For more information check out
www.englandhandball.com/tryhandball

@tryhandball

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
- Throw-down lines
- Five bibs
- 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.

**DEFENDERS**

**CAN:**
- Regain possession of the ball by intercepting a pass or blocking a shot
- Snatch the ball from the attackers 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 free pass for the opposition team
- The offending team must retreat three metres at a free pass

**ATTACKERS**

**CAN:**
- Take three steps with the ball then must pass or shoot
- Hold onto the ball for three seconds

**CAN’T:**
- Dribble with the ball

**MUST:**
- Shoot within 30 seconds

**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