Handball Study Guide

*Vocabulary:*

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| **6 meter line** | Line that creates “goalie only” zone; shots must be taken from outside of this line |
| **Rule of 3’s** | * 3 seconds to have the ball * 3 steps to travel * 3 ways to move the ball: pass, shoot, dribble |
| **Goalie** | Covers the goal and is the only one allowed to touch the ball inside of the 6 meter line |
| **Halves** | Handball is broken into 2 halves (30 minutes) |
| **Team** | 7 players |
| **Free Throw** | Given when a blocking foul is committed either with contact from the defense or a block inside of the 6 meter line |
| **Equipment** | Two nets and a leather (gopher sized) ball |
| **Scoring** | 1 point per goal |
| **Invasion Game** | Objective is to invade an opponent's territory to score points |
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