

Four Wall Handball

For The Teacher And Student

Introduction

Handball is one of the few lifetime sports that is fitness AND skill related. The game offers the best of the benefits of the individual sport, yet is regularly played with a partner. Players at every skill level play for the sheer pleasure of the game.

Dr. Kenneth Cooper, in his classic book, Aerobics, states ... "The best conditioning exercises are running, swimming, cycling, walking, HANDBALL, basketball and squash, and in just about that order." Note that the tope GAME mentioned is HANDBALL! In a survey by the President's Council on Physical Fitness and Sports, fourteen popular sports and exercises were rated by seven fitness experts. Using the criteria of cardio-respiratory endurance, muscular endurance, muscular strength, flexibility and balance, HANDBALL WAS RANKED NUMBER ONE!

With development of the new lighter weight handball, handball has become a sport for everyone. This ball is slightly softer than the official men's handball and does not hurt the hands.

This booklet should serve as an effective guide in the learning and teaching of the game of four-wall handball. A player or teacher seeking more advanced and detailed instruction should obtain the excellent one-hour videotape, Percentage Handball, which is available from the United States Handball Association (USHA).

_____ The USHA also publishes the _____ magazine, Handball, 6 times yearly. Instructional articles by the top coaches and players in the game are among the features. This magazine is free to USHA members.

The United States Handball Association is a non-profit organization dedicated to the promotion of handball. Note the "Resource Materials" that are available from the USHA, listed on page 56 of this booklet. Please contact the USHA if you have any questions, especially concerning promotional and instructional materials, as well as free workshops for teachers. For additional information and assistance, contact:

The United States Handball Association
2333 N. Tucson Blvd. Tucson, AZ 85716 (520) 795-0434

"The game of fives (handball) is what no one despises who has overplayed it. It is the finest exercise for the body and the best relaxation for the mind. He who takes to playing at fives is twice young." William Hazlitt, 1819

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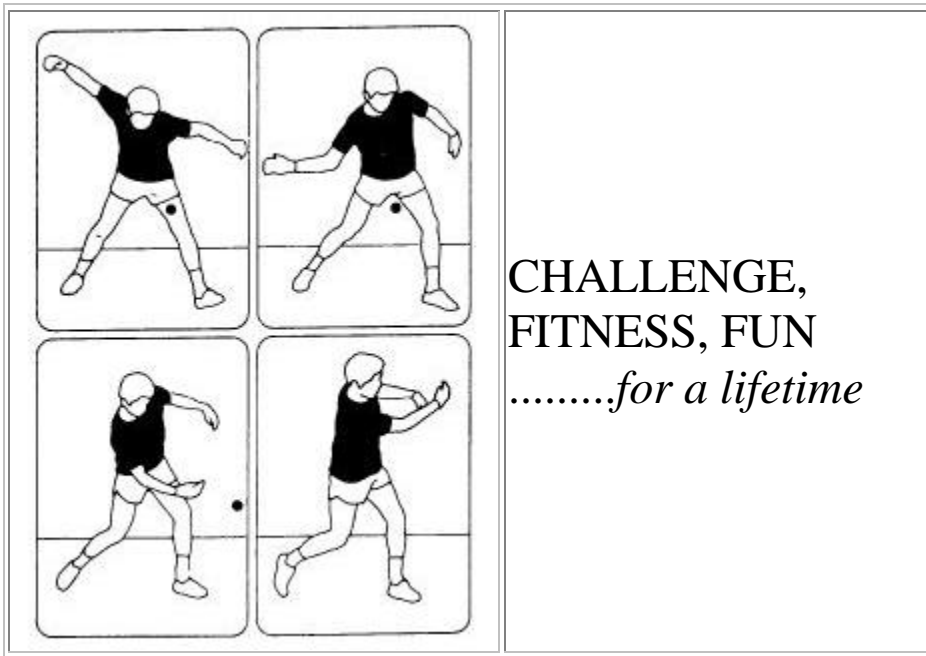
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Chapter One

Fundamentals



Uniform And Equipment

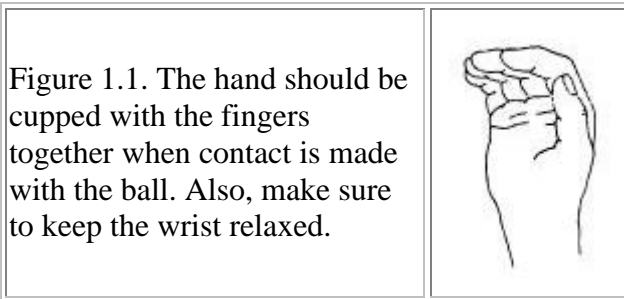
Most players play in gym shorts and a tee-shirt. A good pair of shoes would be the type used to play basketball or volleyball. The handball gloves should be comfortable, and for beginning players, padded gloves are recommended. There are now two handballs available - the Spalding "Red Ace" and the newer Spalding "White Ace." The White Ace is slightly lighter in weight and would be an easier ball for leaching beginners. No matter which ball is used, it will take a little time to accustom the hands to the impact of the ball.

Hand Positioning And Ball Contact

Perhaps the most important goal for the beginner is learning how to hit the ball without hurting the hands. The padded gloves and the lighter weight ball will help, but it is more important to hold the hand in the proper position and to use the correct arm stroke. The hand should be held in a relaxed cup as illustrated in Figure I.I. The wrist should be loose and flexible for most shots. It is also important that the hands are warmed up well before beginning to play. This can be achieved by clapping the hands several times and by, hitting the ball with easier strokes while warming up. Some players soak their hands in

hot water for a few minutes before playing. Generally speaking, if the hands hurt when hitting the ball, the hands are not warmed up and/or the player is not keeping the hands in a relaxed cup when contacting the ball.

For best power and control, contact should be made in the cupped hand near the base of the first two fingers.



The Strokes

The best arm strokes in hitting a handball are the same ones that are used in throwing a baseball from the overhand and sidearm positions. The feet should be aligned parallel with a side wall and about a foot apart. The weight should be on the back foot. Note in Figure 1.2 how the hips and shoulders rotate to face the front wall at the same time that the weight is transferred from the back to the front foot. Also note how the elbow leads as the arm is brought forward. The elbow must be bent and the shoulder relaxed in order for this to happen. There is another important stroke, the underarm 'fist' stroke (described in Chapter 4), which is used primarily for defensive purposes by more advanced players.

The Overhand Stroke

The overhand stroke is usually the most natural stroke for the beginning player. This is the stroke used to return high bounding balls from a shoulder high or higher position, and to hit lob serves, overhand "Z" serves and ceiling shots described in Chapters 3 and 4. Notice in Figure 1.2 that the fingers are pointing toward the ceiling at contact Figure 1.3 shows the proper point of contact for this stroke.

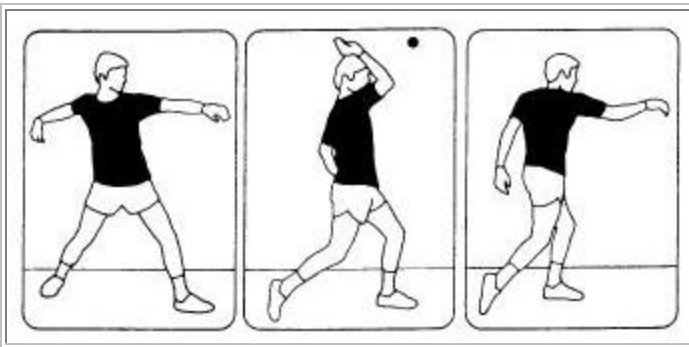


Figure 1.2. The OVERHAND STROKE. Note the transfer of weight from the back foot to the front foot as the player strides towards the front wall.

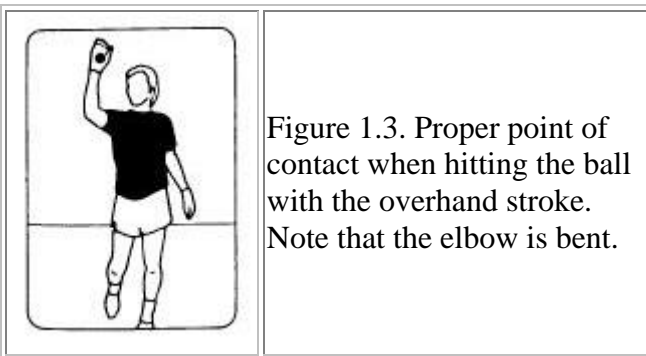


Figure 1.3. Proper point of contact when hitting the ball with the overhand stroke. Note that the elbow is bent.

The Sidearm Stroke

This stroke is used to hit returns from between the waist and shoulders and to execute the pass shot described in Chapter 4. Figure 1.4 illustrates how the elbow is drawn straight back in preparation. Note in Figure 1.6 that the point of contact is on a line with the center of the body and away from the body so that the arm is almost fully extended and the forearm and fingers point toward the side wall.

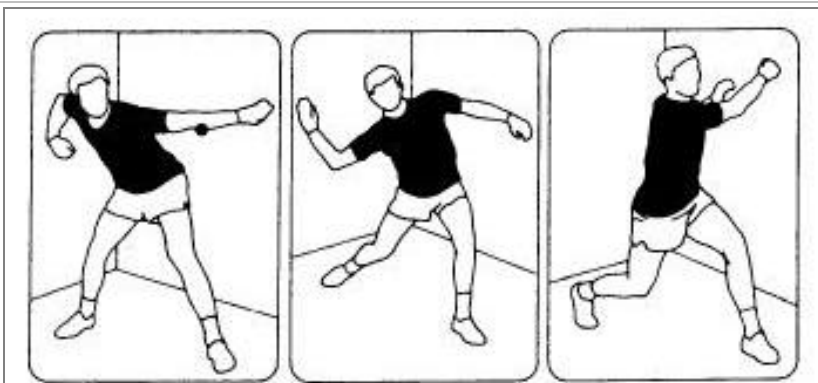


Figure 1.4. The SIDEARM STROKE. Note how the elbow is bent and the wrist curled on the backswing. Lead with the elbow and contact the ball on a line with the center of the body with the arm nearly fully extended.

The Low Sidearm Stroke

The low sidearm stroke is identical to the sidearm stroke just discussed, except that contact with the ball is made lower - usually between the waist and the knees (which must be bent more to get into the crouched position necessary for this stroke). This is the primary offensive stroke and is used to execute the low kill shot described in Chapter 4. A player should attempt to get into position for this stroke whenever possible.

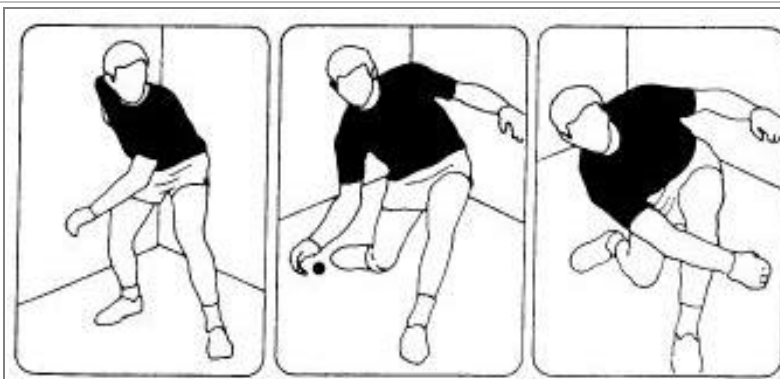


Figure 1.5. The LOW SIDEARM STROKE. This stroke is identical to the sidearm stroke, except that contact with the ball is much closer to the floor. The knees and waist must be bent more in order to assume this lower position. This is the stroke used most often when attempting the low offensive kill shot that will be described in Chapter 3.



Figure 1.6. Proper point of contact when hitting the ball with the sidearm stroke. Note that the elbow is slightly bent.

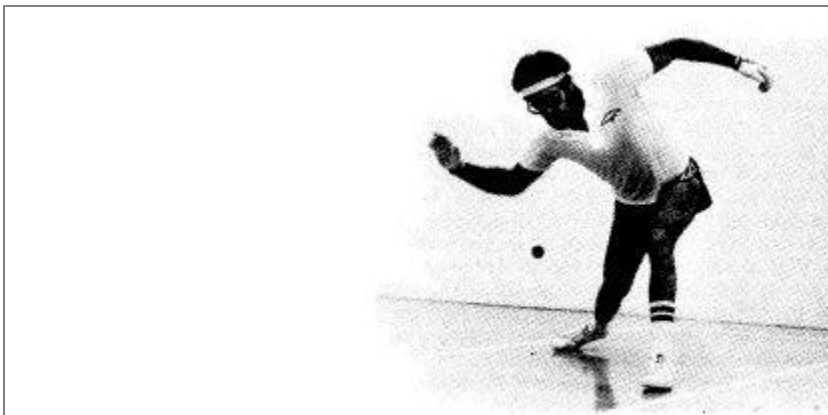


Figure 1.7. 6-time National Singles Champion, Fred Lewis, demonstrating the low sidearm stroke.

The Underhand Stroke

This is the stroke used whenever the ball is too close to the body to use the sidearm or low sidearm stroke. The ball should be below the waist and the fingers pointing toward the floor at contact. Sometimes it will be necessary to use this stroke on retrieving low hit shots directly in front of the player and on back wall shots that are very close to a side wall. It is also the stroke used in the underhand fist ceiling shot described in Chapter 4.

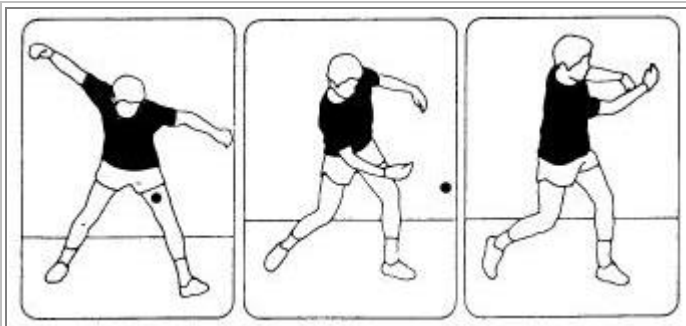


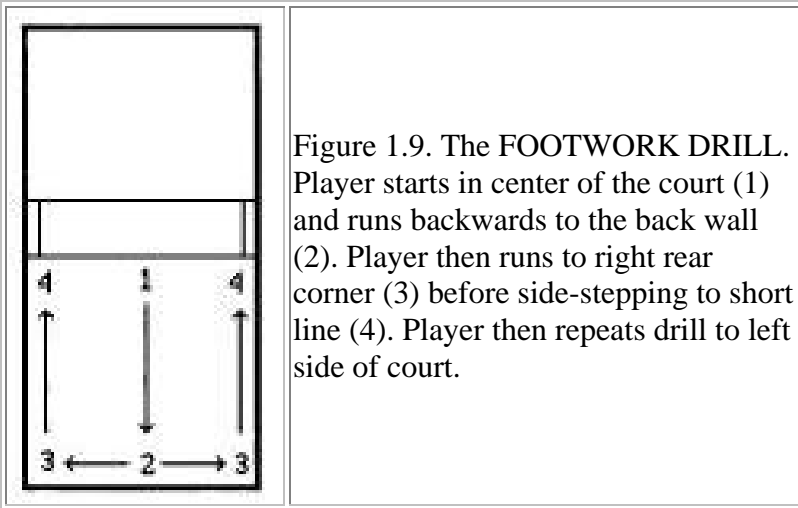
Figure 1.8. The UNDERHAND STROKE. This is the best stroke to use when the ball must be contacted close to the body.

Positioning

Footwork is the most important fundamental to properly hit the ball. The ball will rarely come to a player in a perfect position to be hit. Thus, it is essential that the player move into a position in order to have the best opportunity to use the proper stroke. Whenever possible, the player should quickly move to a position about six feet deeper in the court than where the ball will be contacted. This is called the "pre-shoot position." From this position, the player can sidestep toward the ball making slight adjustments in positioning so that the ball will be exactly where it should be for best power and control. Most players will find this easy to learn whenever they are going to hit a shot using their dominant hand. It will be more difficult to learn when hitting the ball with the non-dominant hand; therefore, this footwork will have to be practiced more. As the player is getting into position, the elbow should be drawn back slightly in preparation. This backswing should be completed as the feet are set to stride into the shot. Again, it must be stressed that this is the most important fundamental in the game. The player should move as quickly as possible into the pre-shoot position. Knowing where to be in the court when the opponent is hitting the ball will make it easier to achieve this position. This part of the game, "shot anticipation," will be discussed later in Chapter 5.

The player should also strive to increase his/her speed. This does not mean running straight ahead faster. Speed in a handball court is the ability to quickly move backwards, sideways (both left and right) and with a sidestepping motion (both left and right). A good footwork drill (See Figure 1.9) would be for the player to stand in the center of the court at the short line and run backwards to the middle of the back wall. At this point, the

player quickly runs to the right rear corner. As soon as the player gets to this point, the player faces the right side wall and sidesteps to the short line. The player should then walk back to the starting point and repeat, only this time, moving to the left rear corner after reaching the back wall, and then sidestepping facing the left side wall to the short line.



Chapter Two

Program Of Progression

First Day

The first efforts should be directed toward getting the feel of the handball and of being inside the handball court. The player should begin by standing a few feet behind the short line and throwing the ball to the front wall, using the overhand and sidearm strokes described earlier. The throws should first be done with the dominant arm, making certain that the body is facing the side wall (right side wall if throwing righthanded) so that the player can stride forward as the ball is released. The player should then turn and face the opposite side wall and duplicate the throw with the non- dominant hand.

Handball is unique in that it requires the coordinated use of both hands. Thus one of the player's major objectives should be to develop the weak arm. Non-dominant arm skills are not easily learned, so there must be concentrated efforts each day. Since a handball is hit with the same arm motion that is used to throw a baseball, throwing a handball with the non- dominant arm is an excellent way to develop the skill and coordination needed to improve the hitting action.

A good throwing motion is a highly coordinated muscular act, and the most important part of the action is proper feet and body positioning. One of the best ways to learn the non-dominant hand strokes is by standing in front of a full-length mirror, and first throw with the dominant arm, noticing all the details of the action, including body position, the back swing of the arm, the way the wrist is held, the way the shoulders and hips rotate as the elbow leads the throwing action, and the relaxed follow-through of the arm and hand. Also note what the opposite arm is doing during the throw.

The player should then turn around and attempt to duplicate this throwing motion using the non- dominant arm. Even if the stroke is successfully imitated, it will not feel natural for awhile.

The first day on the court should be spent just throwing the ball. At first, the ball should be thrown at half-speed, and gradually thrown harder as the arms get warmed up. With the dominant hand, the player should aim toward a specific spot on the wall and attempt to catch the rebounding ball on the first bounce. Throws should be made at different angles, heights, and speeds, and the player should watch and learn how the ball reacts on its rebound, always attempting to move into a position so the ball can be caught on the first bounce. Court angles must be learned in order to be the proper position for the shot attempt.

With the non-dominant arm, the player should NOT aim, but rather, just concentrate on facing the side wall, striding toward the front wall as the hips and shoulders rotate, and keeping the arm completely relaxed so the elbow can lead the throwing motion.

The ball should be thrown with the different arm strokes, especially the sidearm and low sidearm strokes, and the player should gradually move deeper in the court making certain that the ball is thrown as often with the non- dominant hand as with the dominant hand.

Second Day

The first 10 to 15 minutes should be spent repeating the throwing drills of the first day. The player should not only strive to catch the rebounding ball on the first bounce, but should attempt to catch the ball in the "point of contact positions for the overhead (see Figure 1.3) and sidearm (see Figure 1.6) strokes. Players generally get too close to the ball when getting into position for the sidearm stroke. For this stroke, the player should catch the ball in the center of and away from the body so that the arm is almost fully extended.

The player should spend the remainder of the day learning how to hit the ball with the sidearm strokes using the 'drop and hit" drill. In this drill the player should:

- Stand just behind the short line and face a side wall with the feet about a foot apart.
- Drop the ball to the floor far enough away from the body so that the hitting arm will be nearly extended when contact is made. Also, make sure the ball is dropped slightly ahead of the lead foot so the ball will be aligned with the center of the body at contact.
- As the ball contacts the floor, draw the hitting arm back to a backswing position (elbow bent, wrist relaxed and hand cupped).
- When the ball reaches the top of its bounce, stride toward the front wall, and stroke the ball as it starts falling back towards the floor, using the sidearm or low sidearm throwing motion stroke described earlier.

This is a very critical day in learning how to play the game. **The player must imagine throwing the ball when attempting the hit. It is not important that the ball is hit, but rather, that the correct throwing motion stroke is used. It is also not important where the ball goes when it is hit. Timing and control will come later with practice.**

- Turn and face the opposite side wall and repeat the "drop and hit" drill. Naturally, the player will not be able to stroke the ball as well with the non-dominant hand until the throwing motion stroke is learned, but the player can do the other important things which include lining the feet up properly; raising the hitting arm

into a good backswing position with the elbow bent; relaxing the wrist; cupping the hand; dropping the ball far enough away from the body to allow for a good point of contact; rotating the shoulders and hips as the stride is made toward the front wall; and relaxing the arm on the follow-through.

- Repeat this "drop and hit" drill several times with each hand and then gradually move back about 3 or 4 feet at a time and repeat.
- Try not to overswing by trying to hit the ball too hard. A three-quarter speed arm stroke is sufficient.

Generally, the two biggest mistakes made by beginners in learning how to hit the ball are (1) opening the hand up to a flat position at contact, and (2) keeping the arm (shoulder, elbow, and wrist) too tense. The beginner must remember to pretend the ball is being thrown in order to achieve good power and for the hands not to hurt.

Third Day

The player should spend the first 15 minutes repeating the throwing and "drop and hit" drills, making sure to use both hands equally. The remainder of the period should be spent in the "toss and hit" drill. For this drill, the player should:

- Stand in the service zone and toss the ball with an easy underhand stroke to the front wall.
- As the ball rebounds from the wall and bounces off the floor, move into position, get set and stride into the ball using whatever stroke is necessary depending on the height of the ball at contact. (Review the preceding section on "Footwork").
- Repeat the same drill using the non-dominant hand to make the hit. Repeat with each hand 5-10 times.
- If the hands are not uncomfortable, back up about 5 feet and repeat the drills. If the hands sting when hitting the ball, clap them together a few times, and especially remember to keep the hand in a cupped position with the wrist relaxed when striking the ball.
- Gradually move deeper in the court, and remember that the arm stroke should be a throwing motion with the arm and wrist loose and relaxed.

- Toss the ball to the wall at different angles, heights and speeds, and attempt the various strokes with both hands.

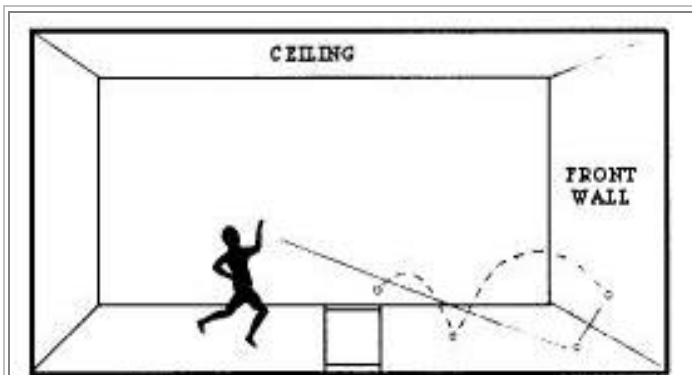


Figure 2.1. Player throws the ball so that it contacts the floor before hitting the front wall. The ball then rebounds from the front wall and contacts the floor again before the player attempts to stroke the ball.

Once again, this is a very critical day in learning how to hit the ball properly. Beginners are often too concerned with making contact with the ball instead of using the proper relaxed throwing motion stroke. If the hands are warmed up, and the proper stroke is used with a relaxed cupped hand, the hands should not hurt. However, if the hands do hurt a little, stay closer to the front wall until they feel better. A softer impact on the hands can also be achieved by the tossing the ball to the wall by

using the overhand stroke and bouncing the ball on the floor before it contacts the front wall (See Figure 2.1). This will cause the ball to rebound slower, lessening the impact on the hands.

Fourth Day

The player should spend the first half of the period repeating the throwing, drop and hit,' and 'toss and hit" drills of the previous day. The remainder of the period should be spent learning the **back wall** shot. Back wall play is one of the most important fundamentals of four-wall handball since, during the course of a game, many returns must be played off the back wall. The most difficult part is moving into the proper position to play the ball. The height and speed at which the ball rebounds from the front wall determines how close to the back wall the player must be to execute this shot. Back wall returns require timing that can only be gained through much practice. For the back wall shot drills, the player should:

- Stand about halfway between the short line and the back wall and throw the ball to the front wall high and fairly hard, so that the ball will rebound from the front wall and bounce on the floor behind the short line before hitting the back wall.
- As soon as the ball is tossed, move to a position estimated to be about 6 feet deeper in the court than the spot where contact will be made. This will allow the player the opportunity to move out with the ball as it rebounds off the back wall.
- As the ball bits the back wall, draw the hitting arm up into the backswing position and sidestep towards the front wall, allowing the ball to drop into the proper "point of contact" position for the low sidearm stroke. Remember, this contact position should be below the waist and out away from the body enough to allow

for the arm to be nearly fully extended at contact. Also, remember to bend at the knees and waist, and make sure the ball is aligned with the center of the body at contact.

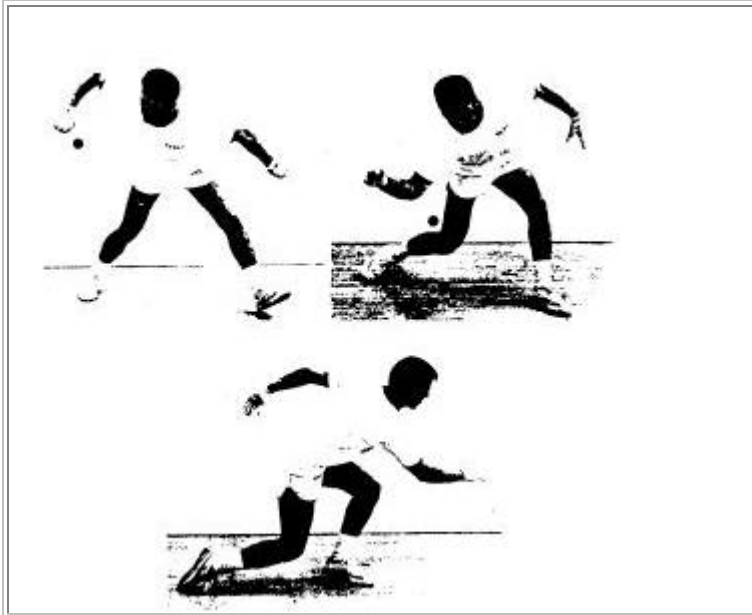


Figure 2.2. Player hitting a back wall return. Note that the shot is attempted with the low sidearm stroke.

- For the first few minutes of this drill, attempt to just catch the ball instead of hitting it. Sidestep out with the ball and catch the ball with the opposite hand from the hitting hand. Attempt to catch the ball in the proper point of contact position. Make sure to alternate hands when catching the

ball, although it will probably be much easier if the ball is tossed with the dominant arm only.

If the player is having difficulty with the sidestepping footwork (and most players do, especially when attempting this shot with the weak hand), the following two back wall drills should help. The player should:

- Stand about 8 feet from the back wall and toss the ball easily against the back wall so it bounces on the floor toward the front wall. Move out with the ball using side steps. When the ball gets close to the proper point of contact position, plant the back foot and stride toward the front wall with the front foot, catching the ball with the hand opposite of the hitting hand. Remember to attempt to catch the ball in the exact position it should be in when the hit is attempted. Repeat the same drill, but this time, hit the ball instead of catching it.
- Next, the player should stand in approximately the same position as before and bounce the ball to the floor so that it then strikes the back wall and rebounds toward the front wall. Move out with the ball as in the previous drill and attempt to catch the ball about knee high before it hits the floor. Next, attempt to hit the ball instead of catching it.

The straight back wall shot just described is the simplest of the back wall returns. One of the most difficult shots for beginners is playing a ball that hits the floor, then strikes a side wall and continues to rebound off the back wall. This is the ball that "comes around the corner" as illustrated in Figure

2.3. The right-handed player should face the ball as it goes into the left rear corner and pivot, follow the ball with sidesteps and attempt the shot using the low sidearm stroke as illustrated in Figure 2.4. The left-handed player should not pivot, but instead, back up and play the ball off the back wall with the dominant left hand. Of course, just the opposite is done on balls that come around the right rear corner.

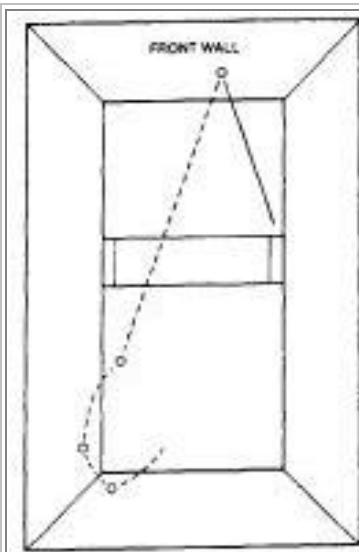


Figure 2.3. Ball "coming around the rear corner."

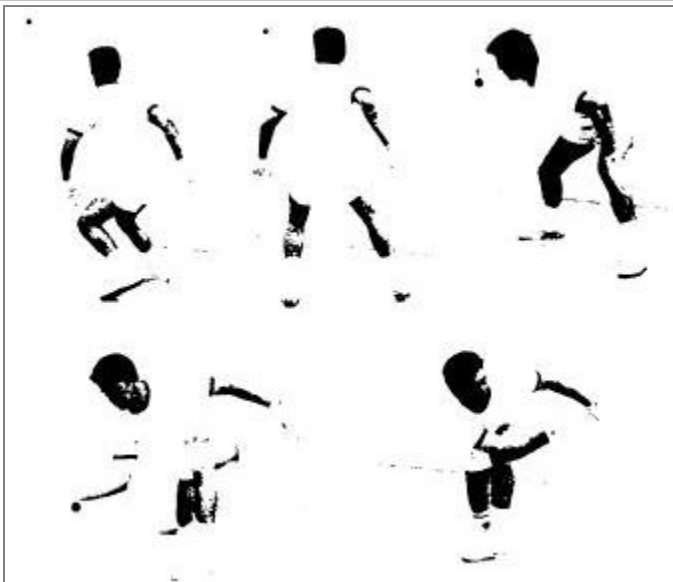


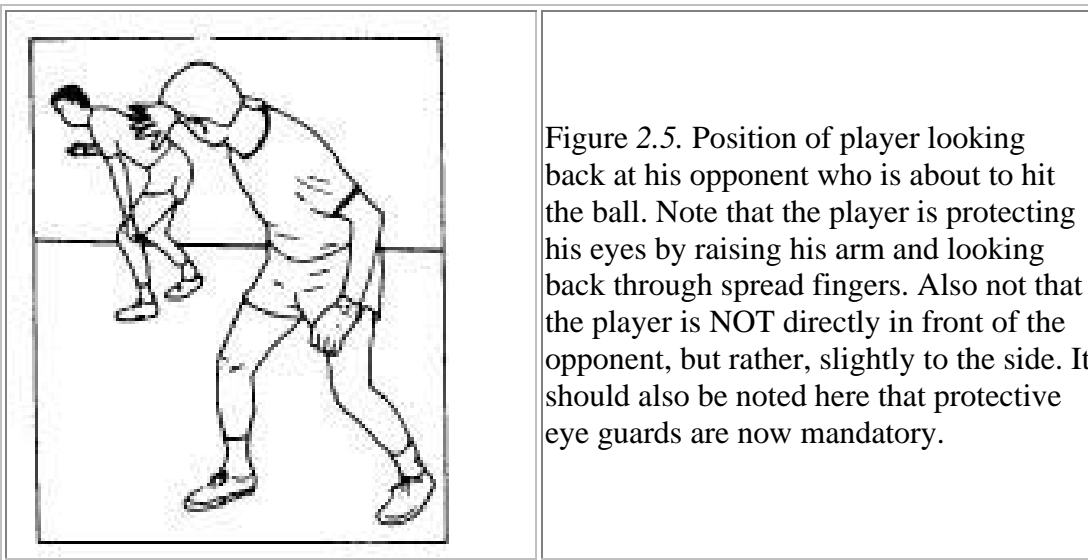
Figure 2.4. Player hitting a back wall return "coming around the rear corner." Note that player pivots and faces the ball and attempts the shot with the low sidearm stroke.

Fifth Day

During the first half of this period, the player should repeat the drills that were done the day before - throwing, drop and hit, toss and hit, and backwall drills. Generally, for a good warm-up, a player should spend at least 10 minutes doing these practice drills before beginning any match. The remainder of the period should be spent with a partner in the "serving and receiving" drill. For this drill, the player should:

- Review the rules of service and service return.
- If serving, serve the ball about 10 times, alternating hands on each serve. If the receiver makes a legal return of service, quickly move into a position to catch the ball before it hits the floor twice.
- If receiving service, attempt to make a legal return of service.
- Switch positions and repeat the drill.
- Continue the drill, switching positions after each 10 serves for the remainder of the period.

Serving is the easiest part of the game. However, after serving, there are 3 things that the server should do for safety and good (and legal) shot anticipation positioning: (1) As soon as the rebounding serve passes the short line, back up a few steps; (2) Look over the shoulder, raise a hand to protect the face (see Figure 2.5), and watch the ball until the opponent hits it (**A PLAYER SHOULD ALWAYS WATCH THE BALL BUT**



MAKE SURE TO WEAR APPROVED EYE PROTECTION); and (3) make sure to take a legal position off to the side at an angle from the ball being hit (See Figure 2.5). It is very important to "get out of the way" so the opponent will have a fair chance to play the ball without body contact.

Returning service is the most important shot in the game. For the beginner, it is the most difficult. The receiver should stand halfway between the side walls and a step or two from the back wall. As soon as the ball is served, the receiver should:

- Move as quickly as possible into a position for the return.
- Face the ball wherever it goes.
- Keep the feet moving until in position for the shot.
- If possible, allow the ball to drop below the waist before swinging.
- If the return is made, move up a few steps, making sure to get out of the way of the server who is attempting to get into position for the next shot.

Sixth Day

The player should repeat the practice drills (throwing, drop and hit, toss and hit, and backwall) of the previous day for the first 15-20 minutes. The remainder of the period should be spent in the "serve, return, and rally" drill.

The players should:

- Review the rules of service, service return and "hinders" (the rules that apply to the different kinds of interference that can happen in the court).
- Serve 10 consecutive serves, 5 with the right hand and 5 with the left before alternating positions with the receiver.

*Attempt to keep the ball in play after the serve. Remember to always watch the ball and wear eye protection.

*Make sure to move out of the way so the opponent is not interfered with in attempting to make the return. Sometimes it will be impossible to avoid interference. Safety must always be a major consideration. Players should stop play immediately if there is a danger of body contact with the opponent.

Seventh Day

The players should:

*Review the rules, including the rules of scoring.

*Do the warm-up drills for 10 minutes.

*Do the serve, return, rally drill for 10 minutes.

*Spend the rest of the period playing a game or games of singles.

Although score is being kept, the players should not be concerned with winning or losing, but rather, full concentration should be on watching the ball, moving into proper position

both when hitting the ball and when the opponent is hitting the ball, and using the proper throwing motion strokes.

Handball, like all sports, has many unwritten rules that deal with the sportsmanlike behavior and courteous manners that contribute to the enjoyment of the sport by players and spectators alike. These unwritten rules are just as important as the official playing rules. The section on sportsmanship appears at the end of this booklet.

Chapter Three

Basic Serves

The serve is one of the most important shots in the game of handball. A player can score a point only when serving, so the player should not serve merely to put the ball into play. Instead, the player should hit the best possible serve in order to force a weak return from the opponent. Although the beginner will usually score points with any kind of serve to another beginner, this will not be the case later on against higher skilled opponents. The importance of mastering a variety of well controlled serves cannot be overemphasized.

Low Power Serve

The low power serve is hit as low as possible against the front wall so that the ball lands on the floor just behind the short line and angles back toward one of the rear corners. It is very important that this serve is hit low and hard and lands close enough to the short line (within about 5 feet) in order not to rebound off the back wall (see Figure 3.1).

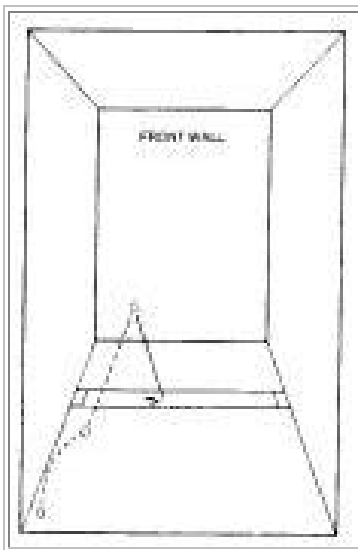


Figure 3.1. The LOW DRIVE SERVE. Note that ball strikes the floor close to the short line to keep from rebounding off the back wall.

The stroke used for this serve is the low power stroke. Most of the top players contact the ball below their knees, with their fingers pointing toward the floor. This makes it easier to direct the serve towards the rear corners. Although this serve can be hit from several positions in the service zone, it is recommended that the server stand somewhere near the center (halfway between the side walls) in order to have the opportunity to direct the serve to either rear corner. If a player stands too close to a side wall and attempts the low power serve angled down

that same side wall, a 'screen' serve will probably be called (See the rule interpretation of the screen serve).

Although most of the basic serves should be directed towards the rear corner of the opponent's non-dominant hand, this is the one serve that should occasionally be hit to the strong hand rear corner. However, it should always be disguised so the receiver will not be able to anticipate which direction the serve is being hit.

Lob Serve

It is very important that this serve be hit accurately so that it will not hit the side wall on the rebound. If the serve is being directed into the left rear corner, the player should stand 2-3 feet away from the left side wall and face the front wall. The ball should be bounced to the floor so it will rebound a couple of feet above the shoulder of the hitting arm. As the ball starts its descent, the player should attempt a soft overhand stroke and make contact with the ball about the height of the top of the head. The lob serve (See Figure 3.3) should strike the front wall very high, but it must be hit softly in order to make it drop steeply after hitting the front wall and bounce on the floor just behind the short line. After striking the floor, it should take a high bounce and then drop into the rear corner, striking the back wall from about 4-5 feet high.

Properly hit, this serve will force the opponent to attempt the return with an overhand stroke with the weak hand.

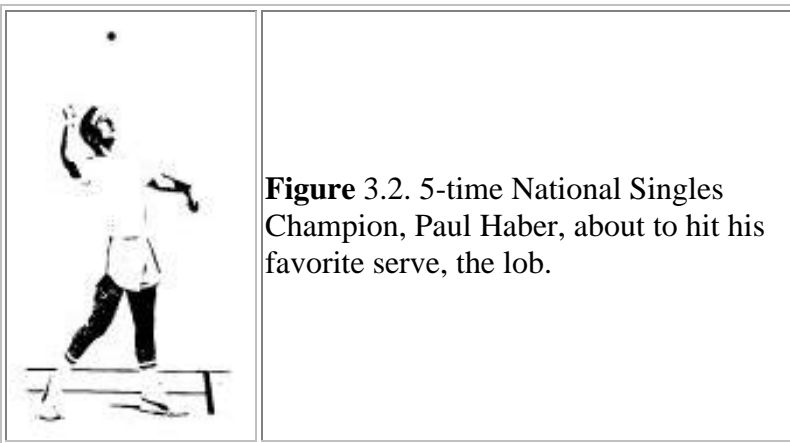
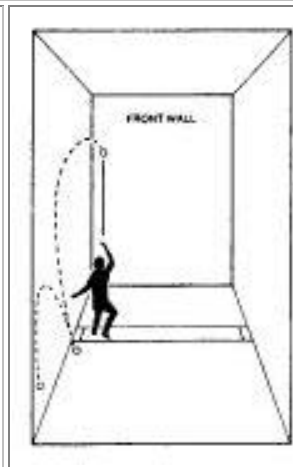


Figure 3.3. The LOB SERVE. Note that ball strikes the floor just behind short line and remains close to side wall while rebounding to left rear corner. Also, note the servers position is close to the side wall.

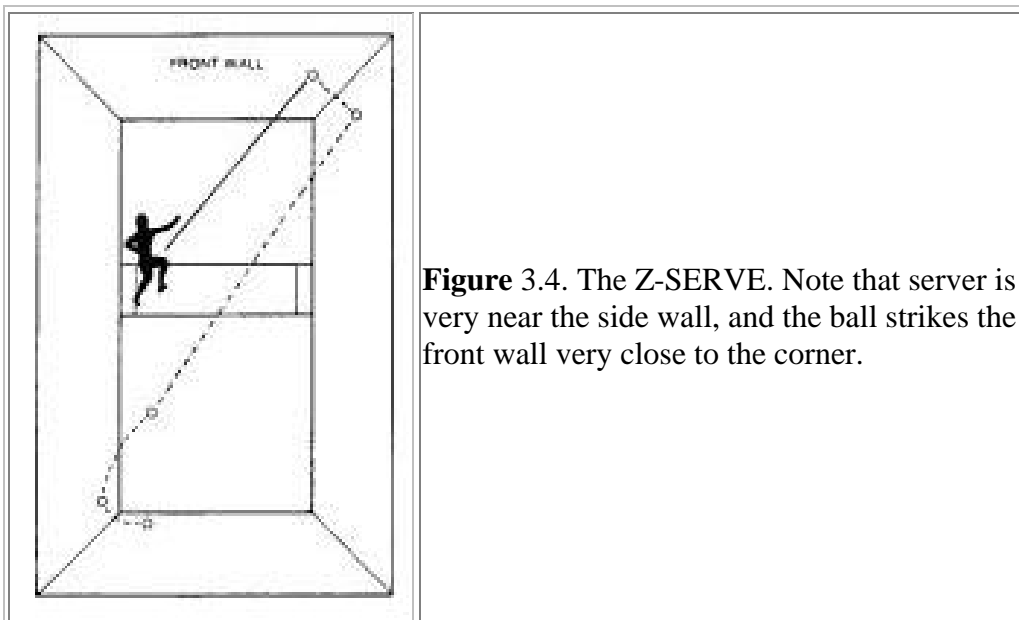


Z-Serve

The Z-serve can be executed with any stroke. If this serve is being hit toward the left rear corner, the server should stand very close to the left side wall and hit the ball so that it hits the front wall very close to the right side wall. The height the ball contacts the front wall will vary according to the stroke used and how hard the ball is hit. Generally, the rebounding serve should angle across the court toward the left rear corner contacting the floor about halfway between the short line and the back wall (See Figure 3.4). The ball should then contact the left side wall about 2 feet from the back wall.

When the Z-serve strikes the front wall and the right side wall, the ball develops a counterclockwise spin. When the ball bounces from the floor and strikes the left side wall, this spin will cause the ball to rebound from the left side wall almost parallel with the back wall. It is important that the ball not rebound off the back wall high enough for a back wall return.

The Z-serve must be hit hard so that the ball will cross diagonally in front of the receiver to the non-dominant hand. If this serve is not hit hard, the receiver may have time to move up and hit the ball with the dominant hand before the ball hits the floor.



Chapter Four

Basic Shots

Offensive Shots

Offensive shots are those hit with the purpose of ending the rally. They are hit at such a height, angle, or speed that the opponent cannot reach the ball in time to make a legal return. The two offensive shots are the kill shot and the pass shot.

The Kill Shot

This is the most spectacular of all the handball shots and the most difficult to execute. It takes great accuracy to hit this shot because it must strike the front wall very low so that the opponent cannot make a legal return.

There are two types of kill shots, the *straight kill* and the *corner kill*. The particular type of kill shot a player should attempt usually depends upon the court position of the opponent. Kill shot strategy will be discussed later.

The straight kill strikes the front wall very low and rebounds without striking another wall (See Figure 4.1). The most effective straight kill shots remain close to a side wall on the rebound.

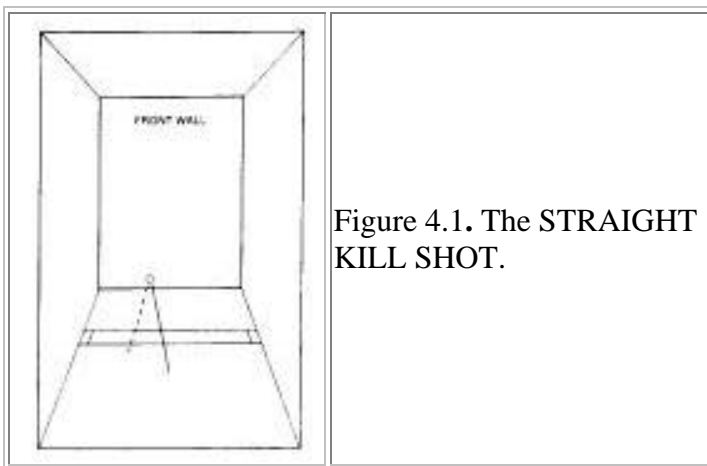
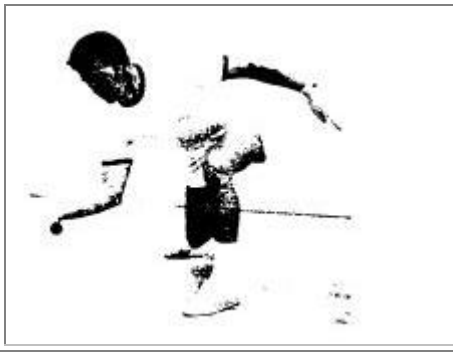


Figure 4.1. The STRAIGHT KILL SHOT.

Figure 4.2. Position for attempting the kill shot using the low sidearm stroke. Note that the forearm is parallel to the floor.



All **corner kill** shots strike two walls before contacting the floor. They can sometimes strike the first wall a little higher than a straight kill because the ball may lose some of its height when angling toward the second wall. The ball should strike the second wall very low, as in the straight kill shot. There are four basic corner kill shots (See Figures 4.3-4.6):

The Right Inside Corner Kill shot contacts the front wall first and then strikes the right side wall very low before contacting the floor.

The Right Outside Corner Kill shot first contacts the right side wall and then strikes the front wall very low before rebounding toward the left side wall.

The Left Inside Corner Kill shot first contacts the front wall and then strikes the left side wall very low before contacting the floor.

The Left Outside Corner Kill shot first contacts the left side wall and then strikes the front wall very low before rebounding toward the right side wall.

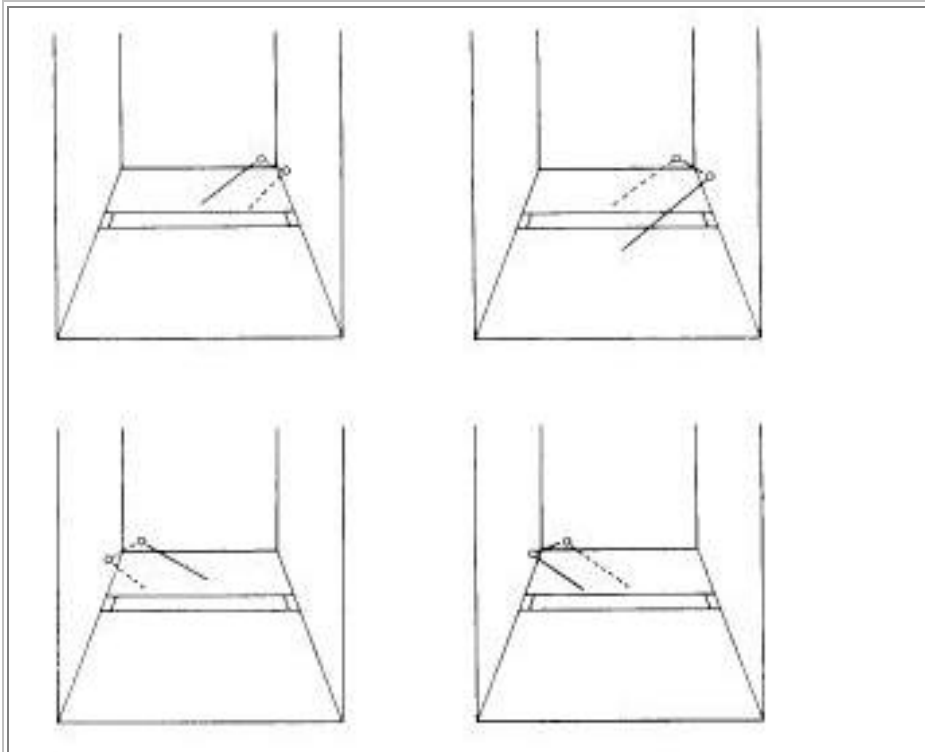


Figure 4.3 - 4.6. Top left is the RIGHT INSIDE CORNER KILL SHOT. Top right is the RIGHT OUTSIDE CORNER KILL SHOT. Bottom left is the LEFT INSIDE CORNER KILL SHOT. Bottom right is the LEFT OUTSIDE CORNER KILL SHOT. Note that the "inside corner kill shots" contact the front wall first, and the "outside corner kill shots" contact a side wall first.

Kill shots are especially difficult for beginners because they tend to rush their shots, usually contacting the ball above the waist. Attempting a kill shot from such a high position is not advised for two reasons: (1) the player will have to change the downward angle of the shot as the hitting position is closer to or further from the front wall, and (2) even if the player is fortunate enough to hit the ball low against the front wall, the rebound of the ball will usually be high off the floor because of the angle of projection of the shot.

In order to properly execute a kill shot, the player should:

- Let the ball drop to a low position below the waist, and attempt the shot using the low sidearm stroke. This low position will not be the same for every player. The player must experiment to see how low contact can be made and yet not be off balance. Knee height will usually be a good position, although some players can comfortably contact the ball at a lower level.
- Contact the ball with the forearm almost parallel with the floor and the fingers pointing toward the side wall as illustrated in Figure 4.2.

- Remain in the low crouched position on the follow-through of the arm motion so that the forearm remains level throughout the stroke.



Figure 4.7. Action shot of Gordie Pfeifer demonstrating perfect form in hitting a kill shot.

Practicing the Kill Shot

The player must become accustomed to flexing the knees and bending at the waist in order to be in a low position when attempting a kill shot. It is recommended that the beginning player practice these shots with the dominant hand only. It is not essential for a player to be able to hit kill shots with the non-dominant hand in order to become a very successful player. For the kill shot drills, the player should:

- Stand just in front of the service zone, get in the crouched position, take a long stride toward the front wall and throw the ball low against the front wall with the low side arm stroke. Try to make the ball hit the front wall about 6 inches from the floor or lower.
- Next, get in the crouched position, drop the ball to the floor from about knee high. Allow the ball to reach the top of its bounce and begin descending before attempting to hit the ball with the low sidearm stroke.
- Maintain a level swing and remain in the crouched position on the follow-through.
- Next, stand in the service zone and toss the ball (underhanded) very gently so that it strikes the front wall about 4' from the floor. As soon as the ball is released, move into position and get set to attempt the kill shot. Remember, to allow the ball to drop to a low position before stepping into the shot attempt.
- Continue practicing by tossing the ball to the front wall gently so it rebounds at different angles and move quickly into position to attempt the kill shot.
- After achieving consistent success from the front court, move back about 5' and repeat the previous drills.
- Gradually move back and practice kill shots from deeper court positions.
- Also, practice kill shots when attempting back wall returns. Remember to use the same low sidearm stroke on all kill shot attempts.
- After becoming consistent at hitting kill shots from the different court positions, begin attempting to angle the kill shots so they remain close to a side wall on the

- rebound (the straight kill). First practice these shots from the front court and gradually move further away from the front wall.
- Next, learn to execute the different corner kill shots by first practicing these shots from the front court and then from deeper court positions. Notice, when attempting outside corner kills, that if the ball contacts the right side wall first with a left-handed attempt, or contacts the left side wall first with a right-handed attempt, the ball must hit the side wall very close to the front wall in order for it to carry to the front wall. This is because of the spin of the ball as it leaves the hand.

The Pass Shot

The offensive pass shot is so called because it is driven past the opponent. Whenever a player is unsure as to which offensive shot to attempt, a pass shot is usually a good choice. This shot can be hit with any stroke including one using the closed fist. However, because the pass shot is most effective when the opponent is in the front court, using the low sidearm stroke on the passing shot attempt is usually the better stroke because the opponent will have to move to the front court to anticipate a possible kill shot. The main difference in the kill shot stroke and the pass shot stroke (when contacting the ball below the waist) is the follow-through. As previously mentioned, the player should remain in the crouched position and swing level on the kill shot attempt, but on the pass shot, the player should raise up to a more erect position on the follow-through in order for the ball to hit higher on the front wall.

To be effective, the pass shot must (1) hit the front wall first, (2) be hit hard (or else the opponent will have time to reach it), (3) be angled so that it will rebound out of the opponent's reach, (4) be hit high enough in order to contact the second hitting surface (floor or side wall - see Figures 4.8 and 4.9) at approximately the short line area, and (5) be hit low enough so that the ball will not give a back wall shot opportunity.

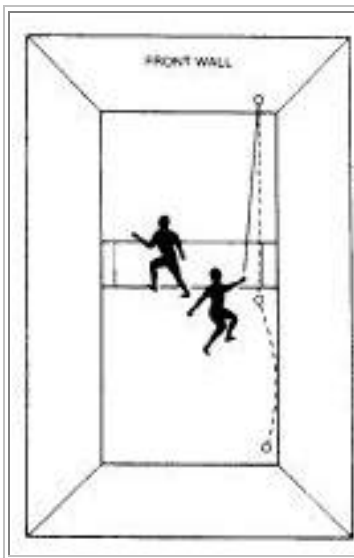
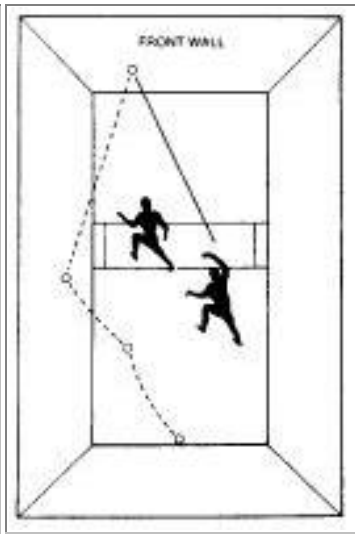


Figure 4.8. The STRAIGHT PASS SHOT. Note that the rebounding ball strikes the floor just behind the short line.

The two types of pass shots are the *straight pass* and the *two-wall pass*.

The **Straight Pass** first strikes the front wall and then contacts the floor near the short line before rebounding toward a rear corner without hitting another wall (See Figure 4.8).

Figure 4.9. The TWO WALL PASS SHOT. Note that the rebounding ball strikes the side wall just behind the short line.



The Two-Wall Pass (sometimes called the 'V' Pass) first contacts the front wall and then strikes a side wall before contacting the floor. This shot should strike the side wall at an area between the short line and about 6 feet behind the short line before contacting the floor a few feet behind the 5' restraining line (See Figure 4.9). This shot is usually angled to the left when hit by a player standing in the right half of the court and to the right when hit from the left half of the court.

Practicing the Pass Shot

The player should practice this shot using the sidearm and low sidearm strokes. It is very important to master this shot with both hands, but it is recommended that the player practice this shot with the non-dominant hand, only in the area of the court from which non-dominant hand shots will have to be hit. This area is usually within about 6 feet of the non-dominant hand side wall. When learning this shot, the player should:

- Stand in the front court near the service line and throw the ball to the front wall at the proper angle, so that it will rebound like a pass shot.
- Try to make the straight pass remain close to a side wall on its rebound, and very importantly, try to make the ball contact the floor near the short line. Remember, height is just as important as angle on this shot.
- Next, drop the ball to the floor and attempt to hit a straight pass down either wall. Then, try to hit a two-wall pass to the left and to the right, again remembering to hit the ball at the proper height as well as the proper angle. Make sure to practice this shot with the non-dominant hand.
- Next, toss the ball to the front wall so that it will rebound at different angles and different heights, and attempt the pass shots with the various arm strokes.
- Gradually move deeper in the court and practice these shots from all court positions.
- Also practice hitting the different passing shots on the back wall returns.

Fly Kill And Fly Pass Shots

The various fly kill shots and fly pass shots are the same as the kill and pass shots previously discussed, except they are attempted before the ball contacts the floor. These offensive shots are difficult to execute because there is little time to get set before attempting them. They are usually hit by a player in the front court. A player should

seldom try one of these shots from a rear court position, as it is easier to let a ball in deep court bounce and rebound off the back wall.

To practice the various fly kill and fly pass shots, the player should:

- Stand a couple of feet behind the short line and toss the ball high and easy to the front wall.
- Quickly move into position and try to hit the ball with the sidearm or low sidearm stroke.
- At first, just try to make good contact with the ball without trying to place the shot. It will take some time for the player to develop the timing for this hit.
- Next, attempt to hit kill shots and pass shots with fly shot attempts.
- Also practice these shots by tossing the ball high into a front corner so it first strikes the front wall and then a side wall before rebounding toward the center of the court. A player should always be looking for this fly shot opportunity, because allowing the ball to hit the floor at this angle will usually result in a difficult return attempt from a rear corner.



Figure 4.10. Action shot of Fred Lewis hitting against Vein Roberts. These two players have won many 4-Wall and 3-Wall National Championships.

Defensive Shots

Defensive shots are hit with the purpose of moving the opponent into a rear court position as close to the back wall as possible. The opponent will probably be able to return these shots, but it will be very difficult to hit offensive shots from this deep court position. The defensive shots should be attempted whenever a player does not have a good chance of hitting one of the offensive kill or pass shots. The defensive shots will also give the hitter time to move to a better court position.

There are two basic defensive shots: (1) the *ceiling shot*, and (2) the *three-wall shot*.

Ceiling Shot

The ceiling shot is a defensive shot that is hit so it first strikes the ceiling before contacting the front wall. The ball should hit the ceiling from 1, to 6' from the front wall. It will then drop steeply **to** the floor and take a very high bounce **to** the rear of the court (See Figure 4.11). If the ball hits the ceiling too far from the front wall, it will hit the floor before striking the front wall. If the shot is hit too hard, it will rebound too high allowing the opponent an easy back wall opportunity. Properly hit, the ceiling shot should contact the back wall about 3' to 5' high.

The ceiling shot can be executed by using one of two strokes. Depending on the height of the ball at contact, either the overhand stroke or the underhand fist stroke should be used.

Whenever the ball must be contacted at a shoulder high or higher position, and especially if the player is in the rear court, the ceiling shot is usually the correct choice of shots. This shot is hit with the overhand stroke, as illustrated in Figure 4.11. As with the other basic shots, the player should get to a set position and shift the weight from the back foot forward to the front foot as contact with the ball is made.

Figure 4.11. The CEILING SHOT.
This shot can be hit with the overhand stroke and the underhand "fist" stroke.

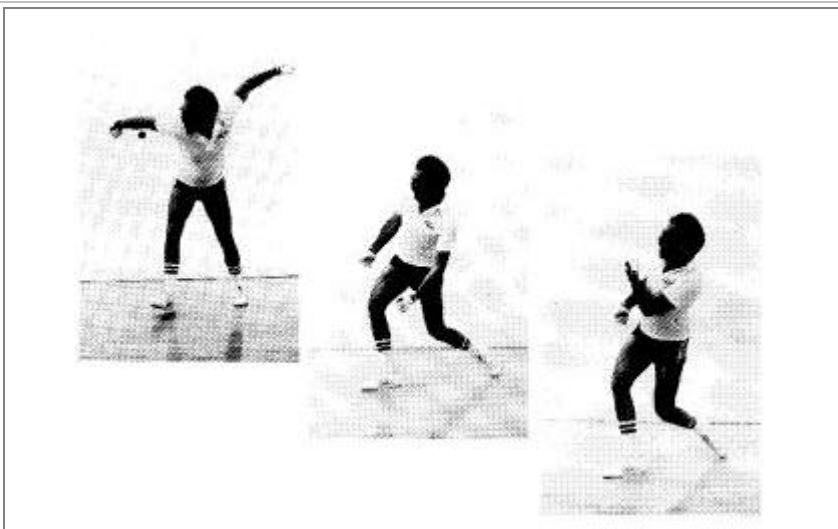
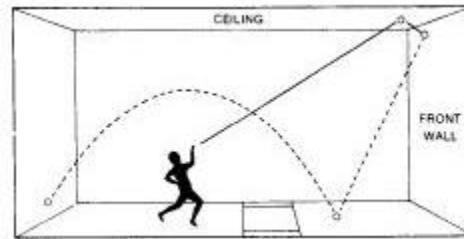


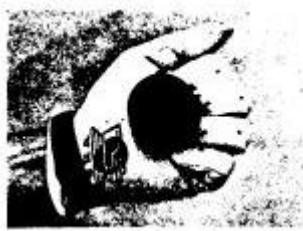
Figure 4.12. Hitting the ceiling shot with the underhand stroke. Note that the shot is hit with the fist. Also, note how the back leg is bent when contacting the ball.

It is very important that the ball be spinning the correct way when it leaves the hand in order to rebound deep enough in the court. To have the proper spin, the ceiling shot hit from below the waist must be hit with the underhand stroke with the closed fist as illustrated in Figure 4.12. The player should face the side wall and bend the back leg a little more

than the front leg and stride into the shot, straightening the legs on the follow-through motion. The ball should contact the hand on the cuticle area, as shown in Figure 4.13.

The fist ceiling shot is not easy to control because of the smaller hitting surface of the fist as compared with the open hand. However, it's a very important shot to learn, especially with the weak hand.

Figure 4.13. Proper hand contact for the fist shot



Practicing the Ceiling Shot

To learn the ceiling shot, the player should:

- Stand in the rear third of the court, as most ceiling shots during a game are attempted from this area, and throw the ball high against the front wall so that it will rebound deep in the court.
- Move quickly into a position behind the point of contact in order to step into the ball using a three-quarter speed overhand stroke.
- At first, just try to hit the ball to the ceiling so that it rebounds to the front wall.
- Next, attempt to control the speed of the shot so that it will hit from 3-5' high on the back wall.
- Practice the underhand fist ceiling shot on balls thrown high and easy and on balls thrown to rebound like the low power serve. Again, notice where the shots end up, and adjust the force of the stroke accordingly.
- After learning to hit ceiling shots consistently with the proper speed, then try to angle the ceiling shots (hit with the overhand dominant hand) so they will drop into one of the rear corners. This shot, hit into the non-dominant hand rear corner, is one of the best shots in handball because it will place the opponent into the most difficult return area of the court. Many rallies are won directly after an opponent attempts the return from this area.

This is another very important shot to learn with both hands. Many top players consider the non-dominant hand underhand fist ceiling shot to be the most important shot in the game. Like practicing the pass shot with the non-dominant hand, try to do most of non-dominant hand ceiling shot practice within about 6' of the non-dominant hand side wall, as this is the area these shots must be hit during a game.

The overhand non-dominant hand ceiling shot will be one of the most difficult to learn. To get the proper angle and have enough power to reach the ceiling, the player should make certain to bend the rear leg and push up while stepping into the ball.

Three-Wall Shot

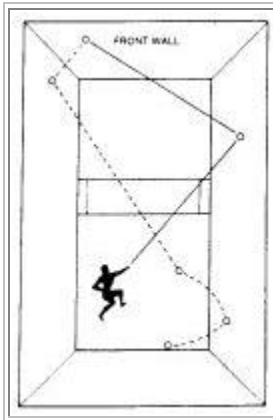


Figure 4.14. The THREE-WALL SHOT. Note that this shot first contacts the side wall before hitting the front wall. Also, note that the rebound angle is much like a z-serve hit to the right rear corner.

The three-wall shot is the defensive shot that hits three walls before bouncing on the floor and rebounding into a rear corner. As illustrated in Figure 4.14, the ball first hits a side wall before contacting the front wall. After hitting the front wall, it strikes the other side wall and rebounds, landing on the floor approximately 8' behind the short line. It then strikes the side wall about 4' from the back wall and angles back along the back wall.

This shot should be hit so that the ball will contact the side wall from about 14'- 18' from the floor. If the shot is hit at the proper angle and speed, it will contact the front wall very close to the opposite side wall at approximately the same height. Failure to hit this shot hard enough will cause the ball to drop too shallow in the court, and the opponent may have the opportunity for a fly shot in center court.

The three-wall shot that hits the right side wall first should have a clockwise spin when it leaves the hand. Therefore, this shot can be hit with the right hand sidearm stroke, and because the ball has the opposite spin when struck by the closed fist, it can also be hit with the left hand fist stroke. Conversely, the three-wall shot that hits the left side wall first should have counterclockwise spin and can be hit with the left hand sidearm stroke or the right hand fist stroke. Failure to have the proper spin on this shot will cause the ball to slow up after hitting the first side wall and not carry deep enough in the court to be effective.

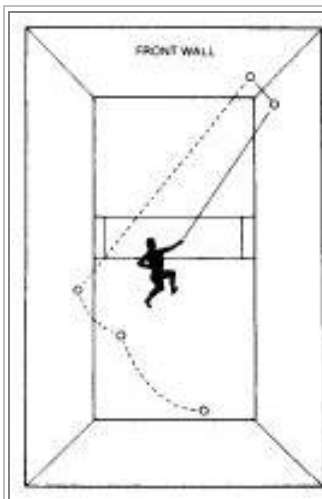


Figure 4.15. The THREE WALL SHOT that first contacts the side wall very close to the corner. Note that the rebound is much like a 2-wall pass.

There is a second type of three-wall shot that is hit slightly lower than the one just described. As illustrated in Figure 4.15, this shot contacts the first side wall very close to the front wall and rebounds from the front wall, contacting the opposite side wall much like the angle of the two wall pass. This shot requires more accuracy than the one described first, but would be a better shot to hit against an opponent who has good fly shots.

Practicing the Three-Wall Shot

To learn the three-wall shot, the player should:

- Stand in the rear third of the court to the left of center if hitting the right side wall first, and to the right of center if hitting the left side wall first. As more skill is achieved, the player should move closer to the back wall and near the center of the court when practicing the open hand three-wall shots. This return will become necessary when returning some Z-serves.
- When using the open hand stroke, the player can contact the ball at nearly any height as long as the follow-through is a sidearm motion.
- The first three-wall returns should be hit from waist high or lower, and the follow-through should be a sidearm motion. Generally, on the follow-through, the fist should point to the spot on the side wall where the ball is aimed.
- As with all sidearm shots, the player should stride toward the target when attempting these shots and attempt to contact the ball in the center of the body.

Two-Wall Pass

Although this shot has been previously described as an offensive shot, there will be many times when this shot must be used from a difficult deep cowl position, and the player will unlikely be able to hit a rally ending shot. This necessity of using the two-wall pass shot in a defensive manner will usually occur when a ball comes off the back wall but remains fairly deep in the court and very close to a side wall. Use the practice methods described in the "fourth day" in Chapter One. The proper angle of this return will be the same for everyone, but the height will vary depending on how hard the shot is hit. The player must hit this shot high enough so that when it rebounds off the front wall, it will contact the side wall high enough to allow the ball to bounce on the floor several feet behind the 5' restraining line as illustrated previously in Figure 4.9.

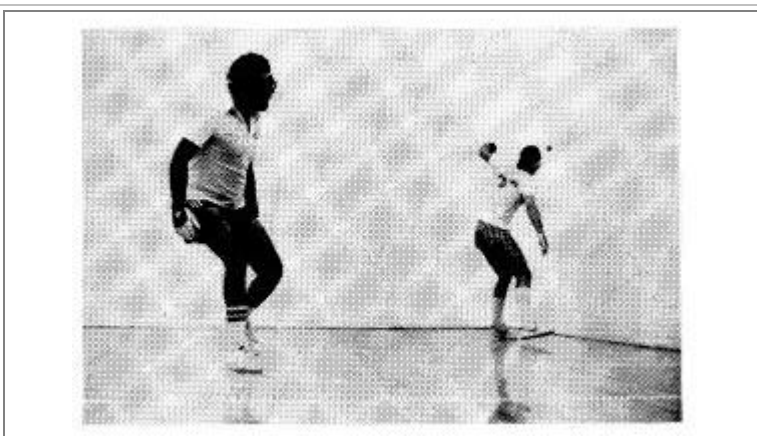


Figure 4.16. Top professional player, Vein Roberts, hitting a back wall shot from deep in the rear corner and very close to the side wall. Vein is attempting a 2-wall pass from this difficult court position.

Chapter Five

Singles Strategy

This chapter will be devoted to singles strategy. Just as important as knowing how to hit the various serves and shots is choosing the best serve or shot to attempt in a given situation.' The definition of situation" in handball is "anytime the ball is about to be hit," and there are five different situations in the game: (1) the serve; (2) the return of serve; (3) offensive; (4) defense; and (5) shot anticipation (the opponent is hitting the ball). In order to become a successful player, it is very important to understand the percentage play for each of these situations.

The Serve

Successful serving in handball is very similar to successful pitching in baseball. The most important aspect in both of these is *control*. Control in serving means serving the ball at a certain speed, angle and height so that the receiver must attempt the return from very deep in the court and close to either a side wall or the back wall (See Figure 5.1).

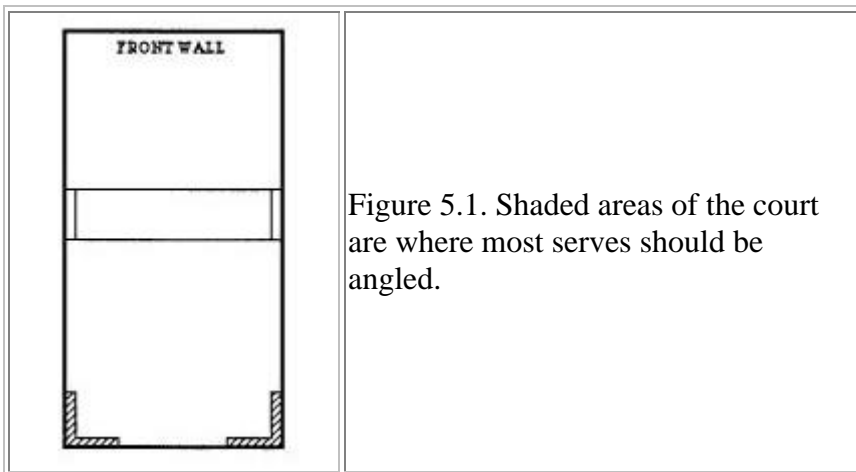


Figure 5.1. Shaded areas of the court are where most serves should be angled.

There are five things that the receiver can do when returning the serve:

1. hit an offensive kill shot,
2. hit an offensive pass shot,
3. hit a defensive shot,
4. miss the shot (fail to make a return), and
5. give the server a setup.'

If the serve is controlled so it will have to be returned from one of the areas indicated in Figure 5.1, it will be extremely difficult for the receiver to hit one of the offensive shots. These serves are termed *good* serves, but just because they are good serves, doesn't mean

they will be *effective* serves. In order for the serve to be effective, it is necessary to hit a "good" serve that the receiver has difficulty defending. By taking away the receiver's offensive and defensive shots, the receiver will often either fail to return the ball (point for the server), or give the server a set-up with a good opportunity to hit a rally ending offensive kill or pass shot.

The second most important aspect in serving is to develop a *variety* of good controlled serves, because as in pitching, the best serve will depend on the skill of that particular opponent. More specifically, the best serve will depend on the defensive skills of the receiver.

If the opponent has difficulty hitting the underhand fist ceiling shot, the **low power serve** described in Chapter 3 could be a good choice. When this serve is executed correctly, the receiver will have very little time to get into position for the return, and will have to attempt the return from below the waist. The server must remember that it is necessary to hit this serve low to keep it from rebounding off the back wall. This is the one serve that the server should occasionally hit toward the rear corner of the receiver's dominant hand as well as the non-dominant hand. However, it is important that the server disguise this serve so that the receiver does not know which direction the serve is directed.

The **lob serve** (Figure 3.3) would be a good choice if the receiver has difficulty hitting a ceiling shot with the overhand non-dominant hand. This is the weakest stroke area for most players. The lob serve, however, must be controlled so it will bounce just across the short line, eliminating the receiver's opportunity to move up and hit a fly shot. It is also most important to keep the serve very close to the side wall and yet, not allow the ball to hit the side wall. Against some players, it would be good strategy to hit the lob serve slightly harder, so that it will hit the back wall from 5-6 feet high. If this serve is hit properly so it remains very close to the side wall as it drops off the back wall, the receiver will be faced with a very difficult back wall shot. Remember that the server is attempting to hit a serve that the receiver has difficulty defending. As will be described in the next section on "Return of Serve," the proper defensive return for this back wall shot is a 2-wall pass. If the receiver has difficulty hitting this return, the server should get a setup, probably in the front area of the court.

The **z-serve** (Figure 3.4) is the serve hit by most top players if they hit a fault on their first service attempt, because unlike the low drive serve and lob serve, the z-serve can rebound and bounce on the floor well behind the short line so there is little danger of double faulting. This serve can be hit with any stroke (even with a fist) and would be a good choice if the opponent has difficulty hitting defensive 3-wall returns. In order for this serve to be effective, it must rebound deep enough in the court so that the receiver must attempt the return from very close to the back wall. It is important that the server watch the reactions of the receiver so that the receiver doesn't move up quickly and attempt to cut off the serve before it bounces on the floor. If it appears that this is the receiver's intent, the server should change the angle of the serve. Figure 5.2 illustrates two good angles to use in this event.

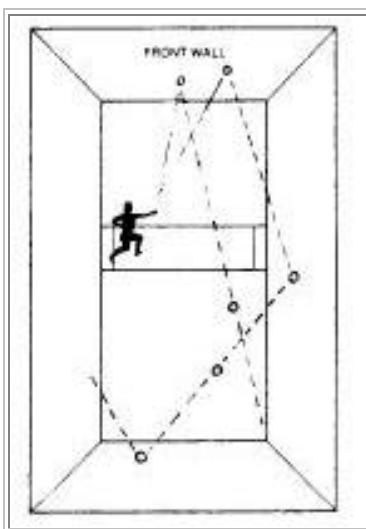


Figure 5.2. Service angles to attempt if it appears the receiver may try to quickly move forward in an effort to "fly" the z-serve.

A more advanced method of hitting a low drive serve is to apply spin to the ball which will cause the ball to break to the left or right after rebounding from the front wall and contacting the floor. This serve is called the **hook** serve (Figure 5.3). The hook serve that breaks to the left when hit with the right hand is called a *natural* hook, and the one that breaks to the right when hit with the right hand is called a *reverse* hook. The opposite is

true when the ball is hit with the left hand. The hook that breaks left is a reverse, and the hook that breaks right is a natural. These hook serves are generally more difficult to control than serves hit without spins, and the server must remember that control is the most important aspect of successful serving. However, if the server can control these serves and not allow them to rebound off the back wall, they can prove very effective at gaining weak returns from the receiver.

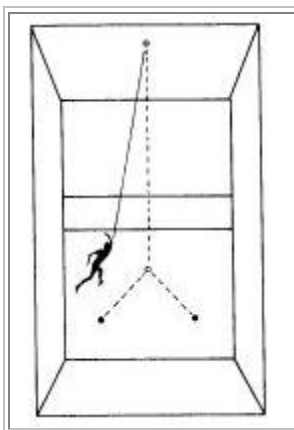





Figure 5.3. Rebound angles of HOOK SERVES. Ball angling to the left is the "natural hook," and ball angling to the right is the "reverse hook."

The arm motion used in the execution of a natural hook is similar to the sidearm stroke, but instead of the fingers pointing to the side wall when contacting the ball, they should be pointing toward the floor (Figure 5.4). The hand should be held in a natural cup with the thumb lined up in front of the index finger, as shown in Figure 5.5. The ball should be contacted in the palm of the hand, and the hand and forearm should rotate inward when releasing the ball, so the ball will roll across and spin off the palm and thumb in a clockwise rotation. The elbow should be kept close to the abdomen when contacting the ball and on the follow-through arm motion. It takes a lot of spin to make the ball hook, so immediately after making the initial contact with the ball, the hand and forearm must be rapidly rotated in order to apply the needed spin.

| | |
|---|--|
|  | <p>Figure 5.4. Player's arm position when hitting a "natural hook." Note that the fingers are pointing toward the floor as the elbow is rotating inward.</p> |
|  | <p>Figure 5.5. Hand position when attempting the "natural hook."</p> |
|  | <p>Figure 5.6. Hand position when attempting the 'reverse hook.'</p> |

The **reverse hook** is the opposite of the natural hook and is more difficult to execute because the arm stroke used is not a natural throwing motion. The hand should be held in a natural cup, and the forearm and fingers should be pointing toward the floor when contacting the ball. After the initial contact, the hand and forearm should rotate outward in a counterclockwise motion in order for the ball to roll across the hand and spin off where the little finger and the palm join (Figure 3.8). This wrapping motion will cause the ball to spin counterclockwise when leaving the hand.

Like throwing a curve in baseball, hitting hooks can injure the arm, so care must be taken to stretch and warm up properly before attempting to hit these shots. Because of the stress on the elbow and shoulder, hook serves should only be learned after the other serves have been mastered.

The server must understand that most serves will be returned, and that the main purpose of the serve is to gain a set-up, a good opportunity to hit a rally winning shot. The greater variety of controlled serves that the player learns, the greater the chances of exploiting weaknesses in the receiver's defensive abilities.

The Return Of Serve

All top players know that this shot is the most important shot in the game. In all sports, the player who gets the most opportunities to score is usually the victor. The main purpose of the return of serve is to not give the server the opportunity to hit an offensive shot. In order to accomplish this, the receiver must be prepared to make a defensive

return that will force the server to a position very deep in the court. The specific defensive shot to attempt will depend on the type of serve hit by the server.

Generally, the best return of the **low drive serve** is a fist ceiling shot. When attempting this return the receiver should not try to angle the shot so it will rebound into a rear corner as this kind of accuracy is unlikely when a player has to make the return attempt with little time to get set. Instead, the receiver should aim the return so it will rebound down the middle of the court. Doing this will give the receiver a wide margin for error and eliminate the risk of having the ball contact a side wall which would result in an offensive opportunity for the server. If the receiver is "jammed by the serve, a fist 3- wall shot would be a good return. Sometimes the low drive serve will rebound off the back wall but remain very close to a side wall. In this case, the receiver will have a little more time to get and should attempt the defensive 2-wall pass shot. If the serve "comes around the corner" off the back wall, the open hand 3-wall return is the proper defensive attempt.



Figure 5.7. All-time leader in National Singles Championship victories, Naty Alvarado, returning a Fred Lewis low power serve. Note that Naty is using the underhand fist stroke in order to make a defensive ceiling shot return.

When returning the lob serve, the receiver has the option of either moving into the rear corner for the return attempt or quickly moving up for a return attempt right after the served ball passes the short line. There are some advantages and disadvantages to both options. Attempting the return from the rear corner will usually mean attempting a ceiling shot with the overhand non-dominant hand, and this is a difficult stroke for most players. Sometimes the return will have to be made as the ball rebounds off the back wall, but again, this is a difficult position. The proper return for this back wall shot is the defensive 2-wall pass. The main advantage of attempting the return from the rear corner is that the receiver has plenty of time to get into position and can hit the ball as it is descending, which is much easier than hitting the ball as it is rising. Also, if the serve is slightly off target, the receiver might be able to make the return with the dominant hand. Moving quickly forward to attempt the return of the lob serve offers the advantage of hitting the ball from much closer to the front wall. If the serve just clears the short line, the receiver should let the ball hit the floor and attempt to hit a ceiling shot or a two wall return with

the overhand stroke. The main disadvantage of this return position is that the receiver must hit the ball on the rise, and the timing for this stroke is difficult. Another advantage of moving up for the return attempt is the possibility of a fly shot if the serve is hit a little too deep. A passing shot hit with the fist angled down the side wall furthest from the server would be an excellent return if this opportunity occurs.

In returning the z-serve, the receiver may have some options depending on how well the serve is hit. If the z-serve is not hit very hard, or if the serve is hit so it rebounds and contacts the floor close to the short line, the receiver should have time to quickly move up and attempt the return before it reaches the side wall. By attempting the return in this manner, the receiver will be able to hit the ball from a court position much closer to the front wall than if the ball is allowed to reach the side wall, and the receiver will be moving forward on the stroke attempt, both of which are much more desirable than hitting the ball from very deep in the court. A ceiling shot would be a good return attempt, although if the receiver is able to get into position to stroke the ball with the dominant hand, a pass shot would be a good choice. However, if the serve is well executed, the receiver will have no choice but to let the ball reach the side wall and rebound deep along the back wall. In this case, the receiver should take a position close to the back wall with the feet facing the rear corner. When the ball rebounds off the side wall, the receiver should stride toward the ball and attempt an open hand 3-wall return. If the serve rebounds off the side wall and contacts the back wall, the receiver should pivot with the ball and attempt an open hand 3-wall return to the opposite side of the court.

The receiver must understand that unless the return of service moves the server into the rear of the court, the server will probably win the rally. However, if the server makes a mistake with a poorly hit serve, and the receiver has time to get into a dominant hand offensive position, a pass shot would be a good choice. Sometimes the receiver may not be sure whether to hit a defensive or offensive shot. When in doubt, a defensive shot will always be the better choice.

Strategy After The Serve

Just as important as being able to execute the good offensive and defensive shots, is choosing the best shot according to the situation. During the rally, the situation continually changes, and the first thing that the player must do is recognize whether the shot attempt should be offensive or defensive. Generally, if a player has time to get set and can attempt the shot from a waist high or lower position and, especially, if the shot can be hit with the dominant hand, this should be considered an offensive situation. Otherwise, the situation will usually be a defensive one.

Offense

The best offensive shot to attempt will depend on several factors.

1. The court position of the opponent. Generally, if the opponent is in the rear of the court, a kill shot should be attempted, and if the opponent has a front court

- position, a pass shot would be the best choice. Figures 5.8 - 5.13 illustrate several good angles for kill shots and pass shots according to the position of the opponent.
2. The court position of the player attempting the shot. Offensive shots require great accuracy. In the front area of the court, a player can learn to hit kill shots and pass shots equally well. However, as a player's position moves further from the front wall, accuracy, especially when attempting kill shots, decreases. Thus, from the rear of the court, the offensive pass shots will usually be the better choice.
 3. The shot attempted previously from a similar court position. It will be much easier to win the rally if the opponent doesn't know which offensive shot is being attempted. An intelligent player will "mix 'em up," by sometimes attempting kill shots and sometimes attempting pass shots and by changing the angle of the shots, sometimes hitting to the left and sometimes to the right. Keeping the opponent guessing will allow the player hitting the ball to win rallies with less than perfect shots.
 4. The opponent's particular strengths and weaknesses. If the opponent is very quick in the front court and hits good kill shots, a player should probably attempt more passing shots. If the opponent's conditioning is suspect, hitting more passes could wear the opponent down. However, if the opponent is in good condition and tends to play more of a deep court game with emphasis on pass shots and ceiling shots, attempting more kill shots against this player might be the best tactic.

The kill shot is the most spectacular and crowd-pleasing shot in handball, but most top players believe that the pass shot is more important. It is a much higher percentage shot that, even when not hit perfectly, usually keeps the opponent running and attempting returns from the rear of the court. Especially when the player is in doubt as to whether to attempt a kill shot or pass shot, the pass shot will usually be the intelligent choice.

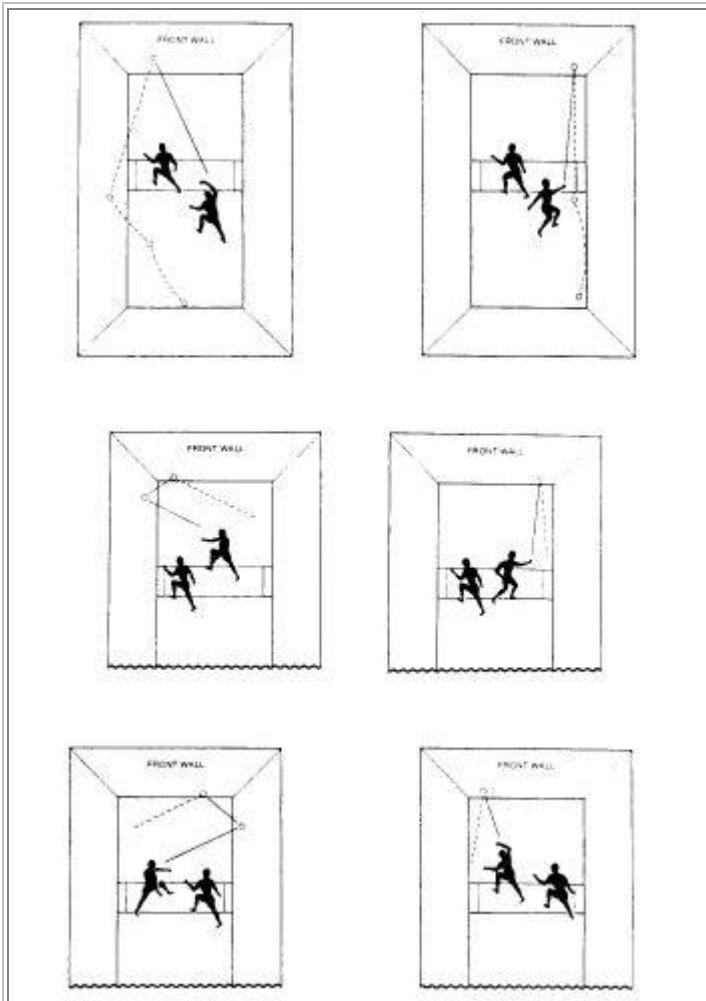


Figure 5.8 - 5.13. Some good angles for the offensive kill and pass shots according to the court position of the opponent.



Figure 5.14. Former National Singles and National Doubles champion, Stuffy Singer, attempting the offensive kill shot. Note how close to the floor Stuffy is contacting the ball.

Defense

No matter how talented a player becomes at hitting excellent offensive shots, it is highly unlikely that he/she will advance to the championship level of play without mastering the all-important defensive shots. What is meant when a player is said to be on the defense? It means that the player does not have a very good chance of hitting a kill or pass shot. This is usually the case whenever a player must hit the ball while on the run, or from an uncomfortable position, perhaps too close to the body, or when attempting a shot from above the waist, and practically every time the player must attempt a shot from deep court with the off-hand. One of the biggest mistakes in the game is when a player attempts an offensive shot from a defensive position.

There are two types of defense -- (1) "Trouble" and (2) Controlled. Often, during a rally, a player will be in similar positions to the ones when receiving service. These positions are termed "trouble," and the player should attempt the same kinds of good defensive ceiling shots, 3-wall returns, and 2-wall passes described earlier in the section on returning service. "Controlled" defense occurs when a player must hit the ball with the overhand stroke from the rear court, but the player has time to get set before hitting the ball and can use the dominant hand. In this case, the player should attempt to angle the ceiling shot so it will rebound and drop into the non-dominant hand rear corner. This very important shot will often force a weak return giving an easy opportunity for a rally ending offensive shot.

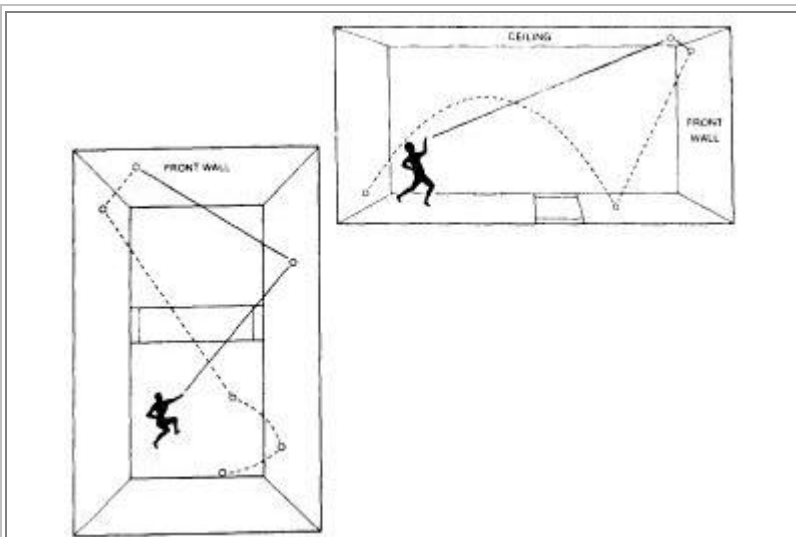


Figure 5.15 - 5.16. Two of the good defensive shots to hit when the player is in a "trouble" defensive position. Quite often, this position will be in the area of the non-dominant hand rear corner.

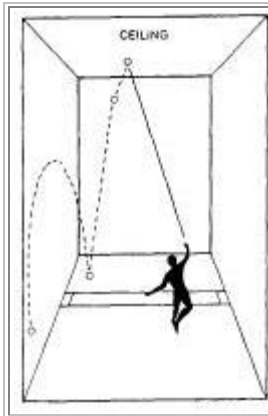


Figure 5.17. This ceiling shot angled into the non-dominant hand rear corner is usually the best shot to attempt when a player is in a "controlled" defensive position.

Shot Anticipation

Learning how to anticipate the opponent's shots is one of handball's most important skills. What have been discussed thus far are the service and shot options when it is the player's turn to hit the ball. Half of the game is played when the opponent is hitting the ball, and this situation is termed shot anticipation. Just as important as getting into good position when attempting to hit a shot is getting into the proper position when the opponent is hitting. There are two kinds of positioning - (1) Physical Positioning, and (2) Court Positioning.

Physical Positioning

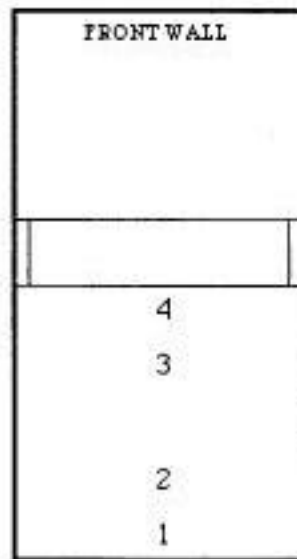
This positioning has to do with two body parts, the eyes and the feet. First, the player should ALWAYS WATCH THE BALL. By watching the ball, the player will be able to see what kind of stroke the opponent is about to use, which will be very important in order to take the correct court position. Second, the player should not be standing still when the opponent is about to hit the ball. The player should keep moving, generally toward the area of the court the he/she thinks the opponent's shot is going to rebound but ready to quickly change directions in case the ball is hit to a different part of the court.

Court Positioning

This positioning is broken down into (1) depths and (2) angles.

Figure 5.18. Basic court depths to assume when the opponent is hitting:

1. The serve.
2. A controlled defensive shot.
3. A shot from a "trouble" position.
4. An offensive shot.



The proper depth in which to be will depend on whether the opponent is serving, attempting an offensive shot, attempting a defensive shot from a controlled position or attempting a shot from a "trouble" position. Figure 5.18 illustrates the basic depths to assume on these shot situations. The player when receiving service should be positioned within a step of the back wall in order to have a better chance of moving toward the front wall on the return attempt. During the rally, the player should initially move toward a position about half way between the short line and the back wall and then make a forward or backward position adjustment when it becomes apparent as to the type of shot the opponent is going to attempt. If it appears the opponent will have the opportunity to hit an offensive shot, the player should move up to a position just behind the short line, close enough to move in and retrieve a kill shot attempt, but not so close as to be easily passed. If the opponent's feet are set, but the shot attempt is going to be from a shoulder high or higher position, the player should quickly move back to a position closer to the back wall in anticipation of a deep shot such as a ceiling shot. If the opponent appears to be in a difficult position either in a non-set position or in a position very deep in the non-dominant hand rear corner, the player should move up closer to the short line in anticipation of a possible fly shot opportunity.

The best positioning **angle** will depend on several factors. However, two positions a player should not be in are directly in front of the ball being hit or directly behind the opponent when the ball is being hit. Generally speaking, the player should be off slightly to one side or the other. If the opponent must hit a shot from very close to a side wall, the best positioning angle will usually be to the opposite side of the court, as it is very difficult for the opponent to hit a shot directly down a wall when the ball is very close to that wall. If the opponent is not close to the side wall on the shot attempt, the player should watch the opponent's feet as the opponent's front foot will usually step toward the direction the ball is being aimed. It is also very important to remember the opponent's tendencies as many players tend to hit similar angles from similar court positions.

Good shot anticipation means making a commitment and, before the opponent even hits the ball, moving to the area of the court that it appears the opponent's shot attempt is going to rebound. But it is also important to be prepared to be wrong. The player should keep the feet moving and watch the ball leave the opponent's hand and be ready to move quickly to another area of the court if necessary.

Chapter Six

Rules Of Sportsmanship

Handball, like all sports, has many unwritten rules as well as written ones. These unwritten rules have to do with the sportsmanlike behavior and courteous manners that contribute to the enjoyment of the game by players and spectators alike. Following is a list of some of the more important "unwritten rules."

1. If uncertain about a call, the benefit of the doubt should be given to the opponent. If there is disagreement as to whether a shot was good or not, "play it over."
2. Players should never try to distract an opponent and should not talk while the ball is in play. The only exception is in doubles, when it is permissible for partners to call "mine" or "yours."
3. If an illegal shot (such as hitting the ball on the wrist or hitting the ball after it bounced twice) is made, the player should immediately call it against himself/herself.
4. After a rally is over, a player should congratulate the opponent on a well hit shot.
5. The player should accept the opponent's judgment when he/she calls faults and hinders.
6. When returning a ball to the opponent after a rally, the ball should always be bounced to the opponent.
7. The player should always look back to make sure the receiver is ready before serving.
8. The server should call out the score before each serve.
9. The player should try his/her best to avoid body contact and never push or shove the opponent in an attempt to make a return. If it is apparent that there will be contact, the player should stop, and call a hinder instead.
10. It is the player's duty to move out of the opponent's way so he/she will have a fair chance to play the ball.
11. If interference occurs, play should stop at that point. A hinder should not be called at the end of a rally if additional shots are made after the interference.
12. A hinder should be called only if the player is certain that if the opponent had not been in the way, the ball could have been reached in time to make a legal return.
13. Fair play is always the rule.

One of the major goals of the handball teacher should be to promote good sportsmanship and courteous manners. Since nearly all games will be played without an official, cooperation must be demanded. It is very important to make and enforce rules of sportsmanship, and the teacher should try to think of ways to reward good sportsmanship.

Chapter Seven

Units Of Instruction

Following are suggested units of instruction for beginning and intermediate handball classes.

Beginning Handball

- Use of facilities
- Equipment (shoes, gloves, ball, eyeguards, uniform)
- In court safety
- Proper stretching procedures for prevention of injuries
- Fundamental positioning
- Basic strokes - overhand and sidearm
- Care and prevention of hand injuries
- Off-hand skills
- Back wall shots
- Serving techniques
- Rules of singles and singles cutthroat
- Rules of sportsmanship
- Basic singles strategy
- Rules of doubles and doubles cutthroat
- Basic doubles strategy

Intermediate Handball

- Review of safety habits
- Review of basic positioning and strokes
- Straight and rear corner back wall offensive techniques
- Shot anticipation
- Service strategy
- Low drive serve
- Lob serve
- Z-serve
- Kill shots (straight and corner)
- Pass shots (1-wall and 2-wall)
- Basic offensive strategy
- Ceiling shot
- 3-wall return
- Basic defensive strategy
- Review of rules of sportsmanship
- Doubles strategy
- Refereeing

Chapter Eight

Games And Drills

Individual Rally

These drills are good for learning control with both hands, and moving quickly into good hitting positions.

Drills

1. Stand just behind the service line and toss the ball to the front wall so it will rebound and contact the floor in front of the point from where the ball was tossed. Then hit the ball back to the wall and attempt to keep hitting each rebounding ball for a set period of time (30 seconds or 60 seconds). Use either hand to hit the ball. Count how many legal returns are made. This drill should be done with another student who is the retriever and counter. Alternate positions and repeat.
2. Repeat the same drill, alternating hands for each hit.
3. Repeat the same drill using the non-dominant hand only.
4. Back up to a position behind the short line and repeat the previous drills.
5. Back up to a position halfway between the short line and the back wall and repeat the previous drills.

Two Bounce Game

As in any sport, lesser skilled beginning players may become frustrated because of the lack of success. One method to help the players experience more success is by adjusting the rules so that shots can be attempted even if the ball bounces twice on the floor before the hit is made.

Serve, Return Drill

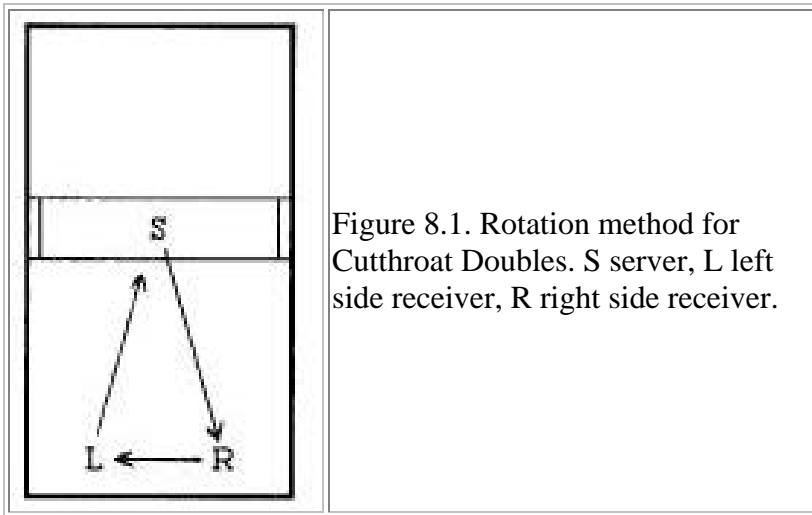
This is a good drill for the beginning to the most advanced skill levels. Only two shots are attempted - the serve and the return of serve. One of the players serves for an entire game, and the receiver attempts to make returns of service that will force the server to retreat into the rear court for the next shot. If the receiver fails to return the ball or fails to hit a shot that forces the server to retreat to the rear court, the server scores a point. If the receiver succeeds in the attempt to force the server into the rear court, the receiver scores a point. First player to score seven points wins. Alternate positions and repeat.

Cut-Throat (Singles)

This is a game played by three players, but only two of the players play at one time while the third player "stands Out." The player standing out, takes a position next to the back wall about 7-8 feet from a rear corner. From this standing out position, the player should have time and room to move out of the way if the ball is headed in his/her direction. The rules of singles apply, except, after each rally is over, the players change positions in the following manner: the player who wins the rally becomes the server, the player who loses the rally "stands out," and the player who was standing out becomes the receiver of the service. Each player has a score and can add to that score whenever they serve and win the rally.

Cutthroat (Doubles)

This is a game played by three players. The server plays against the other two players who play together as a doubles team. The rules of singles apply for the server, and the rules of doubles apply for the receiving team. When the server loses service, all players rotate positions clockwise. The former server moves back to receive serve from the right side doubles position. The player that was the right side player on the receiving team moves to the left to become the left side doubles player, and the player that was the left side player on the receiving team moves up to become the new server (See Figure 8.1). A player can add to his/her score each time a rally is won when serving.



Doubles

Doubles is an official tournament game in handball. Although the strategy of doubles play was not covered in this booklet, there is another booklet, Handball Doubles Strategy, which is available free from the United States Handball Association. For recreational play, although not a part of the rules, it is recommended that serves be alternated between the receivers.

Rotation Doubles

This is a series of three doubles games played by four players. Players change partners after each game, so that each player will have the opportunity to pair with each of the other three players. If necessary, the length of the games should be shortened in order for the players to finish the three games.

Off-Hand Games

Many players have a difficult time learning off-hand skills, primarily because they try to avoid using it in their games. One good method that many of the top players have used to develop their off-hands is by playing games using their off-hands only. The rules of singles apply, except with one modification. The server must direct each serve towards the receiver's off-hand.

Seven Up

This is a series of games played with three players in a court. Only two of the players play at a time, while the other player "stands out." The player standing out takes a position next to the back wall about 7-8 feet from a rear corner. This player is the referee and scorekeeper for the game that the other two players are playing. The game is to seven points. The winner of the game plays the next game against the player who was standing out. The loser of the game "stands out" and is the new referee and scorekeeper. After each seven point game, the winner stays "up" (Seven Up).

Five Minute Irish Time Tournament

Two players are assigned to each court. After warming up, the players are told to start playing. The players "lag" for serve and start playing. Every five minutes, the players are told to change courts. The player in each court who had the most points moves up one court toward the top court, except the player in the top court who remains in that court. The player in each court who had the least number of points moves down one court toward the bottom court, except the player in the bottom court who remains in that court. As soon as the players take their courts, they "lag" for serve and start playing again. Every five minutes the players change courts in the manner just described (See Figure 8.2). If a score happens to be tied when the players are told to change courts, the server serves, and whichever player wins that rally, moves up, and the other player moves down. This "time" tournament is a good way to establish a rank order of playing ability. The tournament is called the "Irish Time" tournament because of a popular tournament played in Ireland called the Top Ace Tournament in which each match consists of one game played for 15 minutes.

This "time" tournament can also be played with three players in each court. The winners and losers move up and down in the same manner as was done when there were only two

players in each court. The player who has the second highest total of points remains in that court.

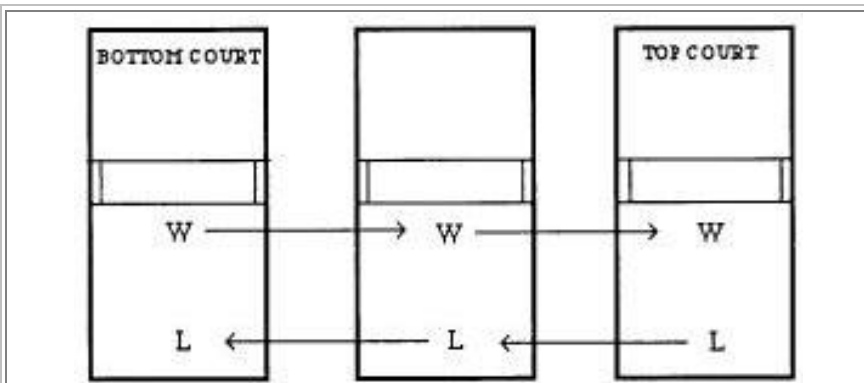


Figure 8.2. Rotation method for Irish Time Tournament. Note that loser (L) in bottom court remains in that court, and winner (W) in top court remains in that court.

Low Power Serve Drills

Player stands in the service zone about halfway between the side walls and serves ten low power serves toward the left rear corner. Score 1 point if the ball rebounds and bounces on the floor between the short line and the receiver's restraining line (See Figure 8.3). Score an additional point for each serve that angles into the rear corner as illustrated in Figure 3.1 (Chapter Three). Repeat the same drill on serves directed toward the right rear corner.

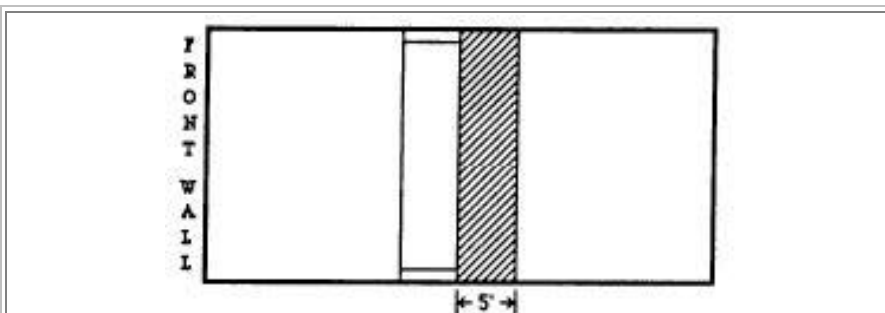


Figure 8.3. Target area for low power serve. Score 1 point if the ball contacts the floor in the shaded area and an additional point if the serve rebounds toward the rear corner.



Figure 8.4. Former professional player, Dennis Hofflander, hitting the low power serve. Note the low crouch in order to contact the ball very close to the floor.

Lob Serve Drill

Player stands in the service zone, 2-3 feet from the left side wall and serves ten lob serves toward the left rear corner. Score 1 point for each serve that rebounds and lands in the target area shown in Figure 8.5.

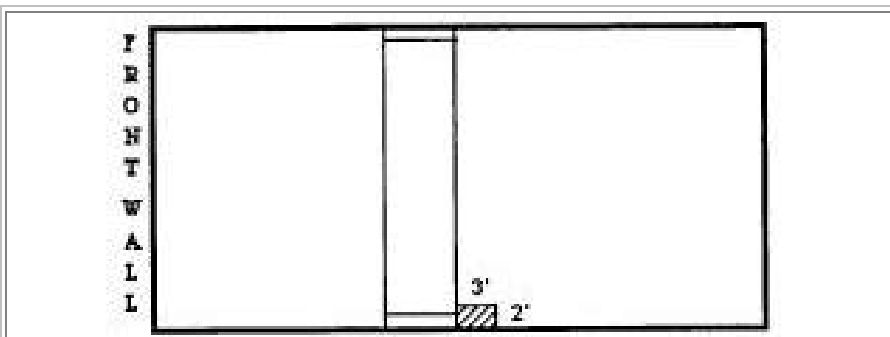


Figure 8.5. Target area for the lob serve. As illustrated by the small size of the target area, this serve must be very accurate in order to be effective.

Z-Serve Drill

Player stands in the service zone, very close to the left side wall (if right-handed) or about 6-8 feet away from the left side wall if left-handed. Player serves ten z-serves directed toward the left rear corner. Score 1 point if the ball rebounds and contacts the floor in the target area illustrated in Figure 8.6. Score an additional point if the ball then contacts the left side wall and angles close to the back wall as illustrated in Figure 3.4 (Chapter Three).

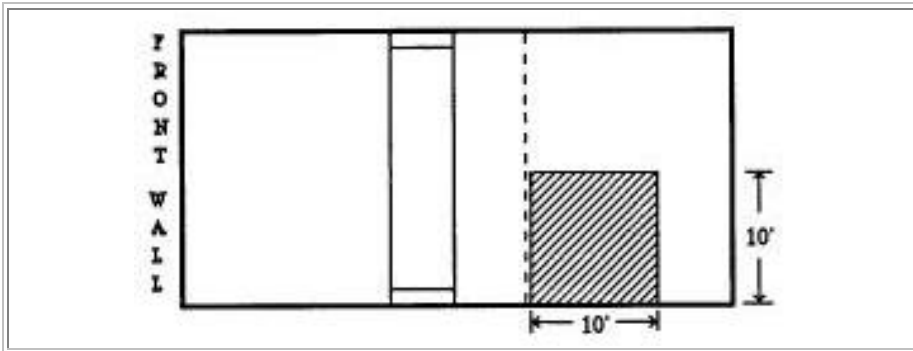


Figure 8.6. Target area for the z-serve. Score 1 point if ball contacts the floor in the shaded area and an additional point if the ball then contacts the left side wall and angles close to the back wall.

Kill Shot Drills:

1. Player stands at the service line and halfway between the side walls, underhand tosses the ball to the front wall and uses the dominant hand low sidearm stroke to hit the rebounding ball into the target areas illustrated in Figure 8.7. Repeat ten times and total points.
2. Repeat previous drill from the short line.
3. Repeat previous drill from 5' behind the short line.
4. Repeat previous drill from 10' behind the short line.
5. Repeat previous four drills, except the player's starting position is 5' to the right of center.
6. Repeat the first four drills, except the player's starting position is 5' to the left of center.
7. Repeat the first two drills using the non-dominant hand. The player's position should be 5' to the left of center (if right-handed), or 5' to the right of center if the player is lefthanded.

Back Wall Kill Shot Drill

Player stands in the rear third of the court and tosses the ball high to the front wall so it will rebound, contact the floor behind the short line, and then rebound off the back wall. The toss should be hard enough in order for the ball to rebound about ten feet off the back wall. The player then uses the low sidearm stroke with the dominant hand to attempt the "back wall" shot, aiming for the same target areas illustrated for the kill shot drills in Figure 8.7. Repeat ten times and total points.

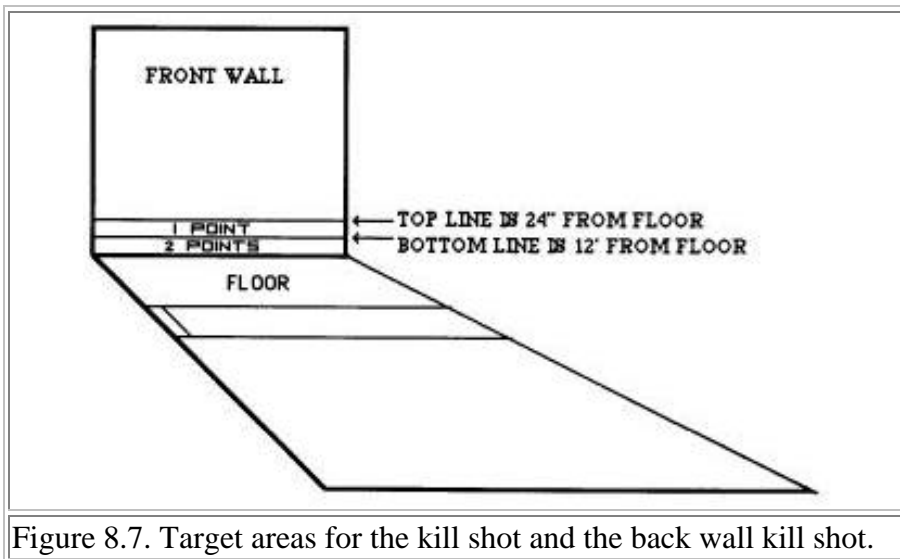
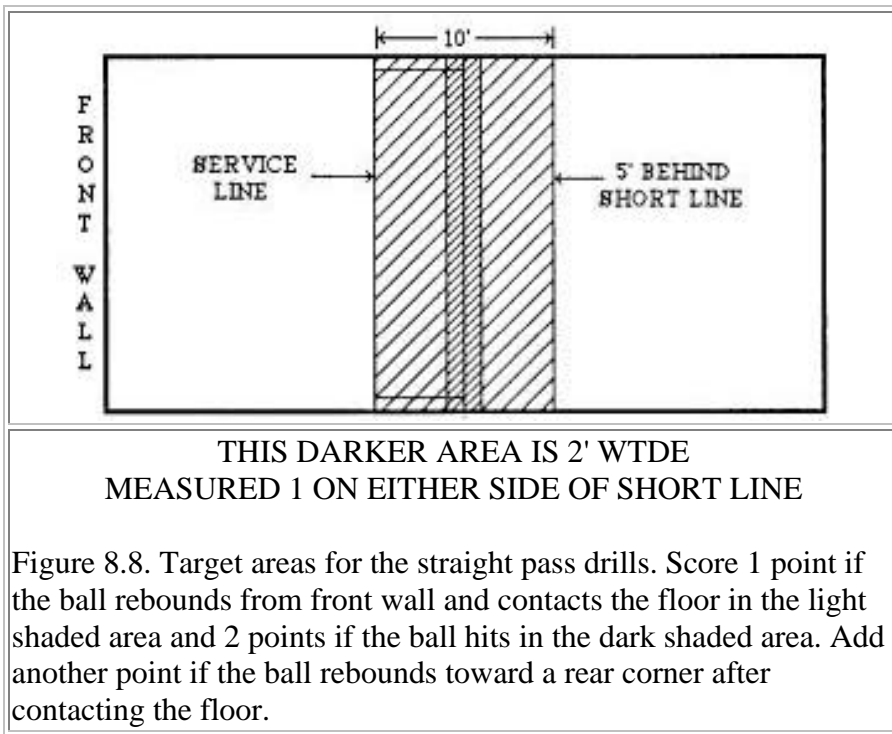


Figure 8.7. Target areas for the kill shot and the back wall kill shot.

Straight Pass Shot Drills

1. Player stands at the service line and halfway between the side walls, underhand tosses the ball to the front wall and uses the dominant hand sidearm stroke or low sidearm stroke to hit the straight pass shot toward the left rear corner. Score 1 point if the pass shot rebounds and contacts the floor in the light shaded target area illustrated in Figure 8.8. Score 2 points if the shot contacts the floor in the dark shaded area. Score an additional point if the pass shot angles toward the left rear corner. Repeat ten times and total points.
2. Repeat previous drill from the short line.
3. Repeat previous drill from 5' behind the short line.
4. Repeat previous drill from 10' behind the short line.
5. Repeat the first four drills, except the pass shot should be directed toward the right rear corner.
6. Repeat the previous drills, except the player's starting position is 5' to the right of center.
7. Repeat the previous drills, except the player's starting position is 5' to the left of center.
8. Repeat the first three drills with the non-dominant hand.



Two Wall Pass Shot Drills

1. Player stands at the service line and a few feet to the right of center, underhand tosses the ball to the front wall and uses the dominant hand sidearm or low sidearm stroke to hit the two-wall pass shot that contacts the left side wall after rebounding from the front wall. Score 1 point if the ball contacts the side wall in the target area illustrated in Figure 8.9. Score an additional point if the ball rebounds from the side wall and contacts the floor in the target area illustrated in Figure 8.9.
2. Repeat previous drill from the short line.
3. Repeat previous drill from 5' behind the short line.
4. Repeat previous drill from 10' behind the short line.
5. Repeat the first three drills with the non-dominant hand, except the player's starting position should be a few feet to the left of center, and the pass shot should be directed so it will contact the right side wall after rebounding from the front wall.

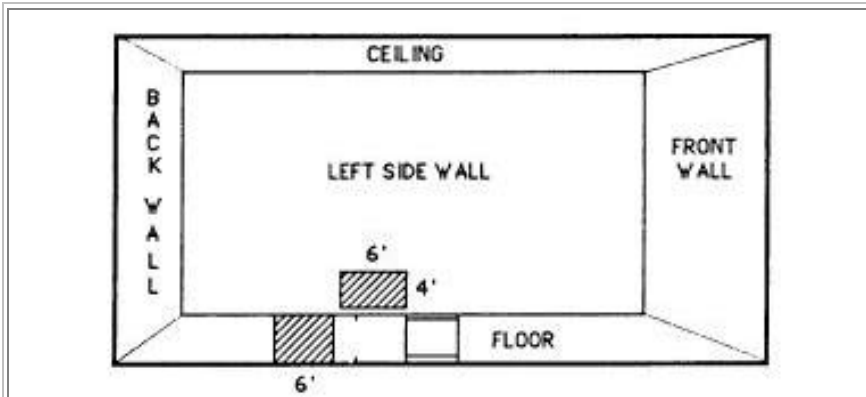


Figure 8.9. Target areas for the two wall pass. Score 1 point if the ball contacts the side wall in the shaded area and an additional point if the ball then contacts the floor in the shaded area.

Ceiling Shot Drills

1. Player stands in the rear third of the court, halfway between the side walls, and tosses the ball to the front wall so it will rebound back to the player's position. The thrown ball should be aimed high on the front wall, but soft enough so the ball will not come off the back wall. The player then attempts to hit a ceiling shot with the overhand dominant hand as illustrated in Figure 5.17 (Chapter 5). Figure 8.10 illustrates the target areas in the rear of the court and the point values for the ceiling shots that rebound and land in these areas. Repeat ten times and total points.
2. Repeat the previous drill from a position 5' from the right side wall.
3. Repeat the previous drill from a position 5' from the left side wall.
4. Repeat the first drill using the non-dominant hand. However, do not use the point values in Figure 8.10. Instead, score 1 point if a ceiling shot is made, and an additional point if the ball rebounds off the floor and then contacts the back wall.

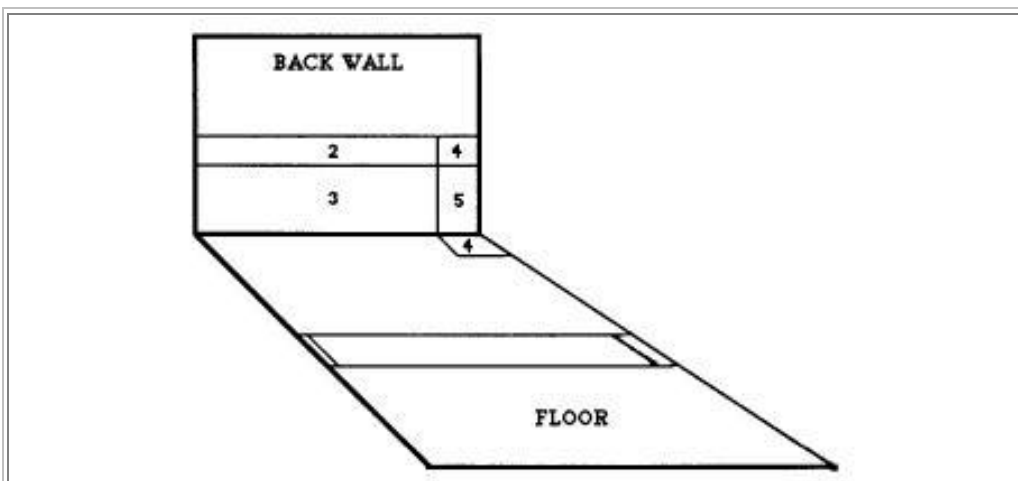


Figure 8.10. Target areas for the ceiling shot drill with the point value a player

can score. Score 1 point if the player hits a ceiling shot, but the ball does not rebound off the floor into one of the target areas.

Ladder Matches

Each day the players should play at least one game. A good method to decide which players play each other is by setting up a class ladder. The player's names are placed on tags and hung on a bulletin board (See Figure 8.11). The player who wins the first game is responsible for recording the results. This is done by the player placing his/her tag in the left hand column. Before the next class period, the tags on the left are moved up one court, and the tags on the right are moved down one court. The tag of the winner at the top of the ladder will not be moved, nor will the loser at the bottom of the ladder. This ladder play will allow the players to play different opponents, and each player will gradually move to a position on the ladder where most of their opponents will be close in skill level.

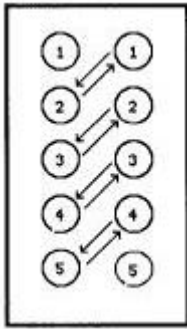


Figure 8.11. Ladder matches. After each match, winner places his/her tag in left hand column. Before the next match, move the tags in left column up and the tags in the right column down in the manner illustrated. Winner's tag at the top and loser's tag at the bottom remain in place.



Figure 8.12. Action shot of Naty "El Gato" Alvarado about to hit a back wall shot. Naty has won eleven National 4-Wall Singles titles and is considered the most dominating player in the history of handball.

Resource Materials

RULES OF 1-WALL HANDBALL

USHA 4-WALL HANDBALL RULES

- Free from the USHA

TEACHING HANDBALL IN THE ELEMENTARY SCHOOLS

In this booklet are three separate detailed 15 lesson plan units for teaching handball in Grades K and I, Grades 2 and 3, and Grades 4 and 5.

- Free from the USHA.

TEACHING HANDBALL IN THE SECONDARY SCHOOLS

In this booklet are lesson plans for teaching handball in the Junior and Senior Highs. Also included are illustrations on how to mark off the gymnasium for one-wall and two-wall handball.

- Free from the USHA.

FOUR WALL HANDBALL FOR THE TEACHER AND STUDENT

This booklets includes Units of Instruction for beginning and intermediate handball classes along with day-by-day progressions for the beginning player. The basic fundamentals, serves, offensive and defensive shots, and strategies are also illustrated.

- Free from the USHA.

HANDBALL DOUBLES STRATEGY

This pamphlet contains advanced strategies in the game of doubles, including sections on service, defense, offense, and shot anticipation (positioning when opponents are hitting the ball).

- Free from the USHA.

PERCENTAGE HANDBALL

A 1-hour instructional videotape on the fundamentals, skills and strategies of 4-Wall Handball. Demonstrated by two top professional handball players, Fred Lewis and Vein Roberts.

- Available from the USHA. Contact for details.
- This tape can be rented (by teachers only) from the USHA.
- Send \$10.00 for a 10-day rental.
- Make checks payable to the United States Handball Association.
- VHS only.

HANDBALL

Magazine that is the official publication of the United States Handball Association.

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- Membership dues are \$40/year (\$10 for juniors 18-and-under and college students 25-and-under).

Also available on DVD and videotape are a number of National Championship and Professional Handball matches. Contact the USHA at 800-BUY-USHA (289-8742) for a detailed price list.