CHAPTER 1
INTRODUCTION
CHAPTER-I
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Competition is one of the outgrowths of modern society. It is the challenge which stimulates, inspires and motivates men and women to sweat and run faster, jump higher, throw further and exhibit greater strength, endurance and skills to exhibit supremacy over others. Every individual or team which participates in any sports/games wants to win as our society attaches a great significance to winning. According to Renwas (1972) performance is the key and prestigious aspects to prove one’s superiority. The philosophy of participation in games and sports has undergone a great change.

Handball as we all know is popular and well attended spectacular sports in the world. The popularity of the game has also been growing both with players and spectators. Now a days most of the countries play Handball and they participate in international competition. These competitions have developed the skill and performance of their players.

The playing time for all male and female teams with players of age 16 and above is 2 halves of 30 minutes with a half time break of 10 minutes. It requires sufficient strength and endurance in the player concerned. The attraction of the game lies in the fact that it is fast moving and played on relatively small courts, so that every player is constantly involved in the action. Players not only get merely enjoyment from the game but also on opportunity to attribute the success of the team.
The game of handball is played with special rules which make it a game of controlled aggression and confrontation suitable for players of any age and sex. Skill is acquired through a long process of motor learning. Skill denotes the level of effectiveness with which a movement/motor action can be done. Skill is defined as automaticity of a motor action. Technical Skill in sports represents automatism of motor skill. Skill is the capacity of the sportsman to realize technique in an actual motor action. Skilful movements are made possible by highly advanced control regulation of motor co-ordination. The skill required in the application of techniques in the situation where the player has to comprehend possibilities and at the same time it is approved by one or more players. These factors require the player to make decisions and must be an important factor in developing skill in the game. (Blazic, 1972)

Today, a unanimous emphasis is placed on development of highly skilled athletes. There is an increasing need for participants to attain a state of maximum physical conditioning. An athlete must perform efficiently from the beginning of the game until the final seconds. Training programmes, therefore, should be designed to develop the essential component of fitness, strength, flexibility,
cardiorespiratory endurance, agility, balance, speed and power, along with mastery in fundamental skills.

The game of Handball is a complex combination of various tactics. These tactics are based on the sound execution of various skills. The use of skills changes according to the change in tactics. Therefore, it is very important on the part of coach to study the game and use tactics according to the situation in demand (Blazic 1972).

1.1 HISTORY OF HANDBALL:

Earlier known as catch ball this game is known to be second fastest game in the world after Ice Hockey. Handball was first introduced in 1890 by a German Gymnastics Master, Konard Koach but it did not gain popularity at once. However interest revived after First world war and two Germans namely Hirschman and Dr. Sohekenz were instrumental in generating a popular interest in Handball again. West European countries were ahead among the Handball playing Nations. It was represented among other games at an International level by International Amateur Association (I.A.A.A.) but in 1928 International Amateur Handball Federation (I.A.H.F.) comprising of 11 member Nations was founded in Amsterdam. Its first President was Brundage, a member and later president of the International Olympic Committee. During 1928 Olympic games a demonstration Handball match was played and in 1931 the IOC decided
to include Handball in Olympic programme. 25 Nations were affiliated to I.A.H. F. by 1934. After IIInd world war Handball matches were played again and in 1946 present International Handball Federation was formed in Copenhagen. Today Handball is played in more than 200 Nations and becoming a popular sports. This game is also played in British Commonwealth Countries. I.H.F. regulates local, regional and national Championship and is responsible for organizing International tournaments Cup competitions (Such as European Cup, the Baltic Cup, the Mediterranean Cup, Partial Cup, Coppa Cup, Latin Cup, Asian Cup and the world Cup) and the Olympic. Of late Handball has under gone a change. Until 1952 field Handball (11 a side) was the prevailing version Indoor, Handball (7 a side) being played almost exclusively in Scandinavia. (Jones and Hattig, 1977)

In recent years, thanks to introduction of two referee system, the unlimited substitution of players and a shrewd interpretation of rules of attack tactical moves and techniques have been evolved which has made handball a fast game. The switch over from defence to attack and vice versa is a practically instantaneous, resulting in high pace of play. Second only to that of Ice Hockey as mentioned in earlier lines. Handball has quickly become popular among the active sporting population all over the inhabitated world. Its recognition as world game emphasized after inclusion in the Olympic games, Handball has been an amateur game from its beginning.
1.2 HANDBALL IN INDIA:

Handball entered India in early seventies and field version (11 a side) was played in its infant days in India. Soon it spread all over country but states like Punjab, Haryana, J&K, Andhra Pradesh, Maharashtra have edge over states as far as standard and popularity of Handball in India is concerned, Haryana got opportunity to host First Sr. National Handball Championship in 1972-73 and till then 29 episodes have passed of this premier tournament of the National Handball. Services team (Erstwhile Air Force team) remained undisputed champion on maximum occasions in National level events of this skillful game and then comes Punjab, J&K, etc. The above mentioned states have given many international players to India. Balwinder Singh (Ballipa-ji) of J&K is known to be Sachin Tendulkar of India Handball whereas Venugopal, I.D. Sharma (Services), Gora (Punjab), V. Bhandarkar (SPSP), Ranjit Singh, Rakesh Dogra and Vivek Khajuria (All J& K) have also got respectable and popular place in India Handball scenario. Indian team had participated in about 30 International tournaments out of which India could win second Youth Common-wealth Handball championship held at Dhaka in 1995 after being runners-up in 1990 at New Delhi. Youth team also got 2nd place in common wealth Handball championship held at Edinburgh UK in 1997. After inclusion of Handball in police arena, it has generated more competition in National championship. Presently the M.P. team comprising of CISF team players is National champion and services team has attained 2nd spot. At Junior level M.P. team has also won the
championship for two consecutive years (1997-1998) and CISF players have made it possible for M.P.

1.3 HANDBALL IN CHHATTISGARH:

This game is very popular in Chhattisgarh: (a) Inception of National Handball Academy (first of its kind) at Bihai by SAIL with the collaboration of SAI and HFI in 1992 can be termed as a milestone in the History of Indian Handball. Shri Hanuman Singh (Olympian & Arjuna Awardee) is its founder director. Very soon NHA started giving results and won a Bronze and Silver medal in Commonwealth Club championship at Cochin and Johannesburg (S. Africa) respectively apart from winning Junior National handball championship consecutively for three years 1994, 95 & 96. (Records of Chhattisgarh Handball Association)

Five NHA players who participated in 2nd Commonwealth Handball championship held at Dhaka played a vital role in India’s Gold Medal winning performance. Three NHA players got berth in senior Indian team which won 1st SAF Handball championship held at Jaipur in 1996. With free boarding & lodging schooling, medical & well equipped infrastructure facilities, NHA has attracted upcoming talent of the country within age group of 16 years. Cadets are improving their game/skill and being groomed up under the qualified coaches of SAI namely S Mustafa and M Suresh. Finally it deserves to mention here that in all the leading handball teams of the country, cadets passed out from
NHA can be seen in action. Bhilai Steel Plant Bhilai (Chhattisgarh) Management has always been ahead of all handball promoting organisations under the able guidance of its top officials. Chhattisgarh Handball association has got honour of organising many national level handball tournaments. (All age groups) at Chhattisgarh with a grand success and also school and university Handball teams of Chhattisgarh has given very good result's in championship.

1.4 THE BASIC RULES ILLUSTRATED (MENEY, ANDY, 1975)

The playing area of handball:

1. The playing courts is a rectangular surface with dimensions of 38 to 44 m in length by 18 to 22 m in width (126 to 147 ft. and 60 to 73 ft.). The boundary lines on the long sides are termed the Touch-lines, and these on the short sides the Goal-Lines.

2. The goal is in the middle of each goal-line. It measures 2m in height by 3 m in width (6 ft. by 10 ft.) and is provided with a loose net.

3. The Goal -Area is a space marked on the court by a line 3 m (10ft.) in length drawn in front of the goal at a distance of 6 m (20ft.) from and parallel to the goal line, and two quarter circles with a radius of 6 m (20 ft.) from the back inside edges of the goal posts. This line is the Goal -Area-Line.

4. The Free -Throw-Line is a broken line, parallel to the goal -area line with an additional distance of 3 m (10ft.)
5. The Penalty -Throw Mark is a 1 m (3ft.3 in.) line drawn at a distance of 7m (23ft.) from the middle and parallel to the goal-line.

6. The centre line joins the centres of the two touch-lines.

7. At the touch-line a distance of 3 m (10ft.) each side of the centre line and parallel to it are two lines 15 cm (6 in.) long indicating the substitutes area.

8. The lines should be 5 cm (2 in.) wide except between the goal posts where they are 8 cm (3 1/8 in.) wide and are considered to be part of the areas they enclose.

9. The playing surface may be of grass, packed earth, asphalt or an indoor floor of any composition.

II. The Ball:

1. The ball is round and composed of a rubber bladder with a leather case of one uniform colour.

2. The ball's weight for youths and men is 425 to 475 g (15 to 17 oz.) with a circumference of 58 to 60 cm (23 to 24 in.). For younger boys and women it should be from 325 to 400 g (11.5 to 14 oz.) with a circumference from 54 to 56 cm. (21 to 22 in.).

III. The Players:

1. Each team consists of 16 players (14 court players and 2 goalkeepers), of whom a maximum of 7 (6 court players and 1 goalkeeper) may be present on the playing area at the same time. (Free-throw)
The Handball Playing Area

- Goal
- Touch Line
- 38.44 m
- 9m
- 7m
- 9m
- Substitution Area
- Goal Line
- Penalty Mark
- Free Throw Line
- Goal Area
- Time-keeper Table
- Players' Bench
- 18.22 m
2. A minimum of five players must be present in order to begin a game.

3. Substitutes may join the game from the substitute area at any time during play without notifying the timekeeper or referees provided the players to be substituted for have left the court before the substitutes enter. Violation results in a free-throw.

4. Court players are dressed alike in shirts, shorts, boots or shoes. The goalkeeper wears colours that distinguish him from the rest of the team.

5. The players are numbered from 1 to 16 on the fronts and backs of their shirts and shorts, the goalkeepers being numbered 1 and 16.

IV. Duration of the Game:

<table>
<thead>
<tr>
<th>Playing Time</th>
<th>Regular Games</th>
<th>Tournaments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td>30 min. halves,</td>
<td>15 min. halves,</td>
</tr>
<tr>
<td></td>
<td>10 min. break</td>
<td>no break</td>
</tr>
<tr>
<td><strong>Women and Junior men</strong></td>
<td>25 min. halves,</td>
<td>10 min halves,</td>
</tr>
<tr>
<td></td>
<td>10 min. break</td>
<td>no break.</td>
</tr>
<tr>
<td><strong>All other teams</strong></td>
<td>20 min. halves,</td>
<td>10 min. halves,</td>
</tr>
<tr>
<td></td>
<td>10 min break</td>
<td>no break</td>
</tr>
</tbody>
</table>

2. The referee in the present of both captains, tosses a coin and the winning team has the choice of either which and they will defend or starting the game with a throw-on.
HANDBALL GOAL POST
3. The game is commenced with the referee’s whistle which must be followed within three seconds by the throw-on at the centre of the court.

4. At the throw-on every player must be in his own half of the court and the defenders not less than 3 m (10 ft.) from the thrower.

5. A goal cannot be scored directly from a throw-on.

6. The other team has the throw-on to begin the second half with the teams having changed ends.

7. Allowance is made for time lost with the referee deciding the amount of time to be added.

Competition as it exists today is highly scientific. Every team is equipped with strong base of physical and physiologically qualities combined with of winning. So merely depending upon the mastering of skills will not be enough for a team, which at the most, may qualify for the successive rounds but to win the team has to have perfection in skills as well, as it should be able to combine it well to use it effectively.

The ultimate performance of a team depends on its positive play and mistakes and on weaknesses of its opponent. If a team manages to reduce its mistakes and improve its percentage of positive play, it becomes a winner. The winning or the losing of team some time also depends on the mistake done by its opponents also. (Rowland, 1970)

These factors play important role specifically in those cases where
the standard of both the teams is almost the same. These factors can be clearly judged by the match statistics in the attacking as well as defensive aspects of both teams.

Therefore, the investigator felt the need to compare all India Varsity and Inter State Handball Team statistics and their relationships to winning and losing.

1.5 **STATEMENT OF THE PROBLEM:**

The purpose of this study is to compare All India and Inter State Handball team statistics and their relationship to winning and losing.

1.6 **DELIMITATION:**

The following are the delimitations of the study:

- The study was delimited men Handball players of All India Varsity and Inter State tournaments.
- The data was collected from All India University and Inter State Tournaments.
- The Study was further delimited to the following statistical variables.
  - Throw on goal attempted
  - Field goal
  - Fast breaks
  - Personal fouls
• Technical fouls
• Fall shot
• Faints
• Home court advantage
• Half time lead
• Score per possession
• Jump shot
• Left Handed player used
• Interruption
• Blocking and passes
• Positional play

1.7 LIMITATIONS:

The effect of uncontrollable factors like climatic conditions, dietary habits and the daily routine works etc., which might have affected this study are recognized as limitations of the study.

1.8 HYPOTHESES:

On the basis of available literature, expert opinion and the scholar's own understanding of the problem, the following hypothesis will be formulated for our study.

1. There will be relationship between team statistics and winning and losing of teams of All India University and National Handball Tournaments.
2. There will be difference between statistics of team of both the tournaments

1.9. DEFINITION AND EXPLANATION OF TERMS

(Stein and Federhof, 1982):

1. **Throw on goal attempted**:

   When a live ball is throw or attempted for conversion of goal, except when penalties are attempted.

2. **Field goal**:

   A field goal means when a live ball enters the goal post from live player and remains within or passes through.

3. **Fast breaks**:

   To advance the ball swiftly up court in hope of scoring when more offensive than defensive players are in position.

4. **Personal fouls**:

   Personal foul is a players foul which involves contact with an opponent, whether the ball is in play alive or dead.

5. **Technical fouls**:

   Any deliberate or repeated infringement with the officials and their assistants on the part of members of both the teams including coaches, substitutes and team followers or of the spirit of the rules shall be considered as technical fouls.
6. **Fall shot:**

The fall shot is a modern, spectacular and effective action, which is not accessible to all players because of the physical qualities and long, exhaustive practice required. Execution of this skill requires that the player should have good mobility in the hip, joint, strength in the abdominal, dorsal and lateral muscles of the trunk and good balance on one foot, in addition good throwing arm. It is not too common because of its morphological and skill requirements, although most players will want to try it.

7. **Faints:**

Faints are effective means to direct the opponents movement in to another direction and to divert from the action intended.

8. **Home court advantage:**

When an offensive players tries to convert the goal and the defensive players are breaking all the movement of offensive players in their own court, it is called home court advantage.

9. **Half time lead:**

When a team scores more goal then opponent team in half time of match.

10. **Score per possession:**

The scoring for positive result or favour of a team or individual player holding the ball in play, which is not a dead ball, that particular duration is known as score per possession.
11. **Jump shot:**

During the Jump shot the player carries the ball backward in both hands over the shoulder of his throwing arms the force of the shots is good co-ordination of jumps and throw.

12. **Left handed player used:**

The left handed player included in the team.

13. ** Interruption :**

If the game is interrupted by a referee or a technical delegate spotting an infringement, and if players or officials are cautioned or penalized, then the game must be restarted with a free throw for the opponents from the place of the infraction or, if the ball was at a more favourable position for the opponents, than from where the ball was.

If a clear scoring chance was ruined because of the interruption, than a 7-metre throw (penalty) shall be awarded.

14. **Blocking and passes :**

When an attacker with the ball gets into scoring position, the defender’s aim is to block the shot and just pass to player of his own team.

15. **Positional play :**

The width of the attack should be maintained by the permanent occupation of the outer positions, so that gape which exist at the
circle can be made use of when the defender step forward, it is performed by running for an open space and passing to the circle players.

1.10 SIGNIFICANCE OF THE STUDY:

The study will enlighten the present status of handball playing standard at Inter University and National Level. It will help as an aid to physical education teachers and coaches to know the important statistical variables, which bring about winning results and also those variables which need to be improved. It will help the coaches to improve team tactics strategies, hence improving the standard of handball.

The result of the study may contribute to the promotion of handball particularly in the competitive field in the following ways:

1. The study will indicate the role played by some crucial factors, which lead to success in handball.

2. A comparative ideas about the team statistics of two teams of handball players can be examined from the study.

3. The study will be helpful in planning the training programme and schedule for handball players.

4. The outcome of the study can also be helpful to physical education teachers and coaches and will also reveal the proper guidelines to handball players.

5. The findings may definitely be helpful for the self assessment of the players.