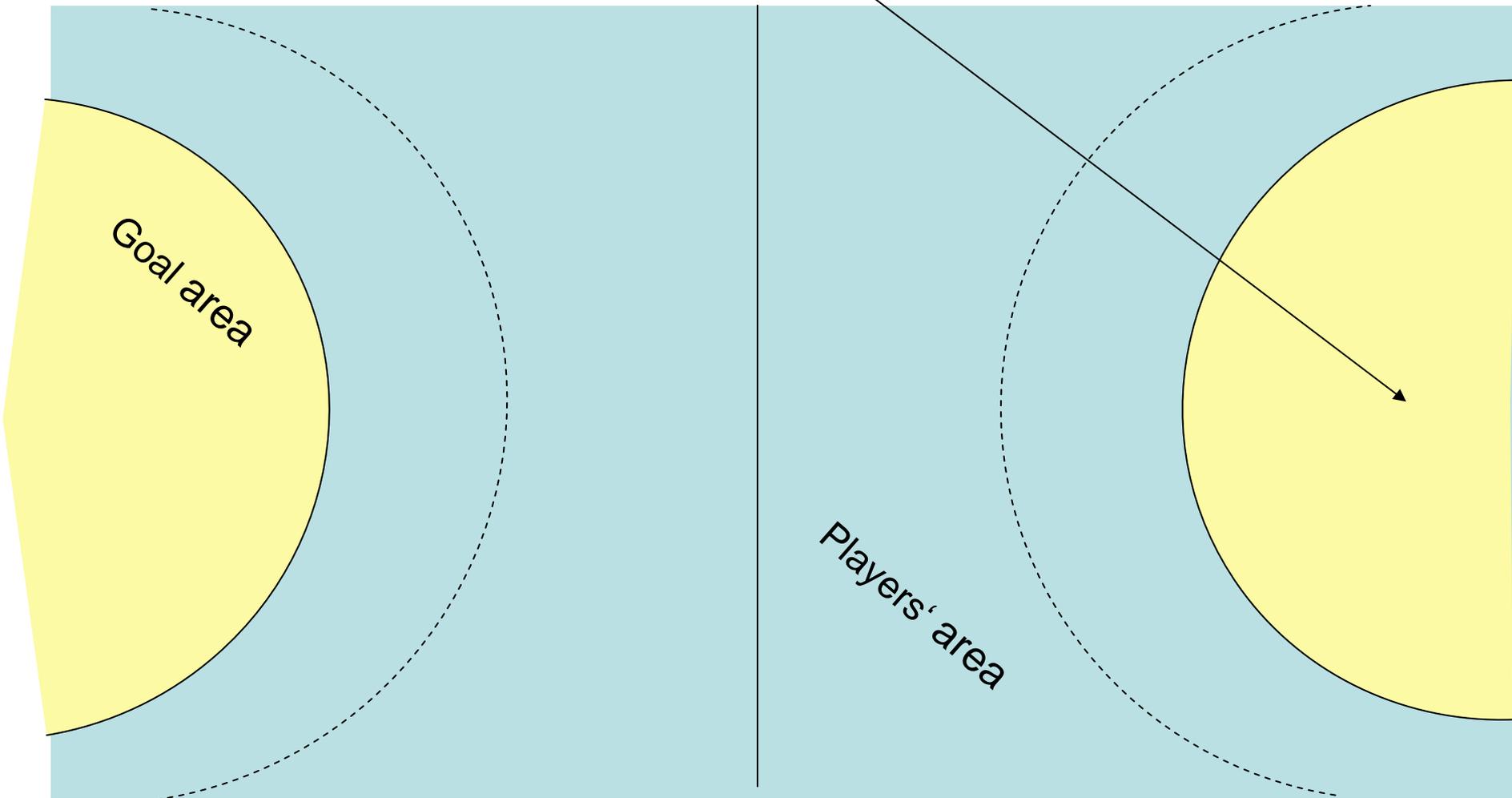




Touch Down Zone





Touch Down Zone ?

- Rule of touch down in Handball
 - If a player in possession of the ball touches OR reaches the touch down zone, the decision of the referees has to be **penalty**.

Who has more power? Defender >> small movements Attacker >> Fast movements - SPEED

Defender >> small movements

Attacker >> Fast movements - SPEED



Attacking power



2 Help-questions

Defender inside the goal area



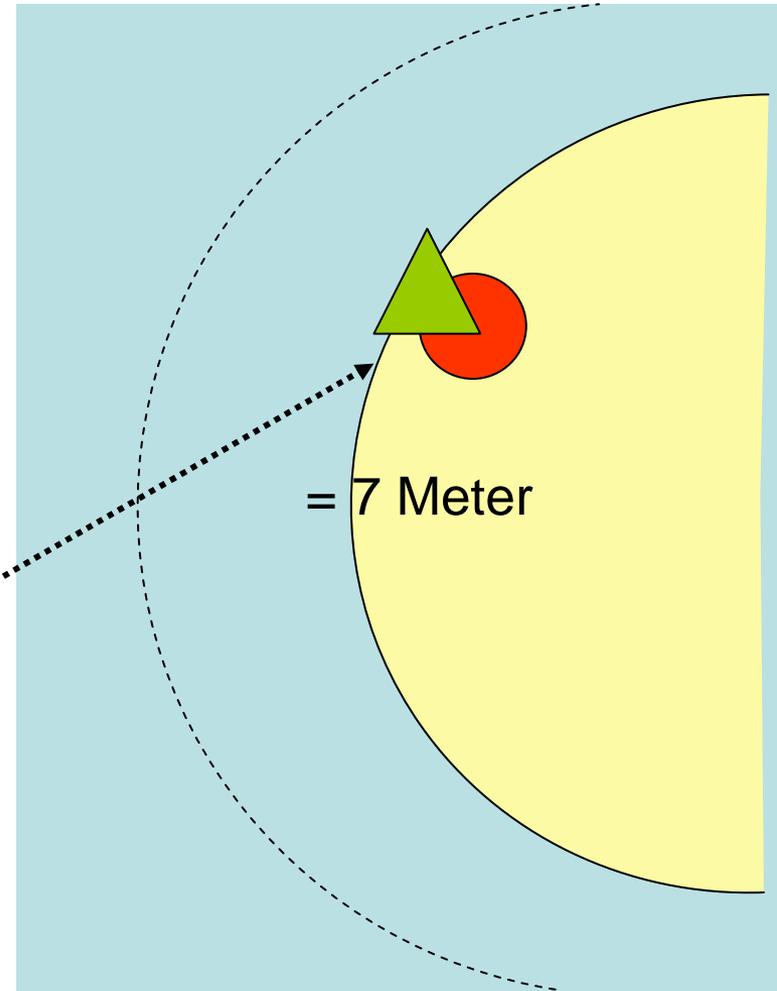
Where did the action start?

O U T S I D E (players' area)

Did the attacker win the 1 on 1 fight against the defender?

No !

Outside + No = **Never 7 Metre**



Defender = Winner



Face to face fight

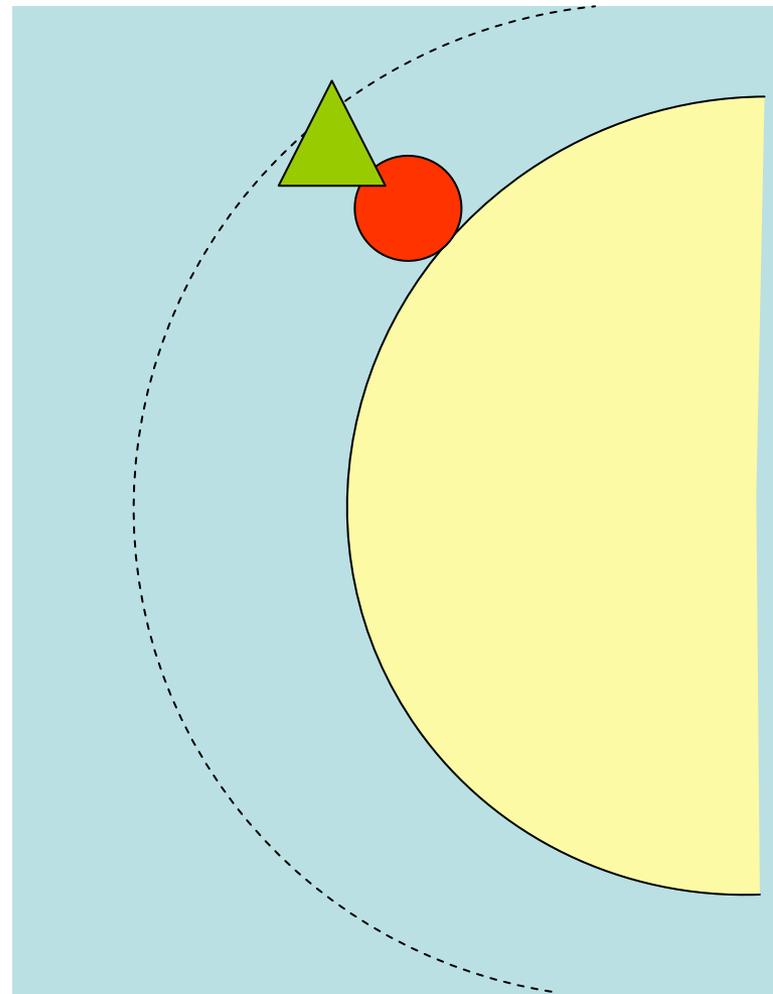
Defender in front of the attacker

Control with the hands and body



The 1:1 situation starts **outside**

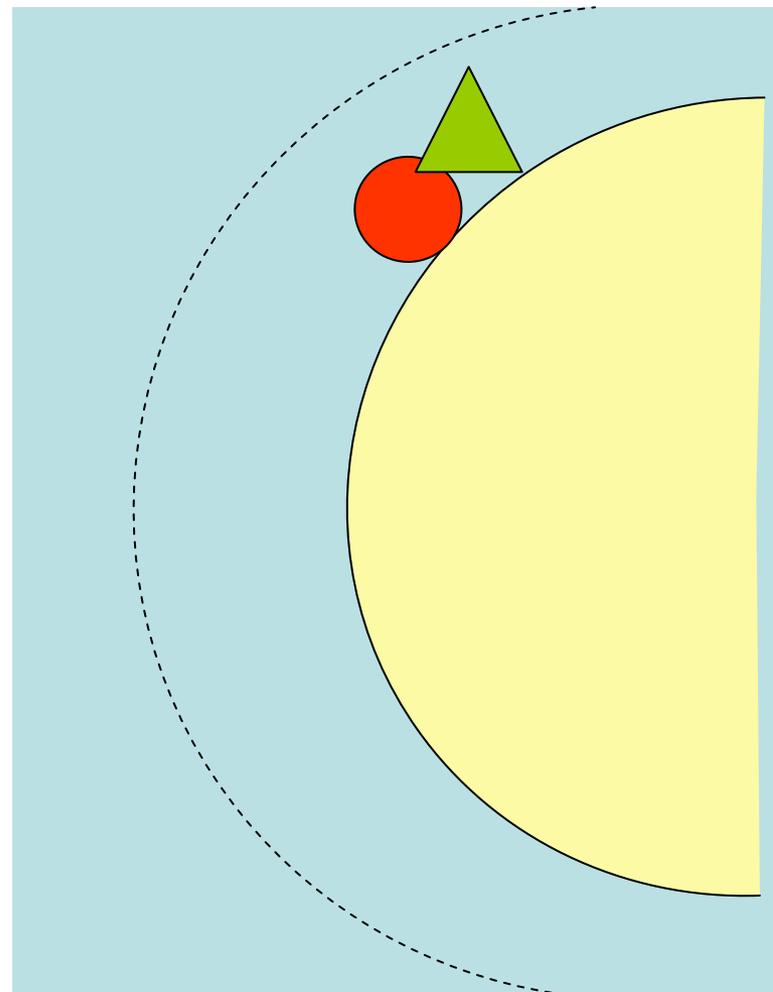
Defender is not inside the 6 m area !!!!





Defender has lost the fight against the attacker

- Attacker is not in front of the defender
- No FACE to FACE situation
- Defender changed too late his defending position >> defending movement too late
- „Controlling“ the attacker only with hands >> NO BODY CONTROLL



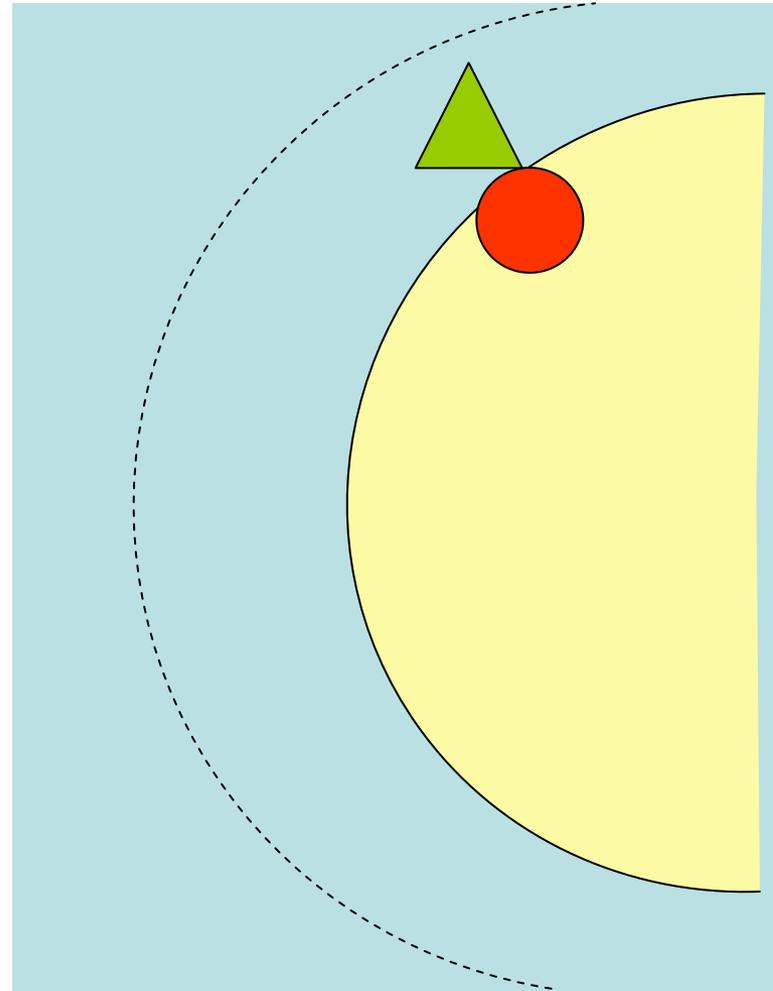




The Attacker won the 1 on 1 situation

The attacker reaches the **end of the players' area.**

To „save“ the situation, the defender can only enter the goal area





7 Metre = Punishment?

- A 7 Metre throw is awarded when a clear chance of scoring is illegally destroyed
- A correct decision for a 7 Metre throw can never be a punishment for the defending team !!!
- With a 7 Metre throw we just give the clear chance to score back to the attacking team

7 Metre throw is not a punishment

Do we need any (additional) punishment ???



7 Metre + Punishment Yes or No?

- Yes A N D N o
- IT depends on the situation!
- General rule:

Separate 7 Metre and punishment.
Would you punish if there is no 7 Metre?

Why do we have so many punishments in connection with the 7 metre?

- In many cases there is already a winning position of the attacker
- The defender acts from the side or from behind





The defender is touching the hand. >> Indication for a 7 Metre !!
Punishment??

What will the defender do?

Will his hand just S L I D E?? Will he just try to play the ball??

How to avoid unnecessary punishments?



- General rule
- Compare the fault with the next level of rough play.
- In general the goal referee is giving the punishment + (communication between the referees)