

Micro-Handball – the game everybody can play everywhere

Micro-Handball has been developed to become the ultimate integrative game. Based upon the street handball idea by Ole Bruun Andersen, Torben Sorensen and Lasse Boesen a framework of basic rules has been created for the game in order to establish and maintain team handball in the schools and hoping to teach children and youngsters about the social values lying in the team game.

Micro-Handball is a new fun and educational game that is very close to the traditional handball but is also inspired by other team games. With Micro-Handball everybody can play a team handball game – even if there is no gym at disposal. The game can be played everywhere; indoors as well as outdoors you just need minimal space and a starter kit consisting of some few specific items.

Everybody can play Micro-Handball across age, gender, level of skills or culture since the focus of the game is directed upon fair play, equality, respect and communication. There are absolutely no requirements defined in terms of handball skills, tactical knowledge, body size or any physical motor traits. Children are supposed to play with their parents or grandparents, boys and girls in mixed teams as well as adults together with youngsters of all gender since all elements of physical confrontation have been removed from the game as tackles are not allowed and physical contact has to be avoided. The extremely soft ball does not allow the dribble so everybody is forced to pass on the ball and collective play takes the command.

This can be achieved because of constant powerplay of the offense team and the fact that there are no positions fixed for any of the players. Basically there is no referee in the game like in Frisbee Ultimate and the players do have to manage the flow of the game. You can play the game just for love but if you want to score points and play friendly tournaments just refer to the basic rules in the following. Of course the position of a referee can be installed and it makes sense in specific situations.

The starter kit

This package comes in a medium size sport bag and consists of

2 balls – they come with a circumference of 44 cm of very soft non toxic material very adequate for kids to learn how to catch, throw and control a ball without dribble. With a few shots of air you can make the ball bouncing and move on to Mini-Handball if you like only to return back to Micro-Handball by deflating the ball again.

1 goal – the inflatable 2.40 x 1.60 goal will pop up within less than one minute and will take two minutes to fold away. The construction and the material of the goal are dedicated to eliminate any risk of injury of the players.

1 start line – a 4m rope to simplify the marking of the goal area and to mark the start line during the game.

1 package of trottoir chalk – for marking the goal area.

4 rubber plates in bright blue colour – to mark the goal area in cases when you cannot use chalk.

1 laminated info-page – describing the philosophy and the basic rules of the game.