

TEAM HANDBALL STUDY GUIDE

Object of the game: Score a goal using passing and good teamwork. A successful goal equals 1 point. This is a quick game moving up and down the court so it incorporates aerobic and anaerobic fitness. Combines the skills of running, jumping, catching, and throwing. Elements of soccer, basketball, and water polo can be seen in the game.

History: Team handball has existed in the United States since 1959. Team handball was made an olympic sport in 1972 for men and 1976 for women.

Rules and strategies:

- Start the game at mid court with a lateral pass or pass backwards
- Offense cannot pass the midline until the pass has been made or an offside will be called
- Players have 3 seconds to take unlimited dribbles, 3 steps, pass, or shoot the ball
- All shots must be taken outside the shooting area (3 point circle)
- Soccer dribbling is not allowed (No kicking)
- The defender must be at least an arm's length away

FUTSAL STUDY GUIDE

History: Futsal is an indoor version of soccer that is played on a hard court surface with no use of walls or boards. Since the game is played on a small court it is 5 vs 5 with unlimited substitutions. Futsal is also played with a smaller ball with less bounce than a regular soccer ball due to the surface of the field. The surface, ball and rules create an emphasis on improvisation, creativity, and technique as well as ball control and passing in small spaces.

Rules and strategies:

- There are 4 players and a goalkeeper on the court for each team
- With any ball out of bounds (on the sideline) the opposing team has 4 seconds to settle the ball on the line and play a "kick in"
- The opposing team must allow 5 yards distance
- There are no offside in futsal
- Any ball handled by the goalkeeper (save) must be distributed with a throw. No punts. They have 4 seconds to play the ball in their own half
- There is no scoring allowed on a kick in
- The game begins with a kick off from center court
- A goal may not be scored off a kick in unless it touches another player first
- There is no slide tackling in futsal

BASKETBALL STUDY GUIDE

Rebound-----Recovery of the ball off the backboard or basket.

Pick and Roll----A legal screen of a defensive player by an offensive player after which the offensive player moves to the basket.

Charging-----Running into a defensive player by an offensive player. (type of foul.)

Double Dribble---Touching the ball with both hands at the same time on a single dribble or dribbling, picking up the ball, and dribbling again.

Turnover-----The offensive team's loss of the ball to the defending team.

Traveling-----Moving with the ball in your hands without dribbling properly also called walking.

Screen/Pick-----A legal method of blocking a defensive player by an offensive player.

Three Seconds-----Standing in the free throw lane near your basket for three seconds or longer (a violation). Only the team on offense can not be in the lane area for three seconds. There is no time limit for the defense.

Foul-----Illegally pushing, tripping, holding, blocking, or charging. These are personal fouls. High School and college players are disqualified on their fifth foul.

Layup----- -Shot taken on the run. When on the right side of the basket you shoot with the right hand and jump off the left foot. When on the left side of the basket you shoot with the left hand and jump off the right foot.

Violation-----An infraction of the rules in which the other team is given the ball out of bounds. **Free throw**- A shot given as a result of a foul or technical foul. free throws are unguarded shots from 15 feet. They count as one point.

Agility- Is the aspect of physical conditioning needed in playing defense, making quick stops, jumping and sprinting.

10 second rule The offense has 10 seconds to advance the ball to the half court line. This occurs in the team's backcourt.

Advancing the ball: The ball may be thrown, rolled or tipped to advance the basketball.

Man to man defense. Is where you guard a player one on one. You should always stay between your player and the basket.

Zone defense- This is a defensive technique used by teams as an alternate to man to man defense. In a zone defense each of the five players is responsible for guarding an area of the court

FLEXIBILITY

- The best time to improve flexibility is after activity
- Static stretching is performed by holding a position for 10-30 seconds
- The two factors that have the greatest influence on improving your overall flexibility are the intensity used to stretch and the frequency with which you stretch

- A functional warm-up consists of dynamic stretches (high knees, lunges)