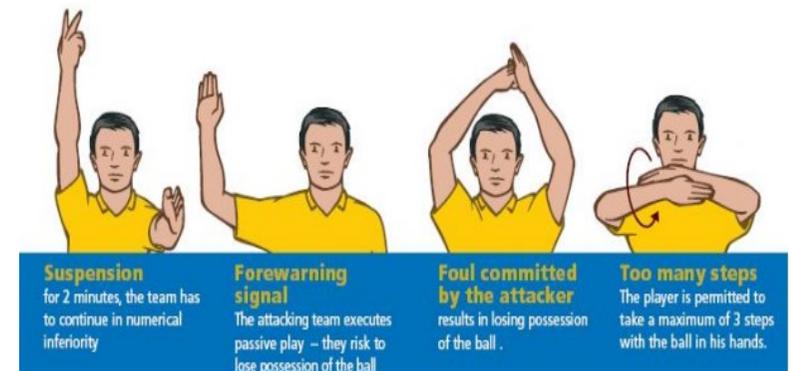
Wingers: These are typically fast movers who excel at ball control and wide jumps enabling them to get into the best positions to score.

Backs: These players tend to be taller, with a powerful shot that helps them to jump high and shoot over the defenders.

Centre/Playmaker: A bit like a Point Guard in basketball, this player is great at passing and handling the ball. They are usually the most experienced on the team.

Pivot/Line Player: This player gets in the way of the other team's defenders, hoping to mix up their formation so the other players can score. These players are often quite strong and are really good at handling the ball.

Rules



The pitch

