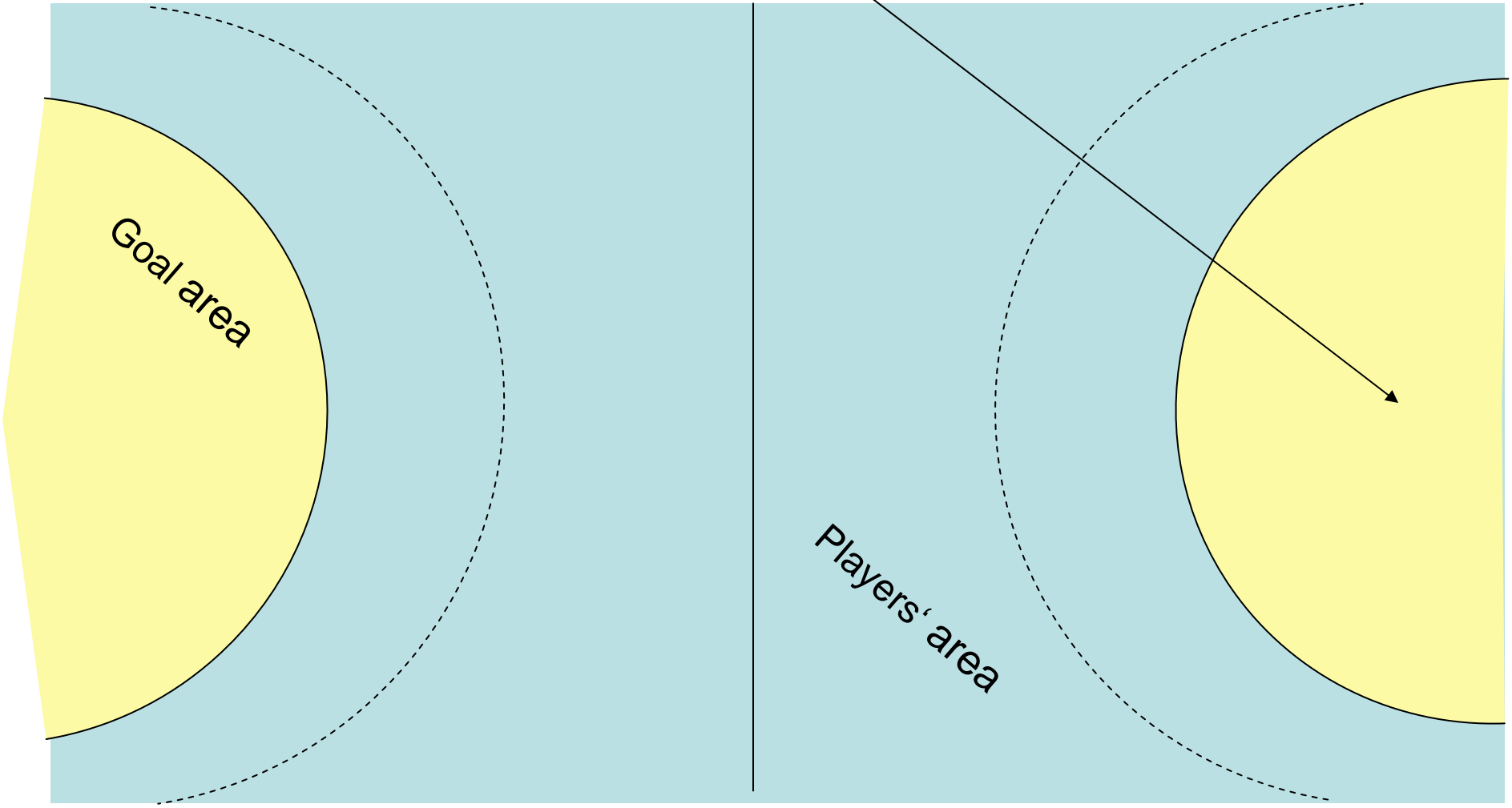




# Touch Down Zone





# 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 or Attacker?

Defender >> small movements

Attacker >> Fast movements - SPEED





# Attacking power



## 2 Help-questions

Defender inside the goal area



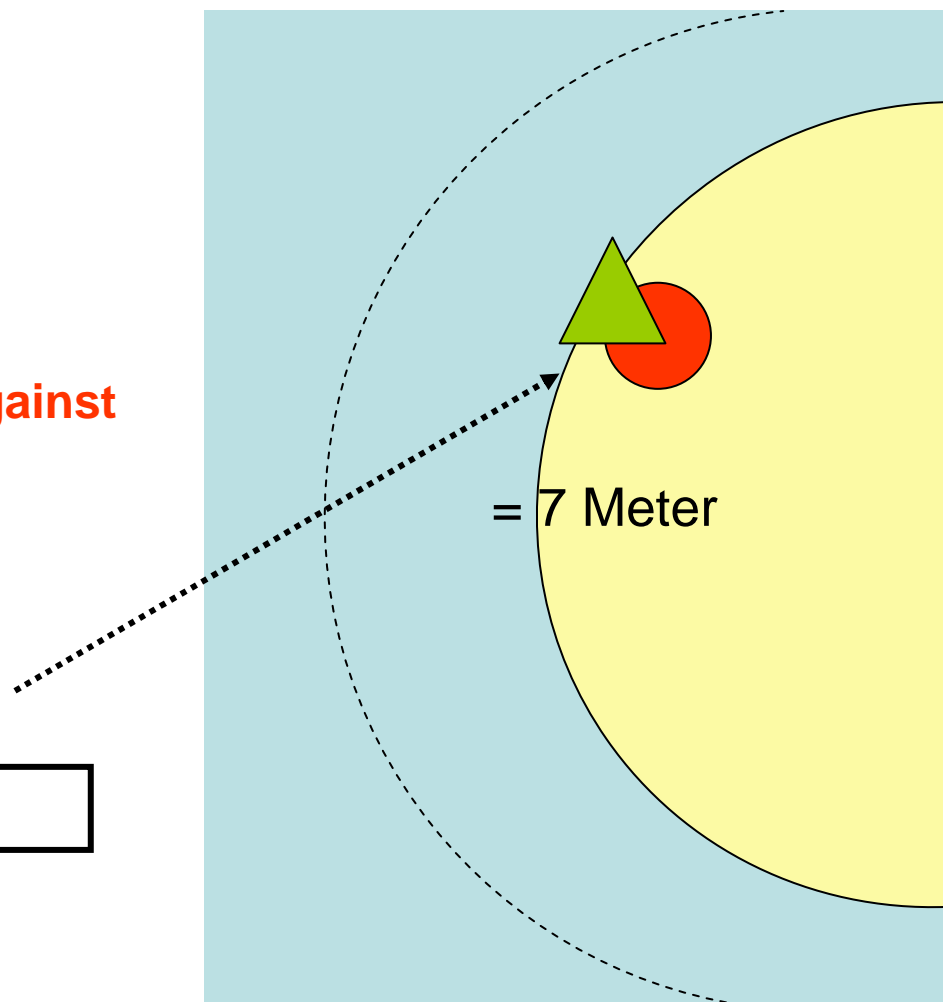
**Where did the action start?**

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

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

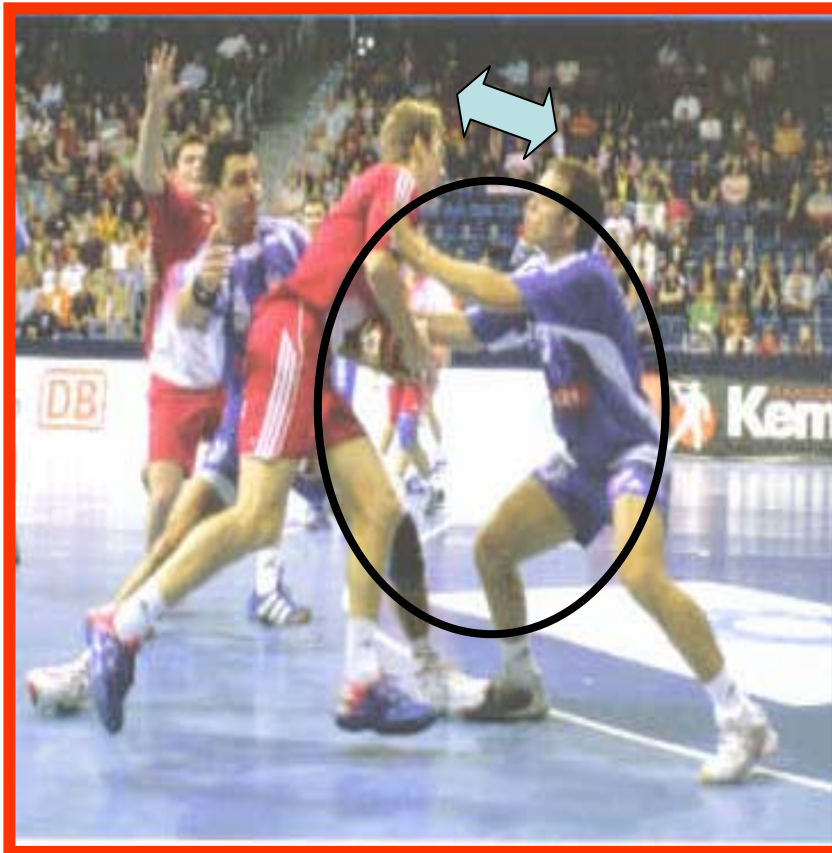
**No !**

Outside + No = **Never 7 Metre**





# Defender = Winner



Face to face fight

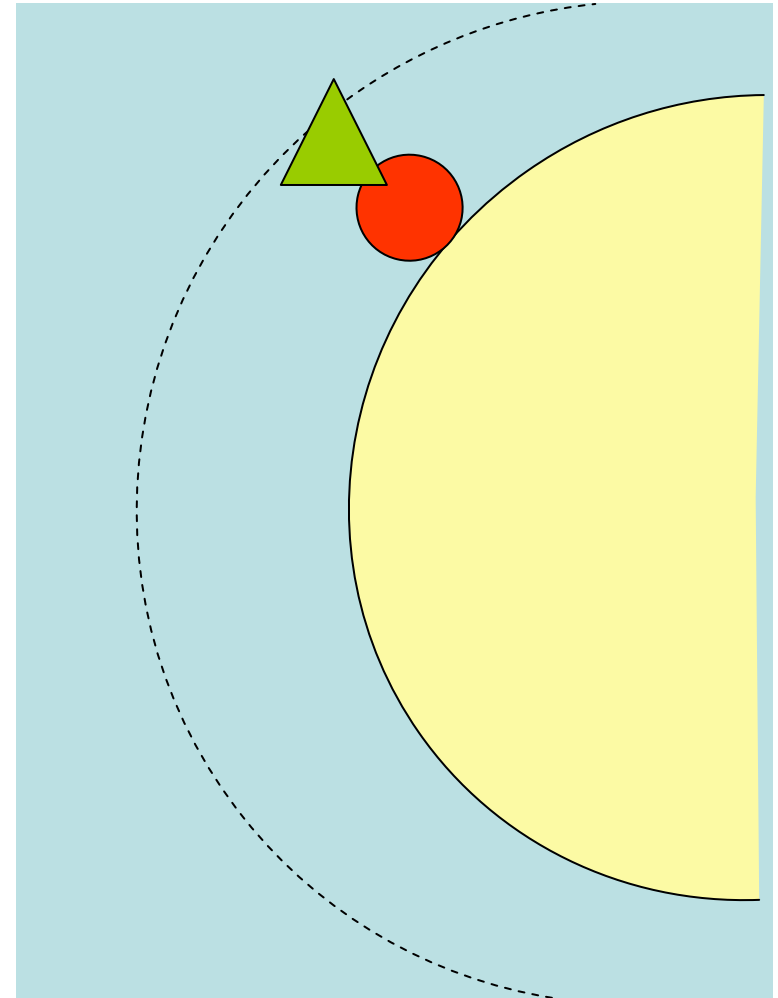
Defender in front of the  
attacker

Control with the hands and  
body



The 1:1 situation starts **outside**

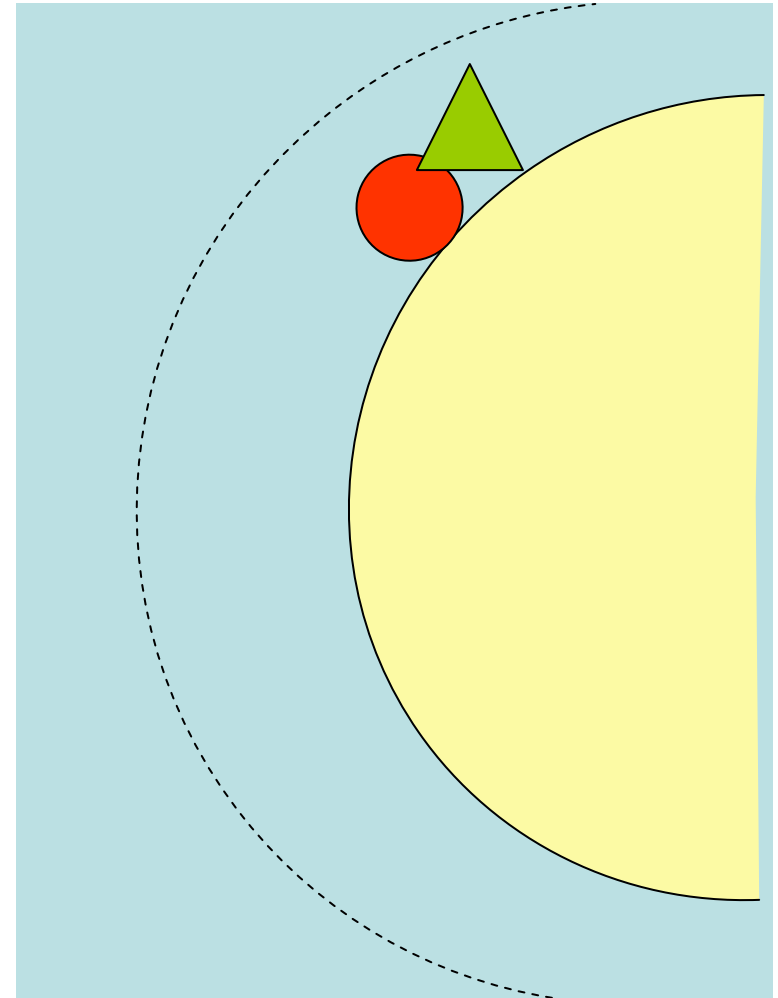
Defender is not inside the 6 m area !!!!





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





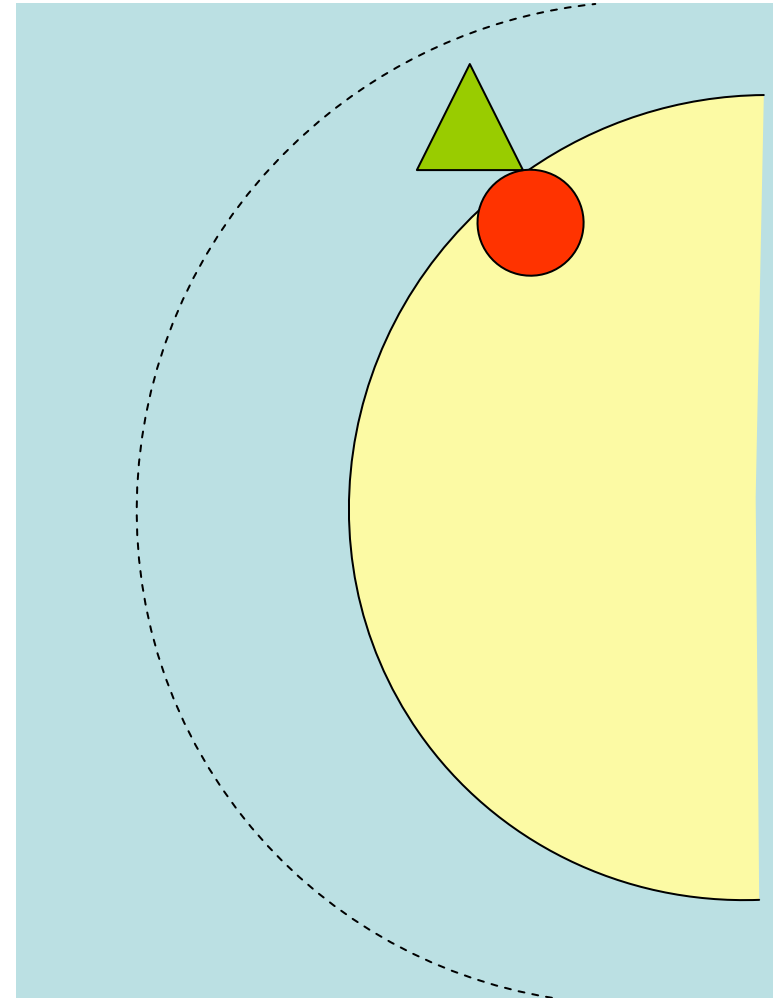




The Attacker won the 1 on 1 situation

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)