



BEACH HANDBALL ON HANDS

MARCIO MAGLIANO

HAVE YOU HEARD ABOUT BEACH HANDBALL?

Beach Handball is a version of the traditional game of team handball (played indoor) for sandy terrain. This version has very peculiar characteristics that make it **spectacular and exciting**.

The combination of rules and philosophy will let you see the team sport with different eyes, allowing for an inclusive and fun environment for everyone, totally based on the principle of ***Fair Play***.

For you, **teacher**, Beach Handball can also be transformed into a powerful tool for use in Physical Education classes, even without having a sand field available.

Let's get started!

INDEX

INTRODUCTION

CHAPTER I ABOUT BEACH HANDBALL

CHAPTER II PHILOSOPHY & RULES

CHAPTER III A DIFFERENT GAME

CHAPTER IV THE TECHNIQUE

LET'S GET TO WORK



INTRODUCTION

WHY LEARN MORE ABOUT BEACH
HANDBALL?

INTRODUCTION

WHY LEARN MORE ABOUT BEACH HANDBALL?

I know what you are thinking: Team Handball? In the sand? **How can I dribble the ball?** That is the first question that 9 out of 10 people have in mind when they hear about the game for the first time. Rest assured, I will explain that later.

The fact is that **Beach Handball** is a sport completely based on **Fair Play**, in which **spectacular plays** are incentivized by the rules and score more than simple plays. Beach Handball is fast, dynamic, plastic and short, perfect to be applied in competitions, festivals and Physical Education classes.

Continue reading, you will be able to understand the motivation why this game is **played on all continents** and does not stop growing, marking presence in almost all sporting events of global relevance, such as the **Youth Olympic Games and the World Games**.

This e-book was designed to motivate teachers, coaches, athletes and sports lovers to take their first steps, or advance a bit more in the development of **Beach Handball**.

Please, take a moment to watch this video to have an idea of what we are talking about:

<https://www.youtube.com/watch?v=esqyVe5I2k0>



CHAPTER I

ABOUT BEACH HANDBALL

ABOUT BEACH HANDBALL

If you never heard about Beach Handball, do not panic. It is a very young sport. To have an idea, the first records of Beach Volleyball are from the beginning of the 20th century, while Beach Soccer has been practiced for many years as a hobby on beaches around the world. Handball in its version of beach, was born in 1992 in Italy, and only became an official sport by the IHF (International Handball Federation) in 1995. So, it is very natural that most people are still not knowing the game.

Despite being young, **Beach Handball** has established world championships every two years since 2004, as well as being part of the Youth Olympics, World Games, World Beach Games and all the beach games around the planet (South American, Asian, African, Mediterranean, Bolivarian, etc.).

In Brazil we are in the 12th edition of the Brazilian Circuit that has dozens of teams scattered throughout the national territory. There are also state, municipal and school tournaments spread throughout the country. Recently the movement NBHB (Novo Beach Handball Brazil), lead by renowned athletes and people of great development with the sport, which promises to be the NBA of the Brazilian Beach Handball, is gaining strength.

All this is attracting more interest from the media, with live broadcasts of hundreds of competitions around the world, be it via the Internet, cable TV or even open television.



BRAZIL: A WORLD CLASS POTENTIAL

Brazil is the number one in the world, both male and female. We are **five-time** world champions among men while the women have already won the world championship **three times**. We also collected titles in World Games, Pan American and South American Championships.

To illustrate this, nothing is better than seeing results, right? Take a look at the following table with the medalists of all the **World Championships** until today.

Men			
Year	Gold	Silver	Bronze
2004	Egypt	Turkey	Russia
2006	Brazil	Turkey	Spain
2008	Croatia	Brazil	Serbia
2010	Brazil	Hungary	Turkey
2012	Brazil	Ukraine	Croatia
2014	Brazil	Croatia	Qatar
2016	Croatia	Brazil	Qatar
2018	Brazil	Croatia	Hungary
Women			
Year	Gold	Silver	Bronze
2004	Russia	Turkey	Italy
2006	Brazil	Germany	Russia
2008	Croatia	Spain	Brazil
2010	Norway	Denmark	Brazil
2012	Brazil	Denmark	Norway
2014	Brazil	Hungary	Norway
2016	Spain	Brazil	Norway
2018	Greece	Spain	Brazil



Brazilian National Team World Championships 2018. Back: Guerra (coach), Gulliver, Tuller, Vareta, Jordan, Gil, Sheila (AT), Djandro (ass. coach). Front: Renan, Gusmão, João Paulo, Budega and Bruno.

As you can see, Brazil is the most successful team in the history. The results are also repeated in the **World Games**, with 3 titles for each category:

Men				
Year	Gold		Silver	Bronze
2001	Belarus		Spain	Brazil
2005	Russia		Spain	Croatia
2009	Brazil		Hungary	Croatia
2013	Brazil		Russia	Croatia
2017	Brazil		Croatia	Qatar
Women				
Year	Gold		Silver	Bronze
2001	Ukraine		Germany	Brazil
2005	Brazil		Hungary	Turkey
2009	Italy		Croatia	Brazil
2013	Brazil		Hungary	Norway
2017	Brazil		Argentina	Spain

And finally, here are the results of all **Pan-American Championships** that have been staged until 2018.

Men			
Year	Gold	Silver	Bronze
1998	Brazil	Cuba	Argentina
1999	Brazil	Argentina	USA
2004	Brazil	Uruguay	Argentina
2008	Brazil	Uruguay	Argentina
2012	Brazil	Uruguay	Venezuela
2013	Brazil	Venezuela	Uruguay
2014	Brazil	Uruguay	Argentina
2016*	USA	Uruguay	Venezuela
2018	Brazil	Uruguay	USA
Women			
Year	Gold	Silver	Bronze
2004	Uruguay	Brazil	Paraguay
2008	Brazil	Uruguay	Dominican R.
2012	Brazil	Uruguay	Argentina
2014	Brazil	Uruguay	Argentina
2016*	Uruguay	Argentina	Paraguay
2018	Brazil	Uruguay	Paraguay

*In 2016 Brazil did not participate.



Brazilian National Team, Bronze at World Championships 2018. Back: Nathalie, Vinícius (ass. coach), Renata, Naira, Scheppa, Carol, Marcio (coach), Sheial (AT). Front: Cinthya, Thaís, Juliana, Millena and Ingrid.



CHAPTER II

PHILOSOPHY AND RULES OF THE
GAME

THE PHILOSOPHY OF THE GAME

Fair Play

The game is completely based on *Fair Play*. Different from the indoor version, physical contact is very restricted, which makes it a spectacular, goal oriented game.

Spectacular

What to expect from a game where spectacular goals are worth two points, while simple goals just one? A rain of fantastic plays!

Party

The atmosphere on the **beach** is naturally **festive** and competitions always **lively**, with lots of **music**, group dance performances and *cheerleaders*.

Perfect for TV

The matches are divided into sets and have a total duration of up to 40 minutes, which makes them very **attractive** for television and suited for mainstream media, as they are easier to fit into the schedule than any other team sport.

For everyone

Because it is **extremely democratic**, it allows all kinds of people to participate, from the most dexterous to those who have great difficulties with the ball. The varied offensive and defensive positions allow the participation of players of all body types. The game works well in its **recreational** or **competitive** form.

THE RULES

Bearing in mind that Team Handball is a discipline that is practically obligatory in all schools and faculties of Physical Education, I believe that a simple way to show the rules of beach handball is to make a comparison between them and those of their older brother, traditional team handball.

As in Team handball, the player can only take **three steps** with the ball in his hand and can not hold it more than **three seconds** without passing, throwing or bouncing. It is also not allowed to pass the ball to the goalkeeper inside the goal area.

There are more differences than similarities in the rules and, to facilitate understanding, I created this table:

WHAT IS IT?	INDOOR	BEACH
The Court	40 x 20 meter	27 x 12 meter
Start of the ball	Draw	Referee throw
Number of players	7 en cancha	4 en cancha
Time of a match	2 x 30 min	2 x 10 min
Possibility of a tie	Yes	No
Penalties	Throw from 7m	Throw from 6m
Attack x Defense	6 x 6	4 x 3
Physical Contact	A lot	Minimal
Temporal exclusion	2 min	Change of ball possession
Goals	Always 1 point	1 or 2 points
Substitutions	Center of the court	Entire length of the court
The ball	M 425/475g F 325/375g	M 350/370g F 280/300g

THE RULES

Explaining better:

Size of the court: 27m x 12m, with 6m areas in lines parallel to the bottom line. Later you will see a graphic to facilitate understanding.

Number of players: On the beach, only 4 players are on the court simultaneously, with 10 in total in the playing area.

Time of a match: It is two sets of 10 minutes, while in traditional team handball there are two times of 30 minutes

Referee throw: In indoor, each team starts one half-time with the ball. In beach, the start is made with a throw of the referee (ball up) in the center of the court, in both sets.

Impossibility to tie: If a set ends in a tie, a new referee throw is made and the set is decided on a golden goal (first team that makes a goal wins). If at the end of the two sets each team wins one, the last and decisive set begins: the shoot out.

Shoot out: If each team wins a set, there is a tiebreaker set called "*Shoot out*" (also known as one against the goalkeeper here in Brazil). It is a kind of penalty in movement. The player, in his defense field, passes the ball to the goalkeeper and runs to make a throw in the opposing goal. Initially there are 5 throwers for each team and the criteria for goals of 1 or 2 points remain the same as in normal sets.

Watch this shoot out video: <https://www.youtube.com/watch?v=rNrECUzJ63M>

Sanctions: Occur when a player suffers a foul during a clear chance of a goal, and awards him the right to make a direct throw. In indoor it is a 7 m shot, on the sand, 6 meters and it is always worth two points.

Asymmetric attack x defense: In indoor they play 6 x 6 in line, but on the beach the goalie always goes to attack, providing a 4-player attack against 3 defenders. That player who goes to the attack dressed as a goalkeeper is known as a specialist or "curinga".



Priscilla Annes in a referee throw for Brazil.

THE RULES

Fair Play: Fair play is one of the basics of beach handball. In indoor handball physical contact between players is very strong, while on the beach it should be avoided to the maximum and the faults are always softer. Any more rude attitude is punished.

Exclusion: As soon as there is a more forceful fault, instead of the famous "2 minutes", there is an exclusion (out). The team is left with one less player until they have possession of the ball again.

2 Point Goals: Goalkeeper goals or spectacular goals are worth two points. The spectacular goals are understood as the "in-flight" goal (in which the player must catch the ball in the air and throw it before touching the ground) and the spin shot goal (in which the player must start facing the goal, make a 360 degree turn in the air and throw before touching the ground). In addition to the spectacular goals, any goal scored by the Specialist, Goalkeeper or in 6-meter penalties is worth 2 points.

Substitutions: Field players can be substituted along the entire playing area, which gives a different dynamic to the game. Each team is left with one side of the court for that. The goalkeepers (or specialists) are forced to enter from the goal area.

The ball: The ball is made of rubber and is lighter than the traditional handball. It is made of spongy material which allows practice even in rainy conditions.

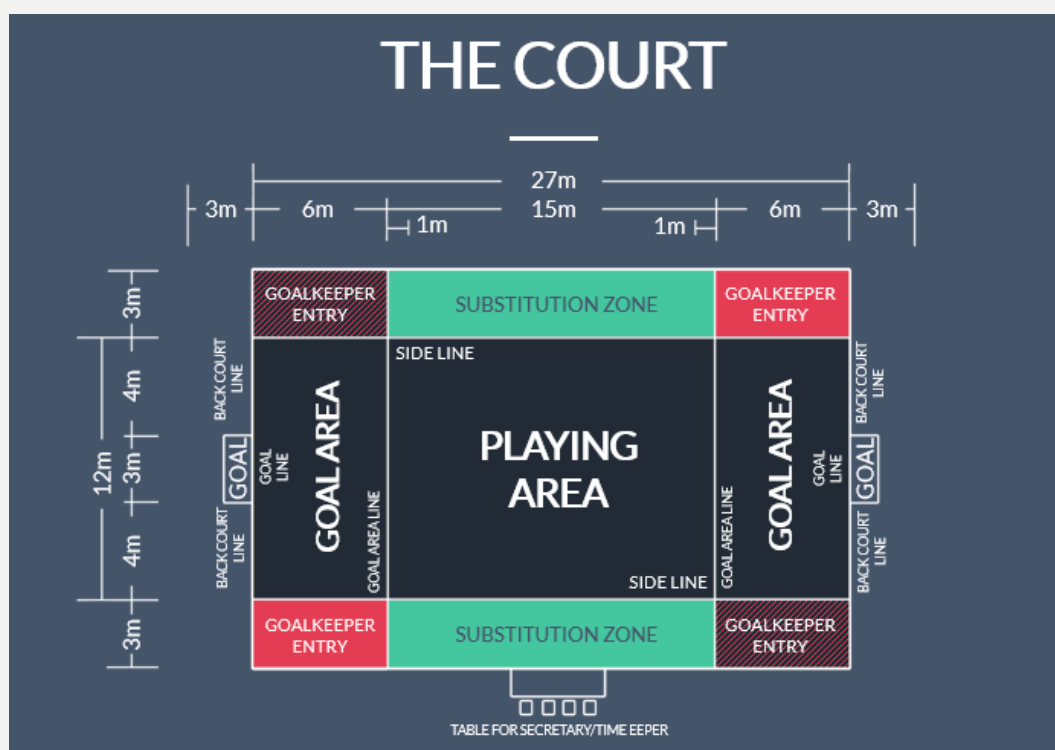


Wanderson and Fabiano: Brazilian referees featured in the 2018 World Championships

THE RULES

THE COURT

The court is divided into a game area and a goal area. In the goal area only the goalkeeper (or specialist) can act. While in the game area the rest of the players. Each team is left with one side (band) for the changes, the entrance of the goalkeeper and specialist is exclusive for their goal area. While the exit for all the players is at any part of its lateral band of the field.



Totally adaptable

Because it is a court with straight lines, it is very easy to adapt it to any environment, even a square or patio. With just 4 lines it is already possible to start playing. For those who work with children can, for example, make a goal area 4 meters away and reduce the total size of the court quite a lot. Everything is a matter of adapting it to the reality of each group.

The official goals are the same size as those of Team Handball or Futsal: 3m long by 2m high, but can also be adapted. There are companies selling inflatable goals that makes mounting and dismounting of the courts even more simple.



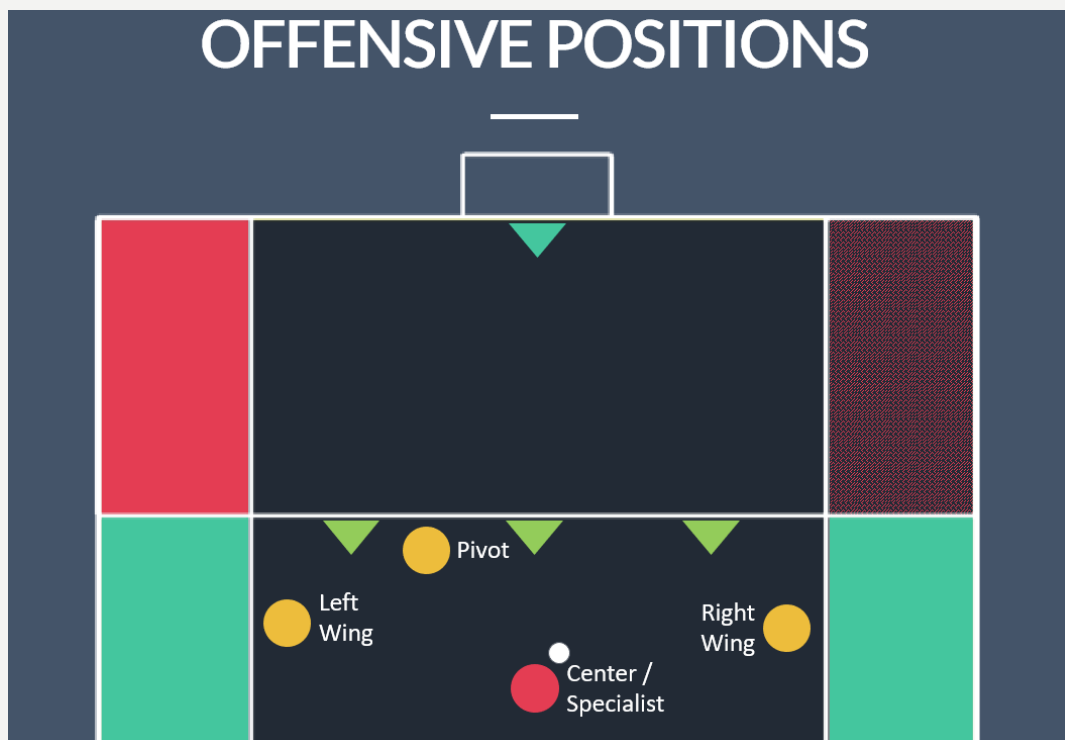
CHAPTER III

A DIFFERENT GAME

A DIFFERENT GAME

Unlike all other sports, the Beach Handball is not symmetrical, that is, it works with a constant numerical superiority in the attack.

Attack positions are: Left wing, Center, Right wing and Pivot. Check the image below of how the distribution of the players on the court works.



MAIN CHARACTERISTICS OF AN ASYMMETRIC GAME

For the attackers

- Play in numerical superiority
- Work with probability, always looking for the player in the best condition
- Minimize the action of the individualistic player, the one who likes to play alone.
- It favors and stimulates the goal
- The spectacular goal can be by spin (individual) or aerial ("in-flight") (depends on the pass), generating more value to the players who give assistance.

A DIFFERENT GAME

For the defenders

- Play in numerical inferiority
- Probability work, always looking to mark players in better conditions
- Awaken the will to defend through overcoming, very useful to use as motivation and formation of a defensive culture
- Give opportunity to the least able player with the ball to have relevant participation in the game
- Strengthens resiliency to suffer a goal, since even doing everything correctly it is possible that the attack exceeds the defense

Below you can find the distribution of the players of the defense and the nomenclature for each of them.





CHAPTER IV

THE TECHNIQUE

THE TECHNIQUE

In any sport it is important that the fundamentals are practiced frequently so that a game can be developed in a fluid way. The great advantage of Handball, and I speak of both beach handball and indoor, is that it involves totally natural gestures for human beings such as running, jumping and throwing. Very different from volleyball, for example.

This naturalness of gestures is directly related to the ease of learning the game. In a few classes it is already possible to make a game where everyone can have fun and understand it well. In beach, in addition to the gestures already mentioned, there is the spin, which is a bit more complex and will be discussed in detail later.

So let's look at the main basics of Beach Handball.

Pass

The player must raise his arm so that the elbow equals or exceeds the height of the shoulder. The movement combines the use of trunk rotation, shoulder rotation, elbow extension and wrist flexion. Speaking like this sounds like something very complex, but it is much more intuitive than it seems.



Fernanda Campbell (CEPRAEA) ready to make a pass

THE TECHNIQUE

Types of passes:

There are several types of passes, but in this e-book we are going to stick to the two main groups of passes: simple passes and air pass (in-flight)

Simple pass: is performed by a player during the circulation of the ball or for simple or spin finishes.

Air pass (in-flight): is the one that is performed so that the player jumps and catches the ball in the air and executes a throw before touching the ground.

The passes can be executed after other technical gestures, for example: spin and give a pass or catch an in-flight and give a pass to another player.



Regiane Costa (CEPRAEA) receiving the ball in the air

TIPS:

- The ideal pass should look for the chest height of the receiving player, always taking into account that whoever receives the ball is moving towards the front.
- The pass when performed looking for an in-flight, must be executed in the best possible launch situation for the finisher.
- The in-flight pass must be made without excessive worry and without trying to facilitate the reception of the partner too much.

Common mistakes:

- Arm very close to the body or elbow under the shoulder line.
- Little use of wrist flexion.
- Very parabolic ball trajectory. That kind of error usually comes from the false idea that it would facilitate reception. It must be totally eliminated.
- Do not use the trunk rotation, leaving to use the strength of abdomen and pectoral in the propulsion of the ball.

THE TECHNIQUE

Spinshot

The spin is the most complex technical gesture of Beach Handball. It consists of: a player initiates the movement facing the goal area with the feet facing the goal and, in the air, makes a 360 degree turn before throwing. Executed correctly it is considered spectacular and worth two points.

According to Prof. Guerra Peixe, coach of the Brazilian Men's National Team, the spin can be divided into 5 phases. Understanding each of them makes it easier to teach and execute it on the move. See the sequence of photos of the athlete of the club "Rio Handbeach" and of the Brazilian National Team, Bruna Xavier.



Approach

Impulse

Spin

Perception

The phases are:

1. **Approach:** Moment when the athlete approaches towards the goal. It is very important that the feet are pointing towards the goal.
2. **Impulse:** It is the phase in which the body is projected up into the air.
3. **Spin:** Moment in which the athlete executes the turn itself.
4. **Perception:** It is the time in which the athlete, after turning, perceives the positioning of the defense and adversary goalkeeper.
5. **Decision.** It is the last phase. It happens when the player resolves which kind of shoot he/she will perform.

Only with those 5 very well executed phases will the athlete have the ability to perform a good and conscious throw with a turn.

Watch this spinshot video: <https://www.youtube.com/watch?v=QCm6-yZEiVk>

THE TECHNIQUE

Throwing in flight

The In-flight happens when the player receives the ball in the air and, before touching the ground, manages to make the throw.



Beatriz Correia (Brazil) making an in-flight throw.

Spin versus In-flight

There is a great discussion in the Beach Handball community regarding the efficiency of the spin and the in-flight, on which of them can bring more success to the team. In Brazil the predominance of the game is in-flight, which is already becoming a trend throughout the Americas. Europe shows in its championships that the preference is still for the spin-shot.

And you? What do you think?

Leave your opinion on the site or send an e-mail to marcio@marciomagliano.com

THE TECHNIQUE

IMPORTANT TIPS:

- Initially the throws can be practiced with "shooting targets" instead of a goal and must be stimulated in all their variations.
- Throws with impulse can be done at very different times. In the ascent, descent or moment before contact with the ground. Exercise all the air times you can, so you can build a repertoire of more efficient and unpredictable plays for goalkeepers.
- Perform terrain adaptation exercises
- Practice the phases of the spin separately
- Do not let the athlete sink too deep into the sand in the approach phase. It makes the jump more difficult.
- The effectiveness of the rotation is more in the rotation speed than in the jump height.

Dribbling

Responding to the first question that comes to everyone's head when we talk about beach handball: How does the ball bounce?

The truth is that if the sand was a bit harder and you get to dribble the ball as on the court, it is allowed. However, the most common is that the player leaves the ball on the ground (for up to 3 seconds) and then takes it again. It is also allowed to push the ball so that it rolls. It's the equivalent of the dribble.

TIP:

- Encourage passes between teammates. The dribble must be considered the last resort.
- Do not forget that the ball on the ground obeys the rules of possession of the ball, so no leaving it for more than 3 seconds, okay?

THE TECHNIQUE

Defensive block

It is the technical gesture characterized by preventing the trajectory of the ball in the direction of the goal. In Beach Handball there are basically two types of blocks: blocking outside of the area and blocking inside the area.

The blocks outside the area are those where an opponent player throws the ball from a greater distance, trying to get the ball over the defense to reach the goal. Blocks within the area, much more common, are made every time an attacker attempts to invade the area to throw.



Patrícia Scheppa (Brazil) blocking in the area

TIPS:

- When blocking within the area, the defense player should not project his arms towards the target.
- The blocker must also worry about the physical safety of the attacker and can not generate physical contact when performing that gesture.
- In the first practice, establish a safe distance between the players so that they have confidence and that no one is injured when they are learning.

COMMON ERRORS

- Step inside the area to perform the block. This leads to a foul and shot from 6m.
- Make physical contact with the attacker in the air phase.
- Finish the movement "attacking" the ball. The block must be carried out passively.



LET'S GET TO WORK

IT IS TIME TO PUT IT INTO PRACTICE

LET'S GET TO WORK

Now that you understood a little better how this incredible sport works, how about introducing it to your students, friends, teammates and **try it?**

I have no doubts that all who practice are going to like it, and will end up developing it in some way.

For more articles, videos and information on the sport, I will wait for you at: www.marciomagliano.com. On it you can also send in questions, criticism and suggestions about this and other available material there.

All the best!
Grande abraço!

Marcio Magliano

I could never end this book without thanking **Michelle Mensing**, player, friend and Beach Handball enthusiastic from Germany (living in USA) for translating it for English, and helping me making it available for almost everyone in the globe.

I'd like to thank as well **Jamil Abdalla**, brazilian, friend, coach, living in California, and a very important person in the development of the beach handball in the USA for helping with the review and the title!

Thank you so much, Michi and Jamil!

Follow:

www.facebook.com/marciomagliano

www.instagram.com/marciomagliano

www.youtube.com/marciomagliano



MARCIO MAGLIANO

Brazilian, born in Niterói/RJ had his first contact with team handball in 1991 as a 8 years old, and with Beach handball in 1995. As an athlete he was a Carioca and Brazilian university champion, selected for the Brazilian team and beach handball National Teams. His career as an athlete was prematurely interrupted at age 26 due to a chronic kidney disease, it was there when he decided to dedicate himself to the coaching career, which he had already started at age 18.

In the last 8 years he has been dividing his time between the corporate world and *Beach Handball*. He is the coach of the Brazilian Women National Team and the club CEPRAEA. The author has several titles accumulated in his career, among them: Three-time world champion (2010, 2012 and 2014), Champion of the World Games (2017), Three-time Pan-American champion (2012, 2014 and 2018) and Five-time Brazilian National Champion (2009, 2012, 2013, 2014 and 2018).

He also collaborated in the development of the sport with Ecuador, Paraguay and Argentina, conducting courses, training the athletes and coaches.