



LET'S MOVE!

Physical Education

CLIL methodology

LET'S MOVE!

Physical Education Student's Book Second Level

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UNIT FIVE

5

HANDBALL

ALL ABOUT SNOW HANDBALL

Snow Handball is a new modality of Handball which was born in Ushuaia (South America) in 2013.

The **rules** are a mixture of beach handball and indoor handball and you can play anywhere where snow. Snow handball players challenge cold weather on a **snow court of 40 cm deep** reason why they wear thermal and warm clothes. A game consists of **two halves of 15 minutes** each. Each team is made up of 10 players, but only **four players and one goalie** can play on the court (5x5 at any one time). In this game, the way that players score goals have a different score. Normal goals scored by any field player are worth one point, and goals scored by the goalkeeper and in spectacular actions like the **fly** and the **three hundred sixty degrees turn** are worth **two points**. Snow Handball is a **dynamic** and **spectacular** sport because players have little contact with each other and they can do many **creative shots**.

At present, there are tournaments in South America and Europe and the **aim** of the organizers is to expand it around the world and to include it In **Olympic Winter Games**.



Now, you can play **handball** everywhere, no more excuses for enjoying handball!

THEORY

1. HISTORY

Today there is some evidence that several games similar to modern handball were played in ancient cultures as Roman or Greeks. Other civilizations, such as Inuit in Greenland and French people also played a version of handball in the Middle Ages.

Handball, as we know it today, is an evolution of the game played in northern and central Europe at the end-19th century mainly in Denmark, Norway, Sweden and Germany.

At the beginning of 20th-century handball was played in teams of eleven on outdoors soccer fields. Afterwards, northern countries introduced an indoor version due to the cold weather. This change makes handball faster and attractive which helped it to spread across Europe.

Indoor Handball (played by seven) first appeared at the **Olympic Games in Munich in 1972**. Nowadays you can play different forms of handball: **indoors** (most popular), **outdoors, on the snow** and **the beach**.



2. PLAYING HANDBALL

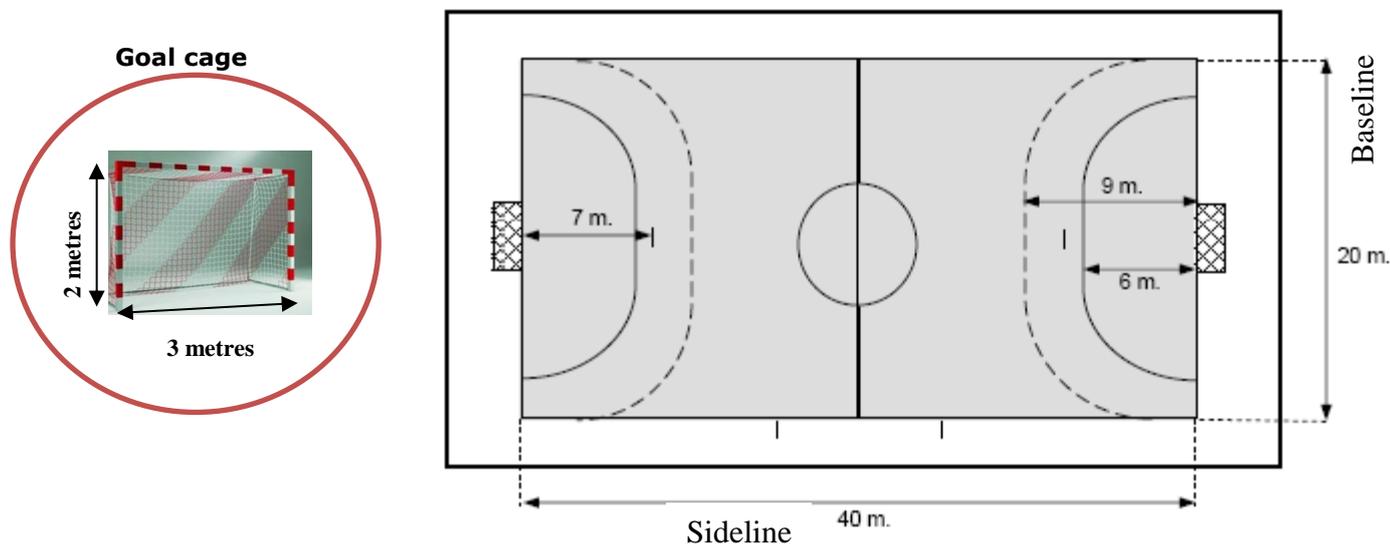
• THE GAME

Handball is an **invasion sport** played by two teams, in which players collaborate to control of a ball and shoot it into the opposing team's net. The **aim** of the game is to score more goals than the opposing team.

A game consists of **two halves of 30 minutes each**, with a ten-minute interval. If the game ends in a draw and the tournament rules dictate that a winner must be determined, teams will play one extra time of 10 minutes divided into 2 parts of 5 minutes. The team who scores more goals at the end of the game is the winner.

• **THE COURT**

1. The **court** is a rectangle of **40 m** long (sidelines) by **20 m** wide (baselines), with two goals in the centre of each baseline.
2. The **goal area** is defined by a continuous line **6 m** radius around the goal. It is the exclusive domain of the goalkeeper.
3. The **free-throw line** is defined by a dashed line **9 m** radius around the goal.
4. The **penalty line** is **7 m** from each goal line.
5. **Goal cage**: 3 m wide (along the goal line) and 2 m high.
6. **Central line**: divides the court into 2 parts. It serves to do the initial throws in each period and when the team receives a goal.



• **SCORING**

To score a goal the ball must completely cross the goal line and the scoring player must not step into the goal area. It is possible **scoring a goal** from something zone of the court, included from the throw.

• **PLAYING THE BALL**

Throw-in, throw-off and corner throw-in: it is taken with one or both feet on the respective court line.

When the goalkeeper clears the ball over the baseline, it is taken by himself (**goalkeeper throw**). On the other hand, if the ball is touched by a defender, it will be **corner throw-in**.

• THE PLAYERS

Each team is made up of a maximum 12 players, but only **six field players and one goalkeeper** can play on the court (7x7 at any one time). The remaining players are substitutes. A coach can make all substitutions he wants during a match.

FIELD PLAYERS

WINGS (right and left): they play near the sidelines. Fast and skilled players who shoot from the more difficult angles.

BACKCOURT (right and left): they usually are the largest players on the handball team, they are good in high and powerful throws.

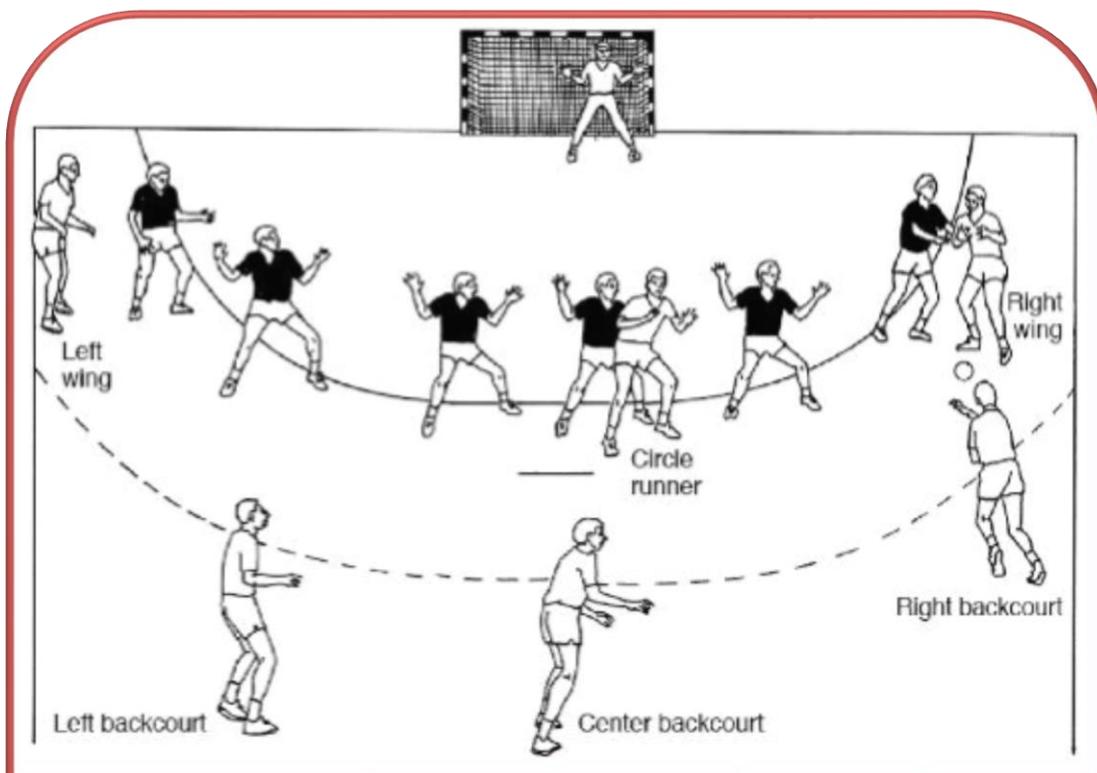
CIRCLE RUNNER: he plays in the centre of the attack, back to the goal, he is creative, quick and strong.

CENTER: also known as the playmaker, he is a creative player who directs the team's attack and defence.

GOALKEEPER

The player who **defends the goal**. He is the only player who can be within the goal area. He can use the **whole body** inside the goal area (even their feet) to stop the ball.

Goalie can also play outside the goal area, but he must follow the same rules as any other field player.



• **COMMON FOULS**

Violations of the rules are technical sanctioned with fouls: **free-throw** or **penalty-throws (7 metres)**.

FREE-THROW	PENALTY THROWS (7 metres)
Touching the ball with the foot .	A foul frustrate a clear chance to score.
Double dribbling : a player can't dribble the ball, stop and then proceed to dribble again.	A defender steps into the goal area to gain an advantage over an attacking in possession of the ball.
It is not allowed to hold the ball for more than 3 seconds.	<p style="text-align: center;">DISCIPLINARY SANCTIONS</p> <p>Some of these fouls can incur disciplinary sanctions to the player who has committed. These are:</p> <ul style="list-style-type: none"> ▪ Warning (yellow card). It is shown to a player who doesn't follow the fair play rules. ▪ Suspension: 2 minutes without playing for unsportsmanlike behaviour or for receiving two yellow cards. ▪ Disqualification (red card): the player doesn't play anymore, but the team can replace 1 player after two minutes.
Travelling : a player is not allowed to take more than three steps without bouncing the ball.	
When the goalkeeper exits to the goal area with the ball.	
A field player intentionally passes the ball to their goalie when he is in his goal area.	
The goalie carries the ball back to his goal area .	
Retaining, pushing or holding an opposing player.	
Passive play : when the team in possession of the ball doesn't make a recognizable attempt to attack and to try to score a goal.	



SCORING RECORD

A Croatian player, called **Zoran Milukic** has the record of goals in a match of ASOBAL league. He scored 21 goals in a game played in Guadalajara.

ACTIVITIES

1

Look at the picture and **choose** the **correct answer** to complete the sentences.



1. The game is playing on the grass and (**indoors/outdoors**).
2. Kay is throwing a very good shot at goal, she is (**right-handed/left-handed**) handball player.
3. Alice can't stop the ball, but she is a terrific (**referee/goalie**).
4. Caroline is inside the area so the referee (**whistles/catches**) foul.
5. Jessie is not allowed to (**jump/step**) on the goal area line.
6. Our High School (**band/squad**) wears green equipment.
7. All players wear (**t-shirt/shirt**) and sneakers.
8. Jessie is a defender and she is illegally (**smelling/pushing**) Kay.

2

Complete the chart below with as much information of each person of the photo

	Jessie	Kay	Caroline	Alice
Description				
Where in photo				
Action				

3

Choose the correct **throw** for each **handball action**.

	FREE THROW	CORNER THROW-IN	GOALKEEPER THROW	PENALTY THROW
1. Running without dribbling the ball.				
2. The goalkeeper exits to the goal area with the ball.				
3. A goalie sends the ball over the baseline.				
4. A field player kicks the ball.				
5. A defender sends the ball over the baseline.				
6. A foul frustrate a clear chance to score.				
7. Passive play.				
8. The goalkeeper carries the ball to his area.				

4

Work in pairs and link the sports in box A with suitable categories in box B. There is sometimes more than one answer.

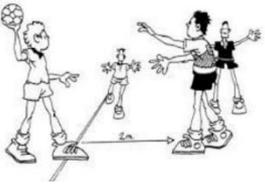
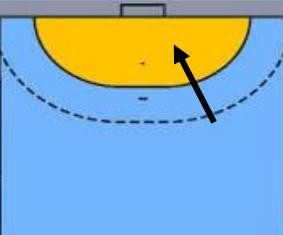
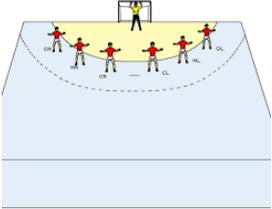
A

ice skating - beach handball - cycling - baseball - water-polo - soccer - snow handball - basketball - skiing - running - swim butterfly - basketball - archery - beach volleyball - canoeing.

B

You play on your own	You play in winter	You use hands to play	You play as a team	You play in summer

VOCABULARY

HANDBALL			
			
CLEAR THE BALL	DRAW	SNOW HANDBALL	WARNING (YELLOW CARD)
			
THROW-IN	PENALTY THROW	GOAL AREA	FAIR PLAY
			
RIGHT-HANDED PLAYER	LEFT-HANDED PLAYER	HANDBALL RESIN	ZONE DEFENSIVE SYSTEM (6:0)