

NAME _____

PERIOD _____

SCORE _____

TEAM HANDBALL QUIZ

1. – 3. List three main rules of Team Handball.

4. Team Handball has a direct connection to which other sport?

5. How can a player score in Outdoor Team Handball?

6. – 9. What aspects of fitness are developed playing team handball? Circle all that apply.

Muscular strength and endurance

Cardiorespiratory endurance

Stick-Eye Coordination

Hand-Eye Coordination

Power

Agility

Flexibility

Speed

10. – 12. Describe a direct throw and list **two** reasons it might be called in the game.

13. – 15. Describe an indirect throw and list **two** reasons why it might be called in the game.

EXTRA CREDIT: Describe proper technique for an overhand throw of any object.