

**For more information check out  
[www.Englandhandball.com/tryhandball](http://www.Englandhandball.com/tryhandball)**

** @tryhandball**



**ENGLAND  
HANDBALL**



**BE PART OF THE EXCITEMENT**



### **WHO IS TRY HANDBALL FOR?**

- Beginners to handball
- People new to, or returning, to sport

### **TRY HANDBALL SHOULD BE:**

- Fun
- Engaging
- Friendly and social
- Informal

Anyone can organise an informal game of Try Handball. If you want to organise a formal session England Handball activators can run these.

### **SESSIONS SHOULD HELP:**

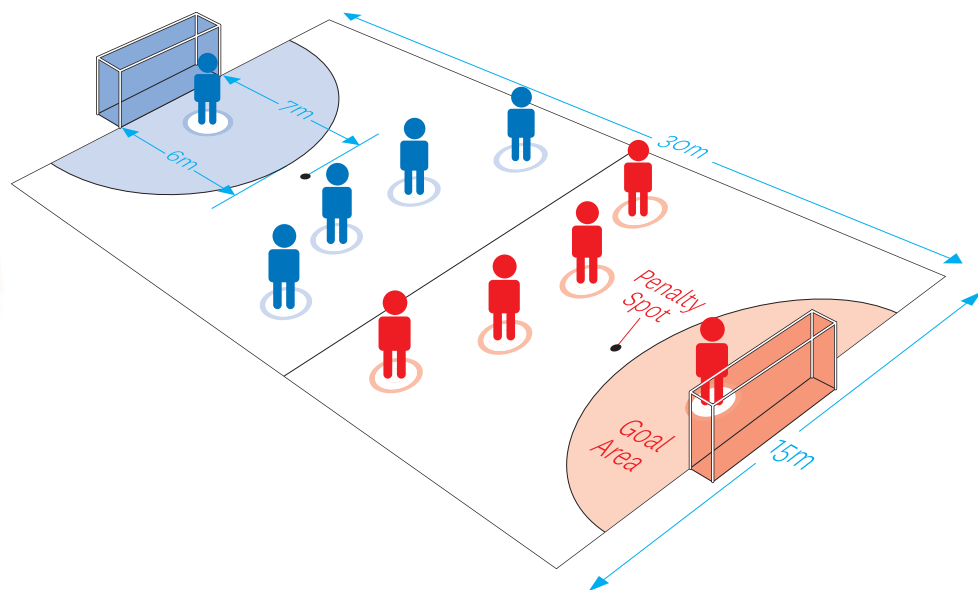
- Improve fitness
- Develop sporting skills

### **WHAT IS IN THE TRY HANDBALL EQUIPMENT PACKAGE?**

- 12 starter balls
- Five bibs
- Throw-down lines
- A set of Quickplay goals

# HOW TO PLAY

We'd recommend a netball court as a good space to play Try Handball with five players a side, using the throw-down markers to define a slightly larger goal area. However, the beauty of Try Handball is that you can play it anywhere, indoors or outdoors, with as many players - and for as long - as you want.



## ATTACKERS

### CAN:

- Take three steps with the ball
- Hold onto the ball for three seconds
- Use one hand to dribble with the ball
- Take a free pass after a tackle

### MUST:

- Shoot within 30 seconds

## DEFENDERS

### CAN:

- Tackle by touching the shoulders of the attacker with the ball, from the front

### CAN'T:

- Snatch the ball from the attacker's hands

## GOALKEEPERS

### CAN:

- Block the ball with any part of their body in the goal area
- Leave the goal area and join the attack

### CAN'T:

- Leave the goal area in possession of the ball

## ATTACKERS & DEFENDERS

### MUST:

- Only use their hands to play the ball

## FOULS

- Any foul will lead to a free pass for the opposition team
- The offending team must retreat three metres at a free pass

## PENALTY

A penalty is a free throw from one metre outside the goal area. All players apart from the goalkeeper must be behind the penalty taker

### IT IS AWARDED IF:

- A defender enters the goal area
- A foul prevents a goal scoring opportunity