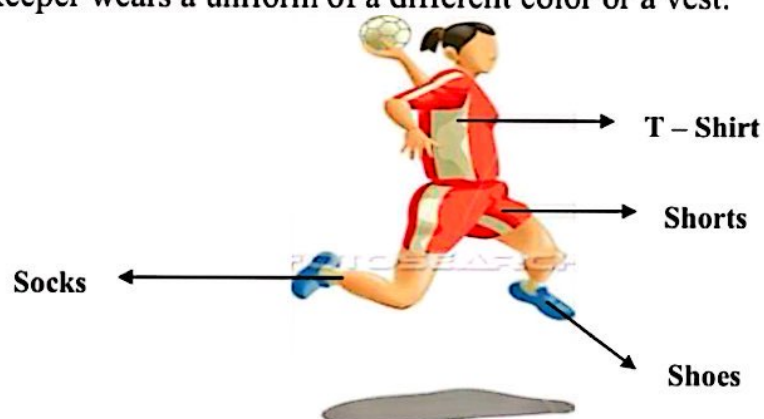


Unit Thirteen

13.1. Handball

Handball is a team sport and each team consists of seven players one of them is the goalkeeper. The aim of the sport is to throw the ball in the opponent team goal. The team with most goals is the winner. Each match consists of two halves of thirty minutes each. There is a ten minute period of rest between the two halves. If the result is a tie an extra period is given to break the tie. If a player is hurt a substitute takes his place. In handball there are seven substitutes for each team. Handball is played in a court that has a goal at each end of the court. The ball used in handball changes in size according to the age and gender (sex) of players. Players usually wear a uniform that consists of a jersey (T- shirt), shorts, socks and shoes. They also wear wrist and knee pads. The goalkeeper wears a uniform of a different color or a vest.



There are many skills in handball like catching, passing, shooting and dribbling.



Catching



passing



Shooting