

Directions: Read “Teaching Handball in Elementary Schools, Teaching Handball in Secondary Schools and FOUR WALL HANDBALL for the Teacher and Student. Review John Wooden’s Pyramid of Success, the Six Pillars of CHARACTER COUNTS¹ and the Spirit of Handball. Hard copies are available from the United States Handball Association by calling (520) 795-0434 or available by download from the following link: <https://ushandball.org/index.php/rules-development/certified-instructors>

True and False

1. Drills and games in the elementary lesson plans are designed to foster cooperation, rather than competition.
2. The younger the child, the larger the playing area should be.
3. During partner activities, elementary students should attempt to throw/hit the ball such that their partners cannot catch/return the ball.
4. The court size and ball are the same for all age groups.
5. When teaching technique of the overhand throw the hand begins higher than the elbow and the elbow is shoulder high.
6. An appropriate activity is for a couple of students to rally, while the rest of the students wait in line for their turns.
7. The ball concept of “moving to the ball rather than letting the ball come to you” is not important.
8. The arm should be “relaxed” for the overhand throw.
9. Teachers should continually remind students to “watch the ball” hit the hand.
10. The throwing motion of the non-dominant is the same as the throwing motion of the dominant hand.
11. Students should be encouraged to use their non-dominant hands.
12. All students should start play with the smallest ball available.
13. If teaching elementary students to work cooperatively, students should keep score of the partner group, not individual scores of each partner.
14. Students should warm up by striking the ball as hard as they can.
15. During the movement phase of the throw, the student steps towards the target with throwing side leg.
16. Handball is a game appropriate only for youngsters.
17. All of the objectives (standards) for the National Association for Sport and Physical Education (NASPE) are met in the teaching of handball.
18. It is important to be tall to be successful in handball.
19. Lesser skilled students should move further away from the wall.
20. Handball should always be played on a regulation court.
21. Learning to use the non-dominant hand is not important in handball.
22. Rules, equipment and courts should remain consistent regardless of class situation.
23. Power is more important than control.
24. When doing striking or throwing drills, students should make sure no one is in the path of the throw.
25. The player who is the “retriever” does not participate in the drill.
26. On the follow-through, the weight is on the back foot.
27. The Playing Zone of a One-Wall court is the floor area between the front wall and the long line but does not include the sidelines.
28. Eye protection should always be worn.
29. When players are grouped in partners, pairing should be changed frequently.
30. When students are working in pairs and one student is doing a specific drill, the other student should stand as close as possible to the student performing the drill.
31. It is legal to hit the ball with any part of the arm.
32. Interference is part of the game, but when it cannot be avoided; players should stop play and begin the rally again.
33. It is important that students do not swing at a ball if there is a danger of hitting another player. True
34. The “kill shot” is an offensive shot.
35. The server may serve from any place in the service zone.
36. When returning the ball to another player after the rally is over, the ball should be bounced (rather than thrown) to the player.
37. All students should work with the same sized ball.

Multiple Choice

38. When teaching technique of the sidarm throw:
- The hand should lead as the student strides toward the target
 - The elbow should lead as the student strides toward the target
 - It does not matter which part of the arm moves toward the target first
 - The belly button should lead as the student strides toward the target.
39. Students should be reminded to contact the ball with:
- A cupped, relaxed hand
 - A flat hand
 - A stiff hand
 - It does not matter how the hand is positioned
40. The throwing motion and the striking motion:
- Are the same
 - Are different
 - Could be the same, depending on the stroke
 - Could be the same, depending on the ball
41. When catching a ball that rebounds from the wall, students should:
- Try to catch the ball behind the center of their body
 - Try to catch the ball in front of the center of their body
 - Try to catch the ball at the center of their body
 - Just try to catch the ball any way possible
42. When starting the throwing or striking motion, the student's "belly button" should:
- Face the target
 - Face perpendicular to the target
 - Face away from the target, to the opposite wall
 - It does not matter
43. Students first learning how to throw or strike the ball should:
- Start far away from the wall and move in as skills develop
 - Start close to the wall and move back as skills develop
 - Start at any distance as long as they can reach the wall
 - Start about 4 feet from the wall
44. When having the elementary students work in partner groups, the teacher should:
- Keep the size of the group as small as possible
 - Switch partners frequently
 - Emphasize cooperative themes to avoid students hitting the ball too hard
 - All of the above.
45. When dropping and hitting the ball, students should drop the ball:
- At the center of body
 - Diagonal to back shoulder
 - Diagonal to front shoulder
 - It does not matter where students drop the ball
46. In order to promote maximum participation when playing "rotation" handball with a total of four students, the two students not in the rally in the back:
- Should just watch play
 - Take turns serving
 - Should act as retrievers
 - Should make sure that one student keeps score
47. The number one reason that students participate in sports is to:
- Test their skills against others
 - Have fun
 - Compete
 - Meet friends
48. To promote sportsmanship, a player is expected to _____ if an illegal shot is made:
- Wait for the opposing player to make the call
 - Continue play and discuss after the rally is over

- c. Immediately stop play and call it against him/her self
 - d. Act as if nothing happened
49. The score should be called:
- a. By any player after the rally has ended
 - b. By the server before he or she serves the ball
 - c. By the defensive player before the servers serves the ball
 - d. The score does not need to be called
50. The teaching guides were written with two concepts that promote learning. These are:
- a. Improved skill levels and creation of champions
 - b. Minimal injuries and improved health
 - c. Maximum success and maximum participation
 - d. None of the above
51. Regular and consistent cooperation and sportsmanship in handball is:
- a. Appreciated
 - b. Expected
 - c. Demanded
 - d. B and C
52. As the students' skills improve:
- a. The ball gets bigger and the court gets smaller
 - b. The court gets bigger and the ball gets bigger
 - c. The court gets bigger and the ball gets smaller
 - d. The ball gets smaller and the court gets smaller
53. In the preparatory phase of hitting a moving ball:
- a. Students should not move
 - b. Students should move to the ball
 - c. Students should let the ball come to them
 - d. None of the above
54. During the movement phase of the throw, the non-throwing arm should:
- a. Rest comfortably on the front leg
 - b. Open the throw by moving to the side similar to "moving a curtain"
 - c. Point to the side
 - d. Remain stationary
55. When striking the ball the wrist should be:
- a. Relaxed
 - b. Rigid
 - c. Bent
 - d. None of the above
56. When striking the ball the elbow should be:
- a. Relaxed
 - b. Rigid
 - c. Slightly bent
 - d. None of the above
57. There are two kinds of positioning in handball. These include:
- a. Individual and Team
 - b. Court and physical
 - c. Offensive and defensive
 - d. Stationary and mobile
58. A legal serve is:
- a. Hit from anywhere in the server's box
 - b. Struck by the server after bouncing the ball on the floor
 - c. When the ball hits the front wall first
 - d. All of the above
59. The two types of defense are:
- a. Strong and weak
 - b. Control and trouble
 - c. Dominant and non-dominant

- d. Front and back
60. Whenever possible when moving to hit the ball, players should move to a position about:
- a. One foot in front of where they will be hitting the ball
 - b. Six feet behind where they will be hitting the ball
 - c. Next to where they will be hitting the ball
 - d. At the center of the court
61. When returning a ball to the partner or opponent, etiquette in handball determines the player should:
- a. Toss the ball in the air to the partner/opponent
 - b. Roll the ball on the ground to the partner/opponent
 - c. Bounce the ball to the partner/opponent
 - d. Hand the ball to the partner/opponent
62. Etiquette in handball determines a player should shake hands with his/her opponent:
- a. After each game
 - b. After each point
 - c. Before each serve
 - d. Never
63. Eye Protection should be worn:
- a. When available
 - b. Always
 - c. Only when playing a game
 - d. Only when doing drills with more than two people
64. Which of the following is NOT a handball stroke?
- a. Sidearm
 - b. Backhand
 - c. Overhand
 - d. Underhand
65. If students are in pairs, but only one is actually contacting the ball, the other partner should:
- a. Stand about 20 feet behind the player doing the drill
 - b. Mimic footwork movements with the player doing the drill, while a safe distance behind
 - c. Retrieve the ball if it gets by the hitting partner
 - d. All of the above
66. When either throwing or hitting a ball, the elbow:
- a. Should be straight
 - b. Lead the motion
 - c. Follow the hand
 - d. All of the above
67. During the preparatory phrase of the throw or hit, the student's weight should be:
- a. On the front leg
 - b. On the back leg
 - c. Near the center of the body
 - d. Equally distributed on both legs
68. During a rally playing cooperatively, a player should want to:
- a. Make his/her partner chase the ball
 - b. Make his/her partner successful
 - c. Keep the ball away from his/her partner
 - d. None of the above
69. When a player's partner is hitting the ball from behind him/her, the player should:
- a. Protect his/her face and watch the partner hit the ball
 - b. Watch the ball rebound from the front wall
 - c. Watch ball after it passes him/her
 - d. Watch the front wall
70. If working in pairs and one player throws the ball to the wall to have it rebound back toward him/herself:
- a. The thrower should move out of the way quickly
 - b. The thrower should remain still
 - c. The thrower should catch the ball and start again
 - d. Any of the above would be acceptable

71. The most important aspect of the serve is:
- Power
 - Stroke
 - Control
 - Spin
72. The “toss and hit” drill can be made easier on a beginner’s hands by:
- Tossing the ball at different angles
 - Tossing the ball to the floor before the ball hits the front wall
 - Tossing the ball to the front wall first
 - Tossing the ball low
73. When attempting a kill shot, the forearm should be:
- Perpendicular to the floor
 - Parallel to the floor
 - Close to the body
 - None of the above
74. Handball can be played using:
- One or two walls
 - Three walls
 - Four walls
 - Any of the above
75. When throwing or stroking the ball, students should:
- Step toward target with throwing side leg
 - Keep both legs firmly planted
 - Step toward target with non-throwing side leg
 - Step toward target with dominant leg
76. Which of the following is not one of the six pillars of character from Character Counts!:
- Respect
 - Fairness
 - Honesty
 - Trustworthiness
77. Which of the following is NOT one of the five situations in handball:
- Shot anticipation
 - Offense
 - Return of Serve
 - Shot selection
78. Which of the following things can the receiver do when returning the serve:
- Hit an offensive shot
 - Hit a defensive shot
 - Miss the shot or give the server a “set up”
 - Any of the above
79. John Wooden's Pyramid of Success has how many blocks:
- 7
 - 10
 - 12
 - 15
80. The Spirit of Handball includes:
- Respect
 - Fairness
 - Self Discipline
 - Camaraderie
 - All of the above

Answer sheet for _____,

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