



IDEAS ON HANDBALL AND ITS RULES

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ABSTRACT

Handball in its modern form was invented by Danish football players at the turn of the XIX-XX centuries as a substitute for football in the winter. The date of the birth of the sports ball game, which was registered in the international sports classification under the name "handball", is considered to be 1898. In 1898, a physical education teacher, Holger Nielsen from the Danish city of Ordure, introduced a ball game called "handball" into physical education classes for women's groups. During the new game, teams of 7 people competed in a small field, passing the ball to each other and trying to throw it into the goal. This article discusses the facts related to this.

KEY WORDS: handball, players, ball, serving

INTRODUCTION

In 1917, the Berliner Max Heiser picked up the idea of this ball game with his hands, and already in 1920 the first German handball cup and championship took place in Berlin. And in 1923, new rules of the game were introduced: the size of the ball decreased, the rules of "three seconds" and "three steps" were introduced. All this made it possible to improve the game and its technique.

In 1925, the first international game was held between the teams of Germany and Austria, where the Austrians won with a score of 6: 5. In 1926, handball was recognized as an international sport, which gave impetus to the development of the game in Europe: clubs began to appear in Spain, Switzerland, Luxembourg and several other countries.

In 1928, the International Amateur Handball Federation was created in Amsterdam, which included 11 countries. It existed until 1944. And in 1936, handball was included in the Olympic program at the 11th Olympiad in Berlin.

A new step in the development of this sport was the creation of the International Handball Federation - IHF - in 1946. She approved the program for the development of handball and designated the holding of the World Cup in 11x11 format with the participation of women's and men's teams.

In 1954, the 7x7 world championship was held on Wednesday for the men's teams in Sweden, where the hosts of the competition won, and in 1957 the first 7x7 women's world handball championship was held in Yugoslavia. As a result, in 1966, the 7th and last 11x11 world handball championship was held, then it was decided to develop 7x7 handball.

MATERIALS AND METHODS

Handball in 7x7 format was returned to the Olympic program in 1972, at the 20th Olympic Games in Munich. Competitions were held indoors only among men. The handball players of Yugoslavia won. Women's handball first entered the program in 1976 in Montreal, at the 21st Olympic Games.

After the inclusion of handball in the program of the Olympic Games, the popularity of this sport in the world has increased dramatically. Currently, the International Handball Federation includes 150 countries and many clubs and schools developing handball.

RESULTS AND DISCUSSION

4 rules of handball

The handball field is rectangular, on two sides there are gates 2 meters high and 3 meters wide. The main task of the players is to score the ball with the hands of an opponent.

In this game, as in any other sport, there are several rules, these are the most important of them:

1. During the game on the field there are no more than 7 people from each team, one of them is the goalkeeper, the rest of the players are substitutes. At the beginning of the game, there must be at least five players on the court.
2. Game time: matches for adult teams consist of two halves, each of which lasts 30 minutes. The break between them is 15 minutes. The duration of halves for children's teams is from 20 to 25 minutes, depending on the age of the players. Teams change sides after the break.



3. Each match begins with the ball in the center of the playing court. You can touch the ball with any part of the body, with the exception of the legs. The other player must be at a distance of more than three meters in order to be able to transfer him. And most importantly, each player can take no more than 3 steps with the ball and keep it for no more than 3 seconds, then the ball needs to be thrown to another player on command.

4. The team that scores more goals in the opponent's goal wins.

What can be done during the game:

- put your hands to block and master the ball;
- use your palms to knock the ball out of the player of another team;
- block the opponent with the body;
- touch the opponent's hands in front to block his actions.

What can not be done during the game:

- wrest a ball from an opponent;
- block and push the opponent with arms and legs;
- apply physical impact on a player of the opposite team that is traumatic for him.

If you want to send your child to the handball section, it's not difficult to do it - there are many schools where children from 5 years old. At the same time, training is free.

For adults, training and games will cost you from 500 to 1,500 rubles per lesson, depending on the hall, conditions and level of play.

How are classes. A handball lesson in a group of 10 to 15 people lasts 2 hours on average. The first part of the workout consists of running exercises and warming up for all muscle groups. Most of the time is spent studying blows, learning techniques and tactics. The last half hour, those present at the training are divided into two teams and practice the technique directly during the game. At the end of the session, a hitch and stretching exercises are held.

Ways to pass the ball:

- passing the ball with two hands: allows the player to pass the ball clearly to the partner if he is at close or medium distance. The ball is transmitted in several ways: from below or from the side, from the chest with a rebound from the floor, from the chest during movement, or from above with two hands.

- passing the ball with one hand: the main method of passing the ball between the players in the process. Such a transfer creates the conditions for better interaction between partners, especially near the gates of the enemy, and also allows you to organize a quick attack. The ball is transmitted with one hand either from below or from the side.

Dribbling and catching exercises

- Dribbling between the posts. Bypassing the obstacles on the right side, you need to keep the ball with your left hand, and with your right hand when the rack is on the left. This exercise simulates an opponent's round to protect the ball.

• Throwing the ball against the wall. These are projectile hits on the wall for accuracy, range and throwing power. Speed, distance to the wall and types of throws can vary.

• Exercises for two people - passing the ball while moving with two hands, or one. The distance between the players, the speed of the movement and the method of serving may vary.

• Exercises for three or four players. The simplest thing is passing and throwing the ball along a triangle or rectangle, remaining in one place and not changing position after the throw. The task is to keep the ball in the game for as long as possible. Option: passing the ball between players while moving.

3 interesting facts about handball

1) There is a hero in the history of handball - Igor Turchin, who played for the USSR national team and in its composition won 13 European championship cups, two gold and one bronze medals at the Olympic Games, was twice champion and twice vice-champion at world handball championships.

2) Handball can be played not only indoors. Since 1990, Italy began to engage in this sport on the beaches, and today handball in the sand is practiced in more than 40 countries. In the US, they even decided to combine rugby and handball. The ball in this game is much larger, each team consists of four people, and each has a stun gun to protect the ball and select it from opponents.

3) A funny event occurred in the city of Wittislingne, where the Sri Lankan handball team came to train. The first few days, all athletes attended training and games, but then all 23 people disappeared, leaving a note in the hotel room, indicating that they would not return home because they went to live in France. After this strange disappearance, the police sent a request to the representative office of Sri Lanka, but the response was shocking, as it turned out that this state did not have its own handball team.

How is handball useful for an athlete? In children, general endurance to physical activity develops. Handball also develops logic and quick thinking. In order to pass the ball to a partner or to throw in the goal, it is not enough just to be agile and quick. It is necessary to predict the actions of the opponent, calculate the general course of the game and quickly make the right decision. Handball is a sport of smart and strong. Unlike football, it requires work not only legs but also hands. Handball can be played by both boys and girls. You can play not only indoors, but also in open areas, both with grass and rubber coating. Sometimes meetings are held in the sand - beach handball. But the rules here are slightly different from the traditional ones.



CONCLUSION

Where to begin? When choosing a section, we recommend starting from the following criteria:

- Perspective. Look for sections with the opportunity to participate in tournaments and competitions, both in your hometown and with departure to other cities.
- Trainer. All specialists have their own approach to work and children, as well as their strengths. Someone gets along well with the wards, and someone is a good professional in their field, but at the same time a tough mentor. Go to trial classes in different sections, look at training. This will help you determine where and with whom your child will be more comfortable.
- Recommendations. Read reviews about the section, chat with other parents, find out what you liked in the class and what not.
- Features of the child. The main deficit in handball is left-handed people. They are taken almost blindly. If your child is one of them, you can be sure that he will not only be credited to the section, but will also be kept on a special account.

It is never too late to discover a new sport, to learn something new, so it is possible and it will become interesting for you to try handball and begin to practice it.

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