

MINI HANDBALL

Mini Handball is played in Primary school as a smaller version of Handball.

- 5 players/team (4 outfield and one goalkeeper)
- Pass the ball in your team and move closer to the opponent's goal.
- Shoot when there is an opportunity
- The team with the highest score is the winner
- No intentional contact
- No dribbling
- You may take three steps whilst holding the ball
- You can hold the ball for up to three seconds
- During a throw-in, free throw and throw off, the opposition has to be three meters away.
- Free throws are taken as a stationary pass (or shot) where infringement happened



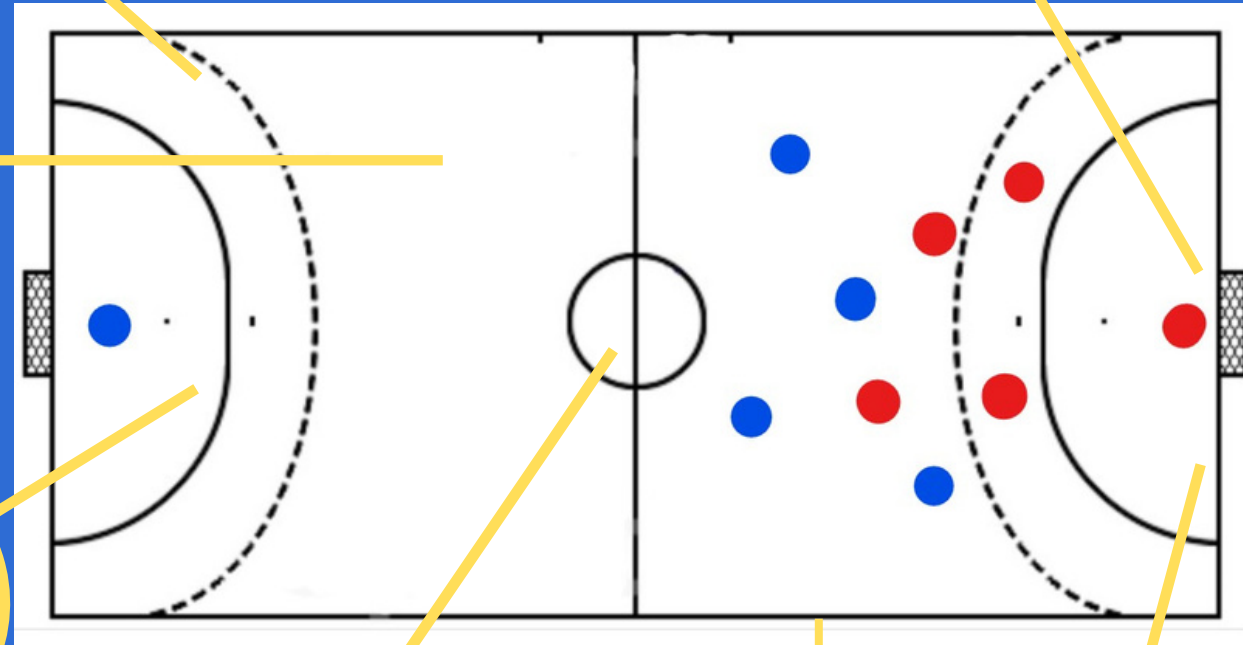
Free throw line.
When an infringement happens inside this line, all attackers

move outside and the free throw is taken on the free throw line

You can use mini soccer goals or mats pushed up against the wall

Although goals should be 2.4 m wide and 1.7 m high, use what you have available

The court consists of two halves, a gk area and two goals. You can play inside or outdoors



Goalkeeper area also known as the D. Only the keeper is allowed in here,

unless a shooter lands in the D after a jump shot and exits quickly

The D should be 6m from the goal. If on a small court it can be less

When you have scored a goal you run back to your own goal to defend and

the other team restart (throw off) in the centre

Put one foot on the sideline for a throw-in.

If a ball goes over the outer goal-line after a save or a miss, it's the gk's ball

Unless the ball comes off a defender, then it's a corner throw